



for Normal Spit-Up & Swallowing Difficulties



Gelmix Infant Thickener
30 Single Serving (2.4g) Packets



Gelmix Infant Thickener is an organic, hypoallergenic powder specifically designed for thickening breast milk and infant formula. Tasteless and odorless, it blends smoothly with warm liquids to create a stable, consistent texture. Gelmix thickens effectively while preserving the natural composition of the infant diet. Unlike starch-based thickeners, which can add significant calories, disrupt nutrient balance, and break down in breast milk, Gelmix provides a stable consistency without displacing essential nutrients. By maintaining the integrity of infant feeds, Gelmix supports dietary modifications when thickening is recommended for infants with swallowing difficulties or gastroesophageal reflux (GER).

Product Specifications

- **Product Name:** Gelmix Infant Thickener
- **Form:** Powder
- **Packaging:** 72g Box with 30 single serving 2.4g packets
- **Intended Use:** Thickens breast milk and infant formula for infants requiring dietary modifications for swallowing difficulties or gastroesophageal reflux (GER). Not a sole source of nutrition.
- **Storage:** Store in a cool, dry place. Single-serving stick packs are intended for one-time use only. Use or discard after opening.
- **Shelf Life:** 2 years from manufacturing date. Expiration on bottom of the box and side of packets.
- **Certifications and Attributes:** USDA Organic, Kosher, GMO-free, Hypoallergenic (Free of all common allergens, including: dairy, lactose, casein, whey, soy, corn, gluten, and artificial additives).
- **Regulatory Status:** Dietary supplement for modifying the consistency of the infant diet. Not intended to diagnose, treat, cure, or prevent disease. Does not require a prescription.
- **Country of Origin:** USA

Ordering & Distribution Information

- **Manufacturer:** Parapharma Tech
- **Available Through:** Medline, McKesson Medical Surgical, Cardinal Health at-Home, US Foods, Amazon
- **Product Code:** GEL-RET-005-Sticks
- **MSRP:** \$23.95
- **Wholesale Unit:** Case of 12 (72g Boxes)

Supplement Facts

- **Ingredients:** Organic Tapioca Maltodextrin, Organic Carob Bean Gum, Calcium Carbonate
- **Serving Size:** 2.4g (1 packet)
- **Servings Per Container:** 30
- **Calories:** 10
- **Total Carbohydrates:** 2g
- **Dietary Fiber:** <1g
- **Calcium:** 10mg

Clinical Considerations

- **Indications:**
 - Term-born infants: ≥ 6 pounds
 - Preterm-born infants: ≥ 6 lbs and ≥ 2 weeks corrected age (42 weeks postmenstrual age, PMA)
 - Suitable for thickening breast milk and all types of infant formula
- **Contraindications:**
 - Not for infants weighing less than 6 lbs
 - Not for preterm infants under 2 weeks corrected age (42 weeks PMA)
 - Not suitable for infants diagnosed with galactosemia or an allergy to galactomannans
- **Potential Side Effects:**
 - May cause gassiness and loose stools upon initial use
 - Typically resolves within 1-2 weeks or by adjusting amount used
- **Precautions:**
 - Must be mixed with warmed liquid before use
 - Not for use with pre-thickened formulas
 - Use under medical supervision for infants with complex feeding issues
 - Monitor hydration status when introducing moderately thick (IDDSI Level 3) feeds

Mixing Instructions

- Warm milk to at least body temperature (~98.6°F/37°C)
- Follow recipe for desired thickness, and sprinkle Gelmix into warm formula.
- Cap and shake well 30 seconds, until completely dissolved.
- Let thicken for wait time listed in recipe. Mix again before feeding.

Recommended Recipes

- **For infants with spit-up:**
 - Start with 1 packet per 6 oz of liquid (slightly thick consistency)
 - Gradually increase up to 1 packet per 3 oz if needed
 - Wait 5 minutes to thicken before feeding
- **For infants with dysphagia (recipes made for use with IDDSI framework):**
 - For breast milk:
 - Slightly Thick (IDDSI Level 1): 1 packet per 4 oz of liquid
 - Mildly Thick (IDDSI Level 2): 1 packet per 3 oz of liquid
 - Moderately Thick (IDDSI Level 3): 1 packet per 2 oz of liquid
 - For formula:
 - Specific Recipes at www.gelmix.com/recipes
 - Always IDDSI flow test the first few times trialing a recipe

Contact Us

- Address: 14149 NW 8th St, Sunrise, FL 33325
- Email: contact@gelmix.com
- Phone/Fax: 866-950-7278
- Samples and educational resources available upon request.

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