



## INSTRUCTIONS FOR PREPARATION & USE

Always wash hands thoroughly with soap & water and sanitize bottle and/or pitcher before preparation. For best results, mix Gelmix powder into lukewarm liquid (about 100°F) per dosage recommendations below. Mix well until powder is completely dissolved. Allow to thicken 5 minutes, then mix again before feeding. Always test temperature before feeding.

### 1 SLIGHTLY THICK (aka Thin Nectar)

Add 2.4g\* for 5-6 fl oz

### 2 MILDLY THICK (aka Nectar)

Add 2.4g\* for 3-4 fl oz

Moderately thick, aka honey thick, liquids may be achieved with 2.4g per 2 fl. oz., however moderately thick liquids are more difficult to pass through a nipple/teat and may increase risk of dehydration due to poor oral intake. Current pediatric guidelines recommend consideration of use with a spoon or cup.

*Designed for use with IDDSI framework.  
Tests performed by Parapharma Tech.*

Jars include a 1/2 serving 1.2g scoop.  
Single serving sticks are 2.4g.

Always consult a medical professional before thickening liquids to ensure it is appropriate for your individual needs. Do not use Gelmix for infants under 6 pounds and/or born preterm currently under a corrected age of 2 weeks (aka 42 weeks postmenstrual age). Do not use if galactosemia or allergy to galactomannans is suspected. If an allergic reaction occurs, discontinue use immediately and seek medical attention. May cause transient gassiness and loose stools in first 1-2 weeks of use. Not intended for use with pre-thickened formula or in addition to other thickening products. This product is not intended as a sole source of nutrition.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



AVAILABLE AT

**amazon.com**  
**Prime**

healthierthickening.com  
online shop

Order a **FREE Sample Pack** at Gelmix.com!

Use the following coupon code:

**FREESAMPLE**

Limit 1 coupon per user. Cannot be used in conjunction with other coupons. Valid only at healthierthickening.com.



**We Care** Helping Families in Need



Medicaid patients that are denied coverage may be eligible for our patient assistance program to purchase Gelmix at a reduced cost.

For More Details  
[wecare.gelmix.com](http://wecare.gelmix.com)

[store.gelmix.com](http://store.gelmix.com)



**NATURE'S HEALTHIER THICKENING OPTION**



**gelmix**<sup>®</sup>  
**infant thickener**

**FOR BREAST MILK & FORMULA**

Designed as a healthier alternative to cereals when thickening for spit-ups or swallowing problems.

BROUGHT TO YOU BY  
**parapharma tech**



for more information  
[www.gelmix.com](http://www.gelmix.com)





Parents & Pediatricians Recommend Gelmix



My son has terrible reflux and was spitting up often. I first tried thickening his bottles with oatmeal cereal, but he continued to spit up. *Both my pediatrician and GI doctor recommended Gelmix.* As soon as we started using it in my son's bottles, he literally stopped spitting up immediately. *It has been a miracle product for my son!*

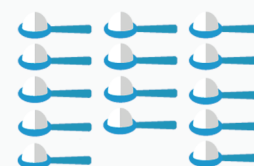
## Maintains Nutritional Balance

Cereals significantly displace fats & proteins in the infant's natural diet. Gelmix thickens without adding bulky starch or excessive calories.

## gelmix® vs Baby Cereal

(Based on an average daily consumption of 28 oz)

1  
Tablespoon(s)  
Per Day



46 Calories  
Per Day

210 Calories  
Per Day

## Tasteless, Odorless, Smooth

Dissolves completely into warm infant milk without clogging the nipple.

## USDA Organic. GMO Free. Arsenic Free.

Our speech therapist recommended Gelmix for my daughter. *This has been a game changer for her.* We were using rice cereal to thicken her bottles and she wasn't making progress with her aspiration. She has gone from a honey thickness to almost not needing any thickener at all.

My son aspirated and ended up getting a g-tube at 6 months because of it. *His speech therapist recommended Gelmix and it has been a life saver!* My son was able to get his g-tube removed around 14 months of age and now, at 20 months, he still uses the Gelmix for naptime and bedtime bottles. *I would definitely recommend this product to anyone that needs to have their breastmilk or formula thickened.*

## Connect With Us!

Visit [gelmix.com](http://gelmix.com) to read & share more testimonials. Connect & talk with other parents on our social media pages or join our Pediatric Feeding Support Group on Facebook.

Facebook.com/**GelmixThickener**  
Facebook.com/**groups/GelmixSupport**  
Instagram.com/**HealthierThickening**

## Thickens Breast Milk & Formula

## Safe for Infants

Gelmix ingredients have a long history of safe use with infants.

## Better for Infants with Food Sensitivities

Free of corn, wheat, gluten, dairy, lactose, casein, whey and soy. Gelmix does not contain any common allergens.



Corn Free



Gluten Free



Lactose & Casein Free



Soy Free

## Supplement Facts

Serv. Size 2 scoops (2.4g)  
Servings Per Container 52

Amount/serving	%DV for Infants
Calories	10
Total Carb.	2g *
Fiber	1g *

\* Daily Value (DV) not established

Ingredients: Organic Tapioca Maltodextrin, Organic Carob Bean Gum, Calcium Carbonate

For More Information: [www.gelmix.com](http://www.gelmix.com)

Buy Gelmix Online: [www.gelmix.com/store](http://www.gelmix.com/store)