

How to Prepare a Bottle

- Always wash hands with soap & water and sanitize bottle before preparation.
- Start with warmed water or prepared formula (100-110°F).
- Sprinkle in Gelmix powder per consistency recommendations below.
- Cap and shake well about 30 seconds, until powder is completely dissolved.
- Allow to thicken and cool 5 minutes, then mix again before feeding.
- Test temperature of the formula before feeding baby. It should feel warm, not hot.

The AAP advises to use water from a safe source or boil water every time when preparing baby's formula. Never warm infant formula in a microwave; it creates hot spots, which can burn baby's mouth.

A Slightly-Thick Consistency is Usually Effective to Reduce Spit-Ups

- It is best to offer smaller, more frequent feeds to avoid overfeeding.
- Start with a 1/2 serving (1.2g) Gelmix per 3-4 fl oz. of infant formula.
- If needed, increase concentration slowly, up to 1 full serving (2.4g) per 3 fl. oz.

Please refer directly to the Gelmix packaging for nutritional data and safety information.

The Gelmix jar includes a 1/2 serving scoop (1.2g), equivalent to a 1/2 level tsp.

The individual serving sticks are a full serving (2.4g), equivalent to 1 level tsp.

Use Quickly or Store Safely

Use prepared infant formula within 1 hour from start of feeding and within 2 hours of preparation. Throw out any infant formula that's left in the bottle after feeding baby. The combination of infant formula and your baby's saliva can cause bacteria to grow.

Preparing Formula in Advance

Follow preparation instructions above by mixing Gelmix into lukewarm formula, then immediately store in a sterilized, sealed container in the refrigerator. Use within 24 hours. A formula mixing pitcher is a useful tool for incorporating larger batches of Gelmix and formula powders.

For pre-thickened water, follow preparation instructions above by mixing Gelmix into warm water. Store in a sterilized, sealed container at room temperature or in the refrigerator for up to 24 hours. When ready to feed, just add the the powder formula and shake until mixed well.

Rewarming Feeds

To rewarm from the refrigerator, place the bottle under running warm water or into a bowl of warm water for a few minutes. Avoid getting water into the bottle or nipple; this could contaminate the prepared formula. Always test temperature before feeding.

Possible Side Effects

Gassiness and loose stools are common when first starting Gelmix. This usually subsides within the first two weeks of use or by reducing the amount of Gelmix used.

Sometimes adding gas drops or probiotic can help, but always discuss this with your pediatrician first.