

How to Prepare a Bottle

- Always wash hands with soap & water and sanitize bottle before preparation.
- Start with warmed or freshly expressed human milk (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 the temperature of the milk before feeding baby. It should feel warm, not hot.

Never warm human milk 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 human milk.
- 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 thickened milk within 1 hour from start of feeding and within 2 hours of preparation. Throw out any milk that is left in the bottle after feeding baby. The combination of milk and your baby's saliva can cause bacteria to grow.

Preparing Thickened Milk in Advance

Overheating human milk may damage some of its bioactive attributes, so when possible, it is best practice to mix Gelmix with freshly expressed milk at body temperature. Follow preparation instructions above by mixing Gelmix into warm milk, then immediately store in a sterilized, sealed container in the refrigerator. Use within 24 hours. This mixture is also freeze-thaw stable for up to 4 months.

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 milk. 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.