



Wash hands and sanitize bottle before preparation.



Warm 6 fl. oz of bottled milk to lukewarm temp ~100°F/38°C.



Sprinkle 2.4g (2 scoops or 1 stick pack) into warm milk.



Cap and shake well 30 seconds, until completely dissolved.



Let thicken for 5 minutes. Mix again before feeding.

A Slightly-Thickened Consistency May Help Reduce Visible Spit-Ups in Some Infants

Start with 2.4g per 6-8 fl. oz. and gradually increase up to 2.4g per 3 fl. oz, if needed.

Can I prepare Gelmix in advance?

Yes, freshly expressed breast milk can be thickened with Gelmix and prepared up to 24 hours ahead. For best results, mix Gelmix with warm, freshly expressed breast milk, then store it immediately in a sterilized, sealed container in the refrigerator. Use the mixture within 24 hours. Warm it gently before feeding, but avoid reheating breast milk more than once. For longer storage, the prepared mixture is freeze-thaw stable for up to 4 months.

Are there any side effects to using Gelmix?

Some babies may experience temporary gassiness or changes in stool when thickened feeds are first introduced. These effects typically resolve within 1-2 weeks. If symptoms don't get better or get worse, talk to your doctor.

Should I change the nipple size?

Thickened feeds flow more slowly, so a different nipple size or flow rate may be needed. Talk with healthcare provider to determine the safest nipple size and flow rate for your baby.

What should I do if I'm getting clumps?

Gelmix should dissolve easily in warm milk. If you're having trouble with clumps, try these tips:

- **Use the right temperature:** Warm the milk to at least body temperature, or ~100°F. Liquids hotter than 120°F can cause clumps, and colder than 95°F won't thicken properly.
- **Mix Quickly:** Sprinkle Gelmix into the milk and mix right away. If it sits too long, it may clump and be harder to dissolve.
- **Try a Frother:** Using a frother to mix can help create a smooth mixture.

Where can I purchase Gelmix?

Gelmix is readily available on Amazon, www.gelmix.com and some local stores.

Thickeners may be covered by insurance if considered medically necessary. For more information, visit gelmix.com/insurance.

Email: contact@gelmix.com - Phone: 866.950.7278

Refer directly to product packaging for nutritional data and safety information.