



# for Normal Spit-Up & Swallowing Difficulties<sup>1</sup>

## PRODUCT SPECIFICATIONS



Gelmix Jar w/ Scoop  
SKU: GEL-RET-004  
125g (52 servings)  
MSRP \$29.95



Gelmix Stick Box  
SKU: GEL-RET-005  
72g (30 servings)  
MSRP \$23.95

Thickens breast milk and infant formula, facilitating the retention of nutrients of infant feeds when thickening is recommended for normal spit-up and swallowing difficulties. Thickening feeds is a first line therapy approach in the treatment of gastroesophageal reflux, as well as the most successful feeding intervention associated with improved outcomes for children with oropharyngeal dysphagia.<sup>2</sup>

### tasteless. odorless. smooth.

Gelmix is a tasteless, odorless, off-white fine powder that dissolves into lukewarm liquid and produces a smooth, thickened consistency.<sup>3</sup> USDA certified organic, certified Kosher, non-GMO, vegan and free of all common allergens.<sup>4</sup>

### contraindications

Do not use for infants under 6 pounds or born preterm currently under a corrected age of 2 weeks (aka 42 weeks postmenstrual age).<sup>5</sup> Do not use if galactosemia or allergy to galactomannans is suspected. Stop using if rash or other allergic reaction develops. Allergies to galactomannans are rare.

### side effects

May cause gassiness and loose stools at start. This usually subsides on its own within 1-2 weeks of use or by reducing amount used.

1. Gelmix is the #1 pediatric choice for thickening breast milk in the United States and is recommended for both breast milk and formula when thickening for spit-up and swallowing difficulties. For more on pediatric thickeners see: Duncan, Daniel R., Kara Larson, and Rachel L. Rosen. "Clinical Aspects of Thickeners for Pediatric Gastroesophageal Reflux and Oropharyngeal Dysphagia." *Current gastroenterology reports* 21.7 (2019): 30.

2. For more on therapeutic use of thickened feeds for reflux, see Rosen, Rachel, et al. "Pediatric gastroesophageal reflux clinical practice guidelines: joint recommendations of the North American Society for Pediatric Gastroenterology, Hepatology, and Nutrition (NASPGHAN) and the European Society for Pediatric Gastroenterology, Hepatology, and Nutrition (ESPGHAN)." *Journal of pediatric gastroenterology and nutrition* 66.3 (2018): 516. On feeding interventions for dysphagia, see Duncan, Daniel R., et al. "Feeding interventions are associated with improved outcomes in children with laryngeal penetration." *Journal of pediatric gastroenterology and nutrition* 68.2 (2019): 218-224. Use of thickened feeds should only be considered under medical supervision. Gelmix is not intended to diagnose, treat, cure or prevent any disease. Statements made in this document have not been evaluated by the Food and Drug Administration.

3. Gelmix is suitable for use in breast milk and infant formulas. Not intended as a sole source of nutrition. Not for use with pre-thickened formulas or in addition to other thickeners.

4. USDA certified organic by QCS, Kosher certified by Kosher Organics (recognized by cRc). Does not contain corn, wheat, gluten, soy, whey, casein, lactose or dairy.

5. To calculate corrected age, the infant's chronological age is reduced by the number of weeks born before 40 weeks of gestation. According to Duncan et al. in "Clinical Aspects of Thickeners..." thickeners may be contraindicated for infants who have a previous history of necrotizing enterocolitis and disorders leading to poor intestinal perfusion and should only be considered on a case by case basis.

## Supplement Facts

Serving size 2.4g (1 stick OR 2 scoops)

	Amount Per Serving	% Daily Value for Infants through 12 months
Calories	10	
Total Carbohydrates	2g	2%
Dietary Fiber	<1g	
Calcium	10mg	4%

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



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## MIXING INSTRUCTIONS



### how much to thicken

Always consult a medical professional before thickening liquids to ensure it is appropriate for your child's individual needs. If thickening is recommended to reduce spit-ups, a slightly thick consistency is usually effective. Start with one scoop Gelmix (1.2g) per 3-4 fl. oz. and increase as recommended.

If thickening is recommended due to swallowing difficulties, carefully follow your healthcare provider's instructions on which consistency to safely thicken up to.

### usage recommendations

**1 SLIGHTLY THICK** (aka thin nectar) add 2.4g (2 scoops or 1 stick) per 4-6 fl. oz.

**2 MILDLY THICK** (aka nectar) add 2.4g (2 scoops or 1 stick) per 3-4 fl. oz.

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

Moderately thick (aka honey) consistency is NOT generally recommended for infants. It can be difficult for some infants to pass this thicker consistency through a nipple and may increase risk of dehydration due to poor oral intake.

### tips on thickening breast milk

Always follow CDC guidelines on safe handling and storing of breast milk. Breast milk tends to be thinner than formula, needing more thickener. Use the higher usage recommendation to achieve desired consistency of 2.4g/4oz/120 ml (slightly thick) or 2.4g/3oz/90ml (mildly thick).

For best results, mix Gelmix with freshly expressed milk at body temperature. In a clean, sealed container, the mixture may sit at room temperature up to 4 hours or in the refrigerator up to 24 hours. The thickened mixture is also freeze-thaw stable and can be stored frozen for up to 4 months.

Gelmix may also be mixed with previously frozen or thawed milk, however once breast milk is brought to room temperature or warmed after storing in the refrigerator or freezer, it should be used within two hours. According to the CDC, breast milk should not be rewarmed more than once.

### tips on thickening formula & water

Always follow manufacturer's guidelines on safe handling and storage of formulas. Elemental formulas tend to be thinner than regular infant formulas.

Thickened water may be stored in a clean, sealed container at room temperature for up to 24 hours. Then, just mix in the the powder formula when ready to feed.

Use prepared infant formula within one hour from when feeding begins. If you do not start to use the prepared infant formula within 1 hour, immediately store the bottle in the fridge and use it within 24 hours.



Always wash hands thoroughly with soap and water before preparation.

Pour desired amount of lukewarm liquid (100°-110°F) into bottle.



Sprinkle in Gelmix powder following usage recommendations. Cap and shake well for about 30 seconds, until powder is completely dissolved. Work quickly to avoid clumps.

Wait 5-10 minutes until desired consistency is reached. Mix again before feeding. Always test temperature before feeding.



*Most liquids can be prepared up to 24 hours in advance & rewarmed for feeding. If served cold, the consistency will be thicker.*

