

How to Prepare a Bottle

- Always wash hands with soap & water and sanitize bottle before preparation.
- Warm milk to at least body temperature (~98.6°F/37°C).
- Sprinkle in Gelmix powder per recipes below.
- Cap and shake well for 30 seconds, until powder is completely dissolved.
- Wait 10 minutes for mixture to thicken. Keep lid on while waiting.
- Mix again for 30 seconds before feeding.

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

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

3 MODERATELY THICK (aka honey)**
add 2.4g (2 scoops or 1 stick) per 2 fl. oz.

***Moderately thick (aka honey) should only be used under medical supervision. It can be difficult to pass this thicker consistency through a nipple, increasing risk of poor oral intake and dehydration.*

A gram scale is the preferred method to measure.

The jars include a half serving 1.2g scoop (1/2 level tsp).

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

Recipes designed for use with IDDSI Framework (see page 2).

Use Warm Milk

Heat and agitation activate the thickening properties of Gelmix. Do not allow freshly expressed milk to cool before adding Gelmix. The milk needs to be body temperature before mixing. If not reaching desired consistency at body temperature, warm up to 105-110°F.

Use Quickly or Store Safely

For best results, mix Gelmix with warm freshly expressed breast milk. Serve within 2 hours or store immediately in the refrigerator (see page 2). It is not recommended to rewarm breast milk more than once.

Use thickened milk within 1 hour from start of feeding. 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.

