



for Visible Spit-Up & Feeding Difficulties*



Gelmix Infant Thickener
30 Single Serving (2.4g) Packets



Gelmix Infant Thickener is an organic, hypoallergenic powder formulated to thicken breast milk and infant formula. Tasteless and odorless, it blends smoothly with warm liquids to create a stable, consistent texture. Gelmix modifies the flow of liquids without significantly altering the nutritional composition of the feed and can be used when a thicker consistency is desired as part of feeding management.

- Thickening may help reduce visible spit-ups in some infants.*
- Additional recipes are designed for use with the IDDSI Framework (International Dysphagia Diet Standardization Initiative) for individuals with feeding difficulties.

Product Specifications

- **Product Name:** Gelmix Infant Thickener
- **Form:** Powder
- **Packaging:** 72g Box with 30 single serving (2.4g) stick packets
- **Intended Use:** Thickens breast milk and most types of infant formula for infants requiring dietary modifications for spit-ups or feeding difficulties. Not a sole source of nutrition.
- **Storage:** Store in a cool, dry place. Single serving packets are one-time use only. Use immediately after opening.
- **Shelf Life:** 2 years from manufacturing date. Expiration on bottom of the box and side of packets.
- **Certifications and Attributes:** USDA Organic, Kosher Pareve, Kosher for Passover, GMO-free. Free from dairy, lactose, casein, whey, soy, corn, gluten, and artificial additives.
- **Regulatory Status:** Dietary Supplement*
- **Country of Origin:** USA

Supplement Facts

- **Ingredients:** Organic Tapioca Maltodextrin, Organic Carob Bean Gum, Calcium Carbonate
- **Serving Size:** 2.4g (1 stick)
- **Servings Per Container:** 30
- **Calories:** 10
- **Total Carbohydrates:** 2g
- **Dietary Fiber:** <1g
- **Calcium:** 10mg

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Ordering & Distribution Information

- **Manufacturer:** Parapharma Tech
- **Distributors:** Amazon, Medline, McKesson Medical Surgical, Cardinal Health, US Foods
- **Wholesale Unit:** Case of 12 (72g Boxes)
- **Product Code:** GEL-WHO-005
- **MSRP:** \$23.95 (each box)

Feeding Guidance & Safety Information



- **Appropriate Use:**
 - Term-born infants: ≥ 6 pounds
 - Preterm-born infants: ≥ 6 lbs and ≥ 2 weeks corrected age (42 weeks postmenstrual age, PMA)
 - Infants receiving breast milk or formula
- **Do Not Use:**
 - Not for infants weighing less than 6 lbs
 - Not for preterm infants under 2 weeks corrected age (42 weeks PMA)
 - Not for infants with galactosemia or allergy to galactomannans
- **Potential Side Effects:**
 - Some infants may experience temporary gassiness or changes in stool when thickened feeds are first introduced.
 - Typically resolves within 1-2 weeks or with a temporary adjustment in the amount used
- **Precautions:**
 - Must be mixed with warmed liquid before use
 - Not for use with pre-thickened formulas
 - Use under guidance of a healthcare professional for infants with complex feeding needs.

Instructions for Preparation (for Infants Experiencing Visible Spit-ups)

- Warm 6 fl. oz. of bottled milk to a lukewarm temperature ($\sim 100^{\circ}\text{F}/38^{\circ}\text{C}$)
- Sprinkle 1 stick (2.4g) of Gelmix powder into the milk.
- Cap the bottle and shake well 30 seconds, until the powder is fully dissolved.
- Wait 5 minutes for bottle to thicken and cool. Mix again and test temperature before feeding.

Recipes designed for use with the IDDSI Framework

- **Breast Milk:**
 - Follow recipe below and mix into lukewarm milk ($\sim 100^{\circ}\text{F}$), then wait 10 minutes to thicken.
 - Slightly Thick (Level 1): 1 stick (2.4g) per 4 fl. oz.
 - Mildly Thick (Level 2): 1 stick (2.4g) per 3 fl. oz.
 - Moderately Thick (Level 3): 1 stick (2.4g) per 2 fl. oz.
 - *Level 3 / Moderately Thick liquids should only be used under medical supervision and are not typically recommended for infants unless directed by a qualified healthcare professional.*
- **Formula:**
 - A catalog of 60+ formula recipes is available at gelmix.com/recipes.
 - Each includes a recipe (Gelmix grams to fluid ounces) and wait time. Recipes provide a general guideline—adjust as needed to achieve the desired consistency.
 - **Most liquids can be batch thickened up to 24 hours in advance.**
 - Always perform an IDDSI flow test when trialing a recipe for the first few times, and always test at serving temperature—the same liquid will be thicker when served cold.
 - Standard Measurement: 1 stick = 2.4g = 1 tsp

Contact Us

- Address: 1117 Sawgrass Corporate Parkway, Sunrise, FL 33323
- Email: support@parapharmatech.com
- Phone/Fax: 866-950-7278
- Samples and educational resources available upon request at: healthierthickening.com/healthcare-professionals/

Scan for
gelmix.com/recipes

