

Thickening Breast Milk & Formula

Recipes Made for Use with the IDDSI Framework*



Wash hands and sanitize bottle before preparation.



Warm milk to at least body temperature ~100°F/38°C.



Find the recipe below, and sprinkle Gelmix into warm liquid (fl. oz.).



Cap and shake well 30 seconds, until completely dissolved.



Let thicken for **Wait Time** listed in recipe. Mix again before feeding.

Each table value represents the number of fluid ounces of liquid to use with one 2.4 g (one stick or two scoops) of Gelmix.

Liquid/Formula Name	Level 1 - Slightly Thick (fl. oz. milk per 2.4 g Gelmix)	Level 2 - Mildly Thick (fl. oz. milk per 2.4 g Gelmix)	Level 3 - Moderately Thick** (fl. oz. milk per 2.4 g Gelmix)	Wait Time (mins)
Breast Milk	4	3	2	10
Water	5	3	2	10
Enfamil NeuroPro Enfacare Powder	5	3	2	15
Enfamil NeuroPro Enfacare RTF***	5	3	2	10
Enfamil Infant Powder	5	3	2	15
Enfamil NeuroPro Powder	5	3	2	15
Enfamil NeuroPro RTF	5	3.5	2	15
Enfamil Gentlease Powder	4	3	2	10
Enfamil NeuroPro Gentlease Powder	4	3	2	15
Enfamil NeuroPro Gentlease RTF	4	3	2	10
Enfamil Nutramigen Powder	5	3	2	15
Enfamil Nutramigen RTF	5	3	2	15
Enfamil Optimum Powder	4	3	2	10
Enfamil Optimum RTF	5	3	2	10
Enfamil Optimum Gentlease Powder	4	3	2	15
Enfamil Reguline Powder	4	3	2	20
Enfamil ProSobee Plant-based (Soy)	5	3	2	15
Puramino Amino Acid-based	5	3	2	15

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Pregestimil Hypoallergenic	5	3	2	15
Similac Neosure 22kcal Powder	5	3	2	10
Similac Neosure 22kcal RTF	5	3	2	10
Similac Advance Powder	5	3	2	10
Similac Advance RTF	5	3	2	10
Similac 360 Total Care Powder	5	3	2	10
Similac 360 Total Care RTF	5	3	2	10
Similac Organic Powder	5	3	2	10
Similac Organic RTF	5	3	2	10
Similac Pro-Total Comfort Powder	5	3	2	15
Similac 360 Total Care Sensitive Powder	4	3	2	15
Similac 360 Total Care Sensitive RTF	5	3	2	10
Similac 360 Total Care Gentle Comfort Powder	5	3	2	10
Similac 360 Total Care Gentle Comfort RTF	5	3	2	10
Similac Sensitive Powder	5	3	2	10
Similac Sensitive RTF	5	3	2	10
Similac Soy Isomil Powder	5	3	2	10
Similac Soy Isomil RTF	5	3	2	10
Similac Alimentum Powder	7	3.5	2	5
Similac Alimentum RTF	5	3	2	5
Earth's Best Organic Dairy Infant Formula	5	3	2	10
Earth's Best Organic Sensitivity	4	3	2	10
Earth's Best Organic Gentle	4	3	2	10
Kendamil Classic Infant Formula	5	3	2	10
Kendamil Organic Infant Formula	5	3	2	10
Kendamil Goat Stage 1	5	3	2	30

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Bobbie Organic Infant Formula	4	3	2	15
Bobbie Organic Whole Milk Infant Formula	4	3	2	15
Bobbie Organic Gentle Infant Formula	4	3	2	15
Bobbie Grass Fed Whole Milk	4	3	2	15
Dr. Brown's Good Start GentlePro	5	3	2	15
Dr. Brown's Good Start SoothePro	5	3	2	15
Dr. Brown's Good Start Soy Ease-Pro	5	3	2	15
Extensive HA (Nestle)	4	3	2	30
Alfamino Infant (Nestle)	5.5	3.5	2.5	20
Fortini RTF (Nutricia)	4	3	2	15
EleCare Infant (Abbott)	4	3	2	15
Neocate Infant DHA/ARA (Nutricia)	4	3	2	20
Neocate Syneo Infant (Nutricia)	4	3	2	20
Pepticate (Nutricia)	4	3	2	20
Kabrita Goat Milk Infant Formula	4	3	2	20
Happy Baby Organic Infant	5	3	2	10
Bubs Goat Milk	5	3	2	30
Bubs Grass Fed	4	3	2	15
Munchkin with Organic Milk	5	3	2	15
*Testing performed by Parapharma Tech. Recipes are designed for use with the IDDSI Framework and are intended as a starting point. Use the IDDSI Flow Test when first implementing a recipe in your environment and whenever preparation conditions change to verify the target thickness. For more information about the IDDSI Flow Test, visit iddsi.org. **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. **RTF = Ready-to-Feed; some manufacturers label these products "Ready to Use." Refer directly to product packaging for nutritional data and safety information. For more recipes/printable sheets visit: gelmix.com/recipes - Email: contact@gelmix.com - Phone: 866.950.7278				