

TummyCare-max

Simple Mixing Guide

For use with omeprazole

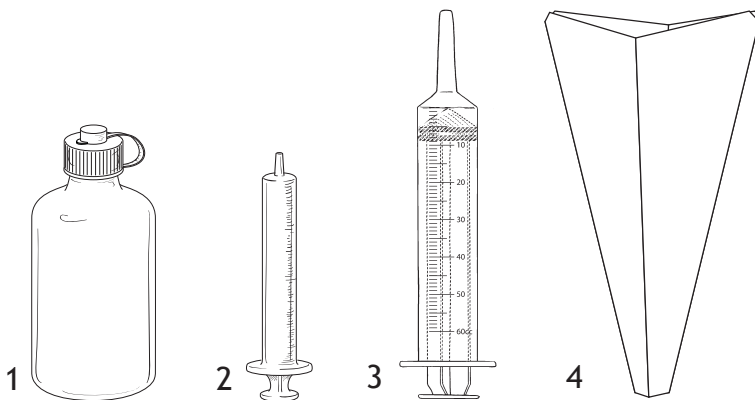
20 mg Capsules

at a concentration of 4 mg/mL

Your kit includes:

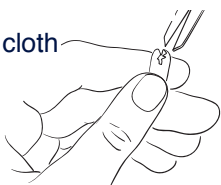
1. capped bottle
2. dosing syringe
3. filling syringe
4. funnel

Kits are for reuse. Do NOT throw away caps, bottles, funnel, syringes as you will reuse these.



Step 1: Add omeprazole granules

- Set aside 28 omeprazole capsules
- Moisten tips of capsules with wet cloth
- Holding the capsule over the funnel, snip the top of the capsule with scissors; empty the contents of each of the 28 omeprazole or Prilosec caps into the grinder,

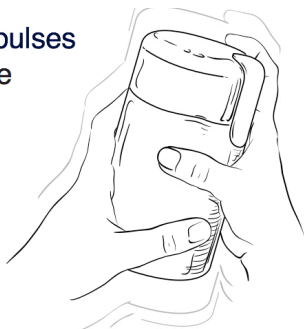


Step 2: Add 1 tspn TC Max to grinder

Add 1 teaspoon of TC Max into the grinder

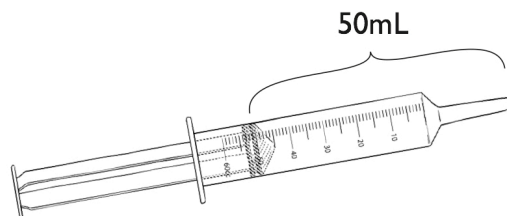
Grind until pulverized (~ 8 pulses 10 seconds each, shake the grinder up and down while holding lid tightly to ensure a fine grind of tablets.

- Using the funnel, pour into the bottle, using a small spoon or spatula to get all powder from coffee grinder
- Using funnel, pour the rest of the powder from the TummyCare Max packet into the bottle.



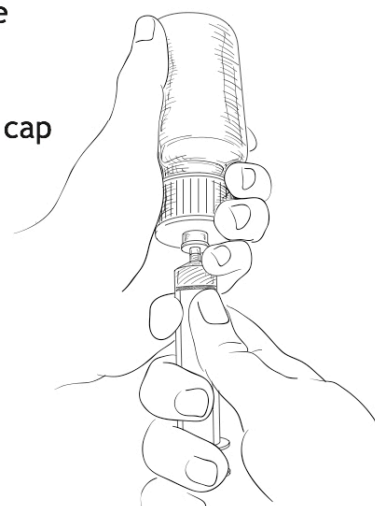
Step 3: Add water to bottle

- Using syringe, add 110 mL (50 mL then 60 mL) tap water to bottle -- do NOT use liquids with provided funnel
- Immediately cap and shake bottle
- Refrigerate 15min



Step 4: Dispense

- Shake bottle before each dose
- Secure the dosing syringe to the blue cap
- Turn the bottle up-side-down and draw the dose volume into the dosing syringe
- Administer to your child



Remember:

- Refrigerate between doses.
- Do not give with acidic foods (fruit, fruit juice, fruit yogurt).
- Use within 28 days of preparing the suspension.
- The kits are reusable. Please save the bottle, syringes, and funnel for future use. You will need only to reorder refill packets.

Coffee grinder such as Krups, Toastmaster or Quiseen (see below). The Quiseen is rated very high and is \$9.99



<http://www.infant-acid-reflux-solutions.com/coffee-grinders.html>

Recommended Dosing

Total volume dispensed	4 mg/mL concentration
4.0mL	16 mg
4.5mL	18 mg
5.0mL	20 mg
5.5mL	22 mg
6.0mL	24 mg
6.5mL	26 mg
7.0mL	28 mg
7.5mL	30 mg
8.0mL	32 mg
8.5mL	34 mg
9.0mL	36 mg

- 1mL = 1cc
- 3 mL is the minimum volume per dose of TummyCare MaxTM that should be given. (This is to ensure enough buffer to neutralize stomach acid)
- Doses can be given regardless of meal-time.
- For more information on dosing, visit www.infant-acid-reflux-solutions.com.