

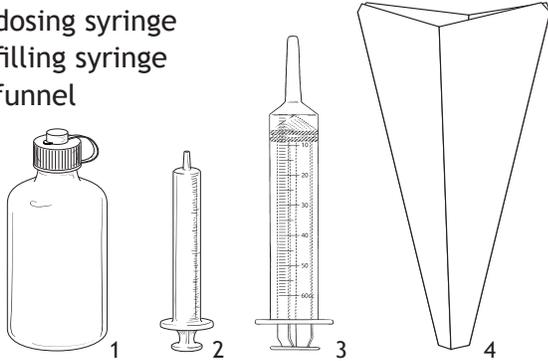
TummyCare-Max

Simple Mixing Guide

For use with omeprazole 20mg tablets
at a concentration of 3 mg / mL concentration

Your kit includes:

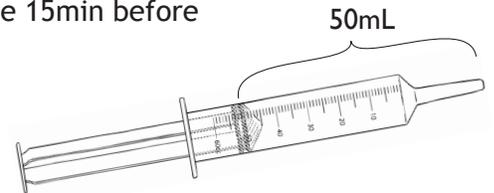
1. capped bottle
2. dosing syringe
3. filling syringe
4. funnel



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

Step 2: Add water to bottle

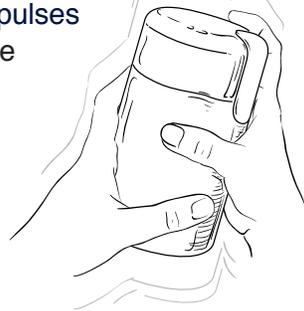
- Using syringe, add 108 mL (60mL, then 48mL) tap water to bottle -- do NOT use liquids with provided funnel
- Immediately cap and shake bottle
- Refrigerate 15min before step 3



Step 1: Add omeprazole to grinder

- Put 21 generic omeprazole OTC 20mg tablets into the coffee grinder with 1 tspn TCMax powder, 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.

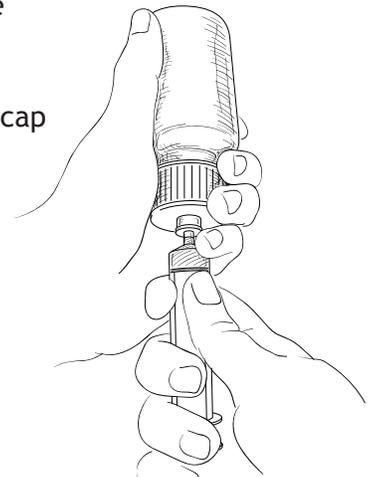


Coffee grinder such as Krups, Toastmaster or Quiseen (see below). The Quiseen is rated very high and is \$9.99



Step 3: 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.

Recommended Dosing

Total volume dispensed	3 mg/mL concentration
4.0mL	12 mg
4.5mL	13.5 mg
5.0mL	15 mg
5.5mL	16.5 mg
6.0mL	18 mg
6.5mL	19.5 mg
7.0mL	21 mg
7.5mL	22.5 mg
8.0mL	24 mg
8.5mL	25.5 mg
9.0mL	27 mg

- 1mL = 1cc
- 3 milliliters (mL) is the minimum volume per dose of TummyCare Max[™] 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.