



Clinically Proven
to Relieve Constipation & Soften Stool
Without Harsh Side Effects.

Many laxatives claim to be gentle to your system, but fail to deliver on that promise. MiraLAX[®], however, relieves constipation without harsh side effects:

- No bloating*
- No sudden urgency
- No cramps*
- No gas*
- No taste
- No grit



#1 Recommended by Gastroenterologists

Discover a completely different kind
of constipation relief†
Or Your Money Back!***

Look for MiraLAX[®] with the **PINK CAP**
in the laxative aisle.



Available in 7, 14, 30 dose and 10 count
single dose packets.

- ✓ The **ONE** recommended
by more doctors
- ✓ The **ONE** recommended
by more pharmacists
- ✓ The **ONE** Brand hospitals
use more often

***Terms and Conditions: Offer valid on 7 and 14 dose sizes of MiraLAX[®] only. If you don't discover a completely different kind of relief with MiraLAX or are otherwise not satisfied with the product, simply mail your original register receipt, and a 3x5 card with your name and complete address printed on it with an explanation of why you were not satisfied, in a stamped envelope to Schering-Plough HealthCare Products, Inc., P.O. Box 377, Memphis, TN 38151 for a refund of the original purchase price (up to \$16.00). Purchases must be made between 10/1/10 and 12/31/12. Requests for a refund must be postmarked by 2/1/13. Allow 4-6 weeks for processing. Limit one (1) refund per person, household or address. Duplicated or altered receipts will not be accepted. Void where prohibited, taxed or otherwise restricted. Not responsible for late, lost, postage due or undelivered mail.

Money Back Guarantee**

**Experience
the Difference**

Clinically Proven to Relieve
Constipation and Soften Stool



*MiraLAX does not cause cramps, bloating or gas

Use as directed.
† Excluding other Polyethylene Glycol 3350 laxatives
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Restore Your Body's Natural Rhythm[®]

Nothing Works Better Than MiraLAX® For Constipation Relief.†

What is MiraLAX®?

- MiraLAX® laxative is a completely different way to treat occasional constipation.* MiraLAX® has the dual benefit of increasing the frequency of bowel movements and softening stool. And, it works without harsh side effects. MiraLAX® allows your body to respond naturally for a normal, easy, and complete bowel movement, with no sudden urges. With MiraLAX®, you're in control.
- MiraLAX® is a powder that dissolves easily and completely in every day beverages such as water, juice, coffee or tea. There's no taste, no grit.
- MiraLAX® is safe and effective – and available without a prescription.

What is Constipation?

Constipation is a common problem that affects more than 65 million people in the United States. You are considered to be constipated if your bowel movements have become less frequent than your usual habits, are hard and lumpy, or are hard to pass.

Constipation can be caused by many things, such as:

- Some medical conditions
- Low fiber diet
- Variety of medications
- Drinking too little water
- Physical inactivity
- Travel

For more information on constipation visit www.MiraLAX.com

How Do I Pick the Right Laxative?

A laxative, along with simple diet and exercise solutions, can help relieve your constipation. A wide range of laxatives are available over the counter, including:

- **Osmotic laxatives** draw water back to the digestive tract, replacing lost water, enabling a normal, complete bowel movement. Through this process, MiraLAX®, an osmotic laxative, relieves constipation and softens stool without harsh side effects.
- **Bulk-forming laxatives** add fiber to the stool. These can be used to supplement the fiber in your diet. However, they can sometimes ferment and cause gas.
- **Stimulant laxatives** stimulate the walls of the intestine, causing the muscles to contract and clear the bowel. They work quickly, but can sometimes cause cramps¹.
- **Lubricants**, such as mineral oil, lubricate the walls of the intestine so that stool can pass through more easily. They can sometimes interfere with vitamin and nutrient absorption².
- **Saline laxatives** work by pulling water into the intestine. These laxatives can remove electrolytes².



¹ National Digestive Diseases Information Clearinghouse. Constipation. Available at HYPERLINK <http://digestive.niddk.nih.gov/ddiseases/pubs/constipation/>. Accessed October 7, 2006.

² Hsieh C. Treatment of constipation in older adults. Am Fam Physician. 2005; 75:2277-2285

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[†]For relief without harsh side effects.
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