Simple changes to help support a healthy digestive system

**Establish a routine**
- Schedule daily activities
- Go to the bathroom at the same time every day

**Maintain a well-balanced diet**
- Increase your daily fluid intake to stay hydrated
- Eat high-fiber foods

**Manage stress**
- Take time for yourself while at home or work
- Consider practicing yoga or meditation

My doctor recommends that I...

Take ______ dose(s) of ________________, _______ time(s) per day for _______ days/weeks (circle one)

Additional comments:

Experience the difference with MiraLAX®!
The #1 recommended laxative by doctors, pharmacists, and GIs