Constipated?
You’re not alone!
Learn more inside

From Bayer Consumer Health, the company that supports your overall GI health and a healthy lifestyle.

Look for MiraLAX® in the laxative aisle.

Use as directed for occasional constipation.

For more information and offers, visit Miralax.com.

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Am I the Only One Who Suffers From Occasional Constipation?
You are not alone!

- Constipation is **one of the most common** digestive complaints in the U.S.¹
- An estimated **42 million Americans** suffer from the discomfort it causes.¹
- **Women are twice as likely** as men to experience constipation.²

What Is Constipation?
Occasional constipation or irregularity occurs when your bowel movements become difficult or happen less often than normal, throwing off your daily routine.

What’s normal?
It depends on the individual. Normal can range from a bowel movement three times a day to three times a week. Normal stools are soft and formed, and pass without straining. Only you can determine what’s normal for you.

How Do I Know I Have Constipation?
Symptoms...

- Gas/bloating
- Abdominal discomfort
- Irregular bowel movements
- Lack of energy
- Straining
- Irritability

Know Your Stool Type

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Separate, hard lumps, like nuts (hard to pass)</td>
</tr>
<tr>
<td>2</td>
<td>Sausage-shaped but lumpy</td>
</tr>
<tr>
<td>3</td>
<td>Like a sausage but with cracks on its surface</td>
</tr>
<tr>
<td>4</td>
<td>Like a sausage or snake, smooth and soft</td>
</tr>
<tr>
<td>5</td>
<td>Soft blobs with clear-cut edges (passed easily)</td>
</tr>
<tr>
<td>6</td>
<td>Fluffy pieces with ragged edges, a mushy stool</td>
</tr>
<tr>
<td>7</td>
<td>Watery, no solid pieces. Entirely liquid</td>
</tr>
</tbody>
</table>

References:

The Bristol Stool Scale was created by Lewis SJ, Heaton KW. Scand J Gastroenterol. 1997.
**Why Am I Experiencing Constipation?**

**Potential causes...**

- **Medications**
  - antidepressants
  - anticonvulsants
  - antihypertensive drugs
  - antacids
  - medicines that dehydrate

- **Supplements**
  - iron

- **Poor diet/dehydration**
  A diet low in:
  - fruits and vegetables
  - fiber-containing plant foods
  - healthy balance of good bacteria
  - adequate fluid intake

- **Lifestyle and other factors**
  - lack of sleep
  - stress
  - travel
  - disease
  - ignoring the urge to go

**Consult with your doctor about other possible causes of constipation.**

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**What Can I Do for Occasional Constipation?**

**Make simple lifestyle changes...**

- **Maintain a well-balanced diet**
  Include high-fiber foods:
  - oats
  - apples
  - prunes
  - kale
  - peas
  - beans
  - wheat bran

- **Increase your daily fluid intake**
  to stay hydrated

- **Exercise and stay active**
  - set aside time for daily activity

- **Manage your stress levels**
  - take time for yourself while at home/work
  - consider yoga or meditation as a stress reliever

- **Get a good night’s sleep**

**What if Lifestyle Changes Aren’t Enough for Me?**

- **Add a fiber supplement to your daily routine**
- **Use a probiotic to support digestive health**
- **Take a gentle laxative like MiraLAX**

The #1 recommended laxative by doctors, pharmacies and GIs.

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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

† For occasional constipation, use as directed.
Why Should I Choose MiraLAX®?

- MiraLAX works with your body’s natural process to provide effective relief from occasional constipation.
- Because it works with the body, MiraLAX provides a gentle experience, and doesn’t cause harsh side effects.
- MiraLAX is gluten free and sugar free.

Talk to your doctor about the benefits of MiraLAX, the #1 doctor recommended OTC laxative.

It’s Different! Works Naturally to Unblock Your System.

- MiraLAX works naturally with the water in your body.
- Stimulant laxative pills forcefully stimulate the nerves in your colon

Hydrates and Softens

Support for your digestive health, from Bayer

Phillips® Colon Health®
Daily Probiotic Supplement
- Contains 3 types of good bacteria

Phillips® Fiber Good® Gummies
The Tasty Side of Fiber®
- 2 Gummies contain 4 grams of fiber

For more information, visit Phillipsdigestive.com.