Let’s Talk About

CONSTITUTION

(we know sometimes it’s not easy...)

HOW DO I KNOW I HAVE CONSTITUTION?

POTENTIAL CAUSES
- Medications
- Supplements
- Poor diet
- Dehydration
- Lack of sleep

SYMPTOMS
- Gas / Bloating
- Irregular bowel movements
- Straining
- Lack of energy
- Irritability

WHAT IS YOUR STOOL TYPE?

1. Types 1-2 indicate constipation
   - Separate, hard lumps, like nuts (hard to pass)

2. Types 3-4 are ideal
   - Sausage-shaped but lumpy

3. Types 5-7 indicate diarrhea
   - Like a sausage or snake, smooth and soft
   - Soft blobs with clear-cut edges (passed easily)
   - Fluffy pieces with ragged edges, a mushy stool
   - Watery, no solid pieces. Entirely liquid

WHAT CAN I DO FOR OCCASIONAL CONSTITUTION?

- Increase your daily fluid intake to stay hydrated
- Maintain a well-balanced diet
- Get a good night’s sleep
- Add a fiber supplement to your daily routine
- Exercise and stay active
- Manage your stress levels
- Take a gentle laxative*

TALK TO YOUR DOCTOR ABOUT THE BENEFITS OF MIRALAX®

*For occasional constipation, use as directed.

For more information and offers, visit Miralax.com

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