

Savings from the #1  
doctor-recommended laxative  
Available over-the-counter

Constipated?  
Learn about gentle relief!

MANUFACTURER'S COUPON EXPIRES 4/30/2023

**SAVE**  
**\$5.00**  
on any  
**MiraLAX®**  
product



Redeemable at Food, Drug, and Discount Stores.

**CONSUMER: LIMIT ONE COUPON PER PURCHASE** on specified product(s), size(s) and quantity stated. **LIMIT OF 4 EXACT SAME COUPONS PER HOUSEHOLD PER DAY.** You pay any sales tax. Void if copied, sold, transferred, altered, or auctioned.

**RETAILER:** You are authorized to act as our agent and redeem this coupon at face value on the specified product(s). We will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with the Bayer HealthCare LLC Coupon Redemption Policy, incorporated herein by reference. **USE NOT CONSISTENT WITH THESE TERMS MAY CONSTITUTE FRAUD AND MAY VOID ALL COUPONS SUBMITTED.** Send coupons to: Bayer HealthCare LLC 1355, P.O. Box 880001, El Paso, TX 88588-0001. Cash value, 1/20th of 1¢. Good only in the U.S.A.



Look for MiraLAX® in the laxative aisle.

**MiraLAX®:**

- Is recommended as a first-line therapy by the American Gastroenterology Association
- Has 96% patient satisfaction\*
- Is the #1 recommended laxative by doctors, pharmacists, and gastroenterologists†

\*Survey of 300 consumers, 2018.

†By doctors, IQVIA Survey 2021; by pharmacists, Pharmacy Times Survey 2021; by gastroenterologists, IQVIA Survey 2021.



Use as directed for occasional constipation. The Bayer Cross, MiraLAX, Mix-In Pax, and the MiraLAX Pink Cap are registered trademarks of Bayer.

© 2021 Bayer December 2021 PP-MLX-BASE-US-0823

See more inside



For more information and offers, visit [MiraLAX.com](http://MiraLAX.com)

Use as directed for occasional constipation.

Brought to you by



**SAVE**  
**\$5.00**  
Details on back

# How can MiraLAX® help you today?

## MiraLAX® works differently to give you relief

- MiraLAX® works naturally with the water in your body to hydrate and soften, unblocking your system
- Effectively relieves constipation without causing bloating, cramping, gas, or sudden urgency
- MiraLAX® is sugar-free, gluten-free, preservative-free, and taste-free

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

Each dose of MiraLAX® dissolves easily into 4 to 8 ounces of your favorite hot or cold beverage.



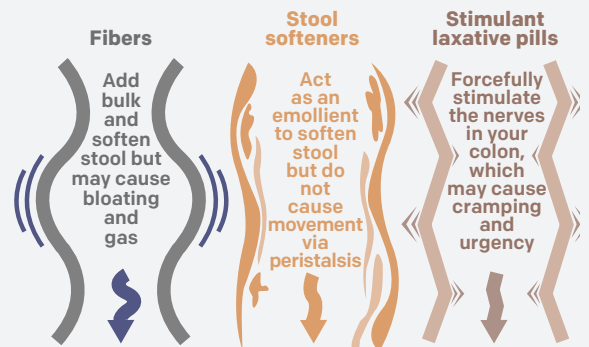
# How does MiraLAX® provide predictable relief?

## MiraLAX® works differently than other laxatives to gently relieve constipation



- Hydrates
- Softens
- Gently relieves

MiraLAX® does not cause bloating, gas, cramps, or sudden urgency



Use as directed for occasional constipation.  
FSA=flexible spending account; HSA=health savings account.

# How do I know I have constipation?

## What is constipation?

Occasional constipation, or irregularity, occurs when your bowel movements become difficult or happen less frequently than is normal for you. It can throw off your routine.

## Defining normal bowel movements

This depends on the individual. Normal can range from a bowel movement 3 times a day to 3 times a week. The stool is soft and formed, and passes without straining. Only you can determine what's normal for you.

## Symptoms of constipation



Gas/bloating



Straining



Abdominal discomfort



Irritability










Irregular bowel movements

## Symptoms of constipation are extremely common

- **16% of adults** will experience constipation
  - Constipation will occur in **1/3 of adults 60 and over**
- An estimated **42 million Americans** suffer from constipation
- **Women are more likely** to experience constipation

# What should I look for?

## Know your stool type

Types 1-2 indicate constipation	<b>1</b> 	<b>Separate, hard lumps, like nuts (hard to pass)</b>
	<b>2</b> 	<b>Sausage-shaped but lumpy</b>
Types 3-4 are ideal	<b>3</b> 	<b>Like a sausage but with cracks on its surface</b>
	<b>4</b> 	<b>Like a sausage or snake, smooth and soft</b>
Types 5-7 indicate diarrhea	<b>5</b> 	<b>Soft blobs with clear-cut edges (passed easily)</b>
	<b>6</b> 	<b>Fluffy pieces with ragged edges, a mushy stool</b>
	<b>7</b> 	<b>Watery, no solid pieces. Entirely liquid</b>

The Bristol Stool Scale was created by Lewis SJ, Heaton KW. *Scand J Gastroenterol*, 1997.

**If you aren't sure you have normal bowel movements, speak to your doctor**

# Why am I experiencing constipation?

## Causes can vary



### Medications

- Antidepressants
- Anticonvulsants
- Antihypertensive drugs
- Opioids
- Antacids



### 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
- Travel
- Stress
- Ignoring the urge to go
- Certain medical conditions

**Ask your doctor about other possible causes of constipation**

# What can I do for occasional constipation?

## Make simple lifestyle changes



### Maintain a well-balanced diet

#### *Include good sources of fiber:*

- Oatmeal
- Apples
- Oranges
- Broccoli
- Berries
- Beans
- Almonds



### Drink fluids throughout the day to stay hydrated



### Exercise and stay active

- Set aside time for daily activity



### Get a good night's sleep



### Establish a routine

- Go to the bathroom at the same time every day

## 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<sup>®†</sup>

<sup>†</sup>Use as directed for occasional constipation.

\*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.