

LET'S TALK ABOUT CONSTIPATION

Constipation is more common than you may think

 **42 million** people suffer from constipation

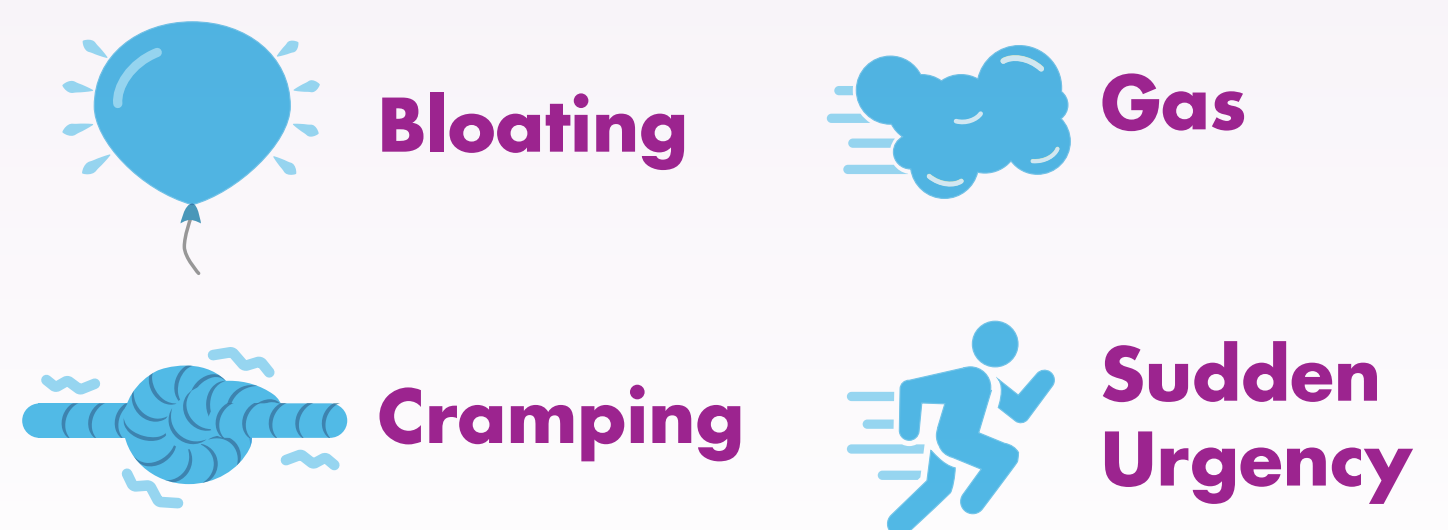


80% of people will experience constipation at some point during their lives

Signs that you may have constipation

- Fewer-than-normal bowel movements, usually less than 3 bowel movements a week
- Difficult or hard-to-pass stool
- Separate or lumpy stool (see chart below for more details)

Symptoms of constipation



What is your stool type?

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

Talk to your doctor about the benefits of MiraLAX® (PEG 3350)

- **96%** patient satisfaction rate
- **#1** doctor-recommended OTC laxative



*For occasional constipation, use as directed.

For more information and offers, visit MiraLAX.com

