



It's time to experience
The MiraLAX® Difference.

Occasional constipation relief
without causing harsh GI side effects.

Discover
The Difference.
Try MiraLAX.®

Clinically Proven
to Relieve Occasional Constipation
Without Causing Harsh GI Side Effects¹

**#1 recommended laxative by
doctors, pharmacists¹ and
gastroenterologists**

Look for MiraLAX with the **PINK CAP**
in the laxative aisle.

MiraLAX® attracts water in the colon to hydrate and soften stool and the body responds naturally for a normal bowel movement that:

- Is complete and comfortable
- Does not cause harsh side effects such as:
 - pain
 - cramping
 - gas
 - bloating
- Is predictable with no sudden urgency

so you can have peace of mind from start to finish.



Love Your Laxative.

Use as directed for occasional constipation.

¹ Among leading brands.

¹ Pharmacy Times Survey 2015

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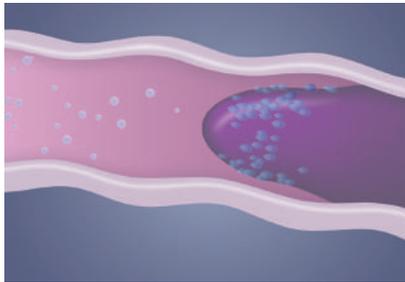
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Experience The MiraLAX[®] Difference

What is MiraLAX?

- MiraLAX is different from other laxative brands. MiraLAX works with your body to provide effective relief from occasional constipation without causing harsh side effects such as pain, cramping, gas and bloating – so you can get on with your day.
- MiraLAX activates water to work in 3 ways:
 - Hydrating
 - Easing
 - Softeningto unblock your system naturally.



- MiraLAX is a powder that dissolves easily in water and other beverages — with no taste or grit.
- MiraLAX is gluten and sugar free.
- MiraLAX is available without a prescription.

What is Constipation?

Occasional constipation or irregularity occurs when your bowel movements become difficult or when they happen less frequently than normal. It can throw 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 passed without straining. Only you can determine what's normal for you. Only you can determine when your bowel movements are difficult to pass or happen less frequently.

Symptoms of constipation may include:

- Abdominal discomfort
- Gas
- Bloating
- Straining
- Fatigue
- Aches
- Irritability
- Lack of energy



How Do I Pick the Right Laxative?

There are a range of laxatives available over the counter for occasional constipation – many work differently. Selecting the right laxative for you can ease your constipation and help you get back to the things you really want to be doing.

- **Osmotic laxatives** attract water in the colon for softer stool and increased bowel movements. Through this process, MiraLAX, an osmotic laxative, relieves constipation without causing harsh GI side effects.
- **Bulk-forming (fiber) laxatives** add fiber to the stool. These can be used to supplement the fiber in your diet. However, some can sometimes ferment and cause gas.
- **Stimulant laxatives**, such as bisacodyl, cause the intestinal muscles to contract and clear the bowel. They work quickly, but can sometimes cause cramps.
- **Lubricants**, such as mineral oil, coat the walls of the intestine so that stool can pass through more easily. They can sometimes interfere with vitamin and nutrient absorption.

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