

Constipated?

Learn about gentle relief!

See more inside



Use as directed for occasional constipation.

Brought to you by



SAVE UP TO
\$8⁰⁰
Details on back

How can MiraLAX[®] help you today?

MiraLAX works differently to give you relief

- MiraLAX works with the water in your body to hydrate and soften, unblocking your system naturally
- 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



How does MiraLAX provide predictable relief?

MiraLAX works naturally to unblock your system



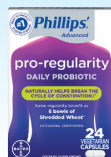
Hydrates and softens

For more information and offers, visit MiraLAX.com

Support for your digestive health* from Bayer

Phillips® Pro-Regularity Daily Probiotic

- Same regularity benefits as 6 bowls of shredded wheat



The Tasty Side of Fiber®

Phillips® Fiber Good® Gummiess

- Excellent source of fiber
 - Provides 8 grams per day



*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.

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 daily 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

1  **Separate, hard lumps, like nuts (hard to pass)**

2  **Sausage-shaped but lumpy**

Types 3-4
are ideal

3  **Like a sausage but with cracks on its surface**

4  **Like a sausage or snake, smooth and soft**

Types 5-7
indicate
diarrhea

5  **Soft blobs with clear-cut edges (passed easily)**

6  **Fluffy pieces with ragged edges, a mushy stool**

7  **Watery, no solid pieces. Entirely liquid**

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^{®†}

[†]Use as directed for occasional constipation.

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Savings from Bayer Consumer Health

The company that supports your overall digestive health

MANUFACTURER'S COUPON EXPIRES 3/31/22

SAVE
\$5.00

on 7-count size or larger

MiraLAX®
products



Use as directed for occasional constipation.

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.

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Look for MiraLAX in the laxative aisle.

MANUFACTURER'S COUPON EXPIRES 3/31/22

SAVE
\$3.00

on any **Phillips®**
Probiotic or
Fiber Good®
product



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.

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