About Changes in Bowel Activity with Fruit-Eze™ Regularity Blend:

Results are achieved gradually over a period of several days. Most people discover improvement in stool texture first, and then improvement in stool frequency. For some people, daily bowel movements may occur. However, it is considered normal to

experience 3 or more stools per week. Some people take 1 or 2 weeks to get to a good stool texture and then up to 6 weeks to establish regularity.

It is very important to take your servings of Fruit-EzeTM Regularity Blend everyday. *Consistency is the key to regularity*.

Date:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
# of Fruit-Eze TM Spoonfuls (Tsp? Tbsp?)							
Change in Meds, Exercise, or Other Significant Event?							Ó
Other bowel Products Used, If Any	fr	nait.	-07	MT	7	25.74X	
Number of Bowel Movements & Time		All Natural	Regularity	Blend			
Fluid Intake							and the second second
Texture: Good, Ok, Too Hard, Too Soft							

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Number of Bowel Movements & Time		All Natural	Regularity	Blend			
Fluid Intake							The state of the s
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Fluid Intake							and the same of th
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