

# 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-Eze™ Regularity Blend everyday. *Consistency is the key to regularity.*

| Date:                                                 | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------------------------|--------|--------|---------|-----------|----------|--------|----------|
| # of Fruit-Eze™ Spoonfuls (Tsp? Tbsp?)                |        |        |         |           |          |        |          |
| Change in Meds, Exercise, or Other Significant Event? |        |        |         |           |          |        |          |
| Other bowel Products Used, If Any                     |        |        |         |           |          |        |          |
| Number of Bowel Movements & Time                      |        |        |         |           |          |        |          |
| Fluid Intake                                          |        |        |         |           |          |        |          |
| Texture: Good, Ok, Too Hard, Too Soft                 |        |        |         |           |          |        |          |

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