



## Protocols for Pregnant & Nursing Moms

Recommendations for using Fruit-Eze™ pure fruit regularity blend to *Get Going...Naturally™*.

*Note!! The following is presented by way of example only. Individuals will vary in their needs and responses. Please contact your physician before modifying a currently prescribed regimen.*

### Overview/Rationale

The Fruit-Eze™ program can help your body to safely achieve regularity during pregnancy, post partum, and during planning to become pregnant. Fruit-Eze™ Regularity Blend will supply ample fiber, both soluble and insoluble, in a form readily usable by your body, to foster regular bowel movements when used as suggested below. Fruit-Eze™ Regularity Blend is shelf stable and should not be refrigerated.

We suggest that you not use stool softeners or laxatives when following the Fruit-Eze™ bowel program. If you are currently taking more than 2 stimulant laxatives a day, you should gradually wean yourself off of the laxatives. Consult your physician.

Before starting the Fruit-Eze™ program, ensure that you have one good bowel movement as Fruit-Eze™ Regularity Blend will not soften hard stools that are already in the colon. If a Dulcolax (bisacodyl) suppository or one dose of a laxative is needed to achieve a bowel movement, talk to your doctor first. Note that when the colon has been emptied using a Dulcolax suppository, laxative or enema, another bowel movement may not occur for three days.

All instructions should be reviewed by your doctor. The Fruit-Eze™ staff is available to assist you. Please call us at our toll free number 1-888-REGULAR(1-888-734-8527) with any questions you may have, and to place orders. The recommendations below can help you to *Get Going...Naturally™*.

### Regularity Goal

To achieve the easy (without straining) passage of well formed stools (not too hard, nor too soft) at least once every two to three days.

### Basic Recommendations

- 1. If your stool is too hard or too infrequent, you are not receiving enough Fruit-Eze™.*
- 2. If your stool is too soft or too frequent, you are receiving too much Fruit-Eze™.*

#### 1. WEEK ONE

**Two rounded tablespoons per day.** These servings may be taken all at once or one Tablespoon twice per day. Fruit-Eze™ Regularity Blend may be eaten by itself, or on toast, in oatmeal, applesauce, etc. As part of re-educating your bowel it is important to toilet yourself everyday about 45 minutes after each meal even if there is no urge to move the bowel or no actual bowel movement occurs. Sit on the toilet for about five to ten minutes. Relax, do not strain. With your palm, you can gently massage your abdomen in a clockwise direction to stimulate bowel activity.

Continued on page 2

**Note:** Most people experience prompt improvement in their stool quality and bowel activity when using Fruit-Eze™ Regularity Blend. However, if no bowel movement occurs within 3 days, try using one plain glycerin suppository. If you do not experience a bowel movement within five days, you can try another suppository OR a dosage of Milk of Magnesia. Note that when the colon has been emptied, another bowel movement may not occur for three days.

For some individuals, daily bowel movements may occur. However, it is considered normal to experience 3 or more stools per week.

## 2. WEEK TWO

**Increase serving up to three or four tablespoons per day if needed.** A total of three or four tablespoons per day may be needed if you have not achieved a bowel movement every other day or so. Remember, Fruit-Eze™ Regularity Blend is actually "re-educating" your bowel system. Once you become more regular, you may cut back on the portions. Continue to toilet yourself as suggested in week one.

**Or...**

**One tablespoon less per day.** Cut back your daily portion by one tablespoon if you are up to two or three stools per day. Continue to toilet yourself as suggested in week one.

**Or...**

**Continue using two tablespoons per day,** if you have achieved one stool every one to two days. Continue to toilet yourself as suggested in week one.

**Note:** Your bowel activity is unique. For some individuals, stools may become too firm if they take too much Fruit-Eze™ Regularity Blend. If this occurs, experiment by decreasing the serving by one tablespoon until you reach a maintenance portion of one tablespoon per day.

## 3. WEEK THREE AND BEYOND

**You may decrease by one tablespoon per daily portion until you have reached a maintenance portion of one tablespoon per day.** Continue to toilet yourself as suggested in week one. It may take from six weeks to several months to retrain your bowel to this maintenance level, which will have your bowel moving once every day or two on the average.