

Infants & Children: Guidelines for Use of Fruit-Eze™ Regularity Blend



Children over 60 pounds: 1 to 2 Tablespoons

Children under 60 pounds: 2 to 3 teaspoons

Infants who can tolerate fruit: ¼ to 1 teaspoon



► Stool texture improves for most children within 2 to 5 days; regular BM's usually occur within 2 to 7 days of improved texture.

► If improvement is not significant after a week, it is fine to increase serving one spoon per day. (For infants increase by ½ teaspoon).

► Consult your child's pediatrician before modifying a prescribed bowel regimen.

Regularity Tips

- Fruit-Eze™ contains no chemical or herbal stimulants; it works gently over time.
- It is very important to give your child a serving of Fruit-Eze™ every day. Breakfast is usually the most convenient and effective time.
- It is not necessary to have a BM every day. The clinical standard for regularity is 2 - 3 bowel movements per week, without straining.
- To encourage regularity, try toileting your child 45 minutes after every meal. Your child should sit comfortably on the toilet for a few minutes. They can gently massage their abdomen with their palm in a circular motion.
- If your child is able, moderate exercise such as stretching or walking is very helpful for regularity and good health.
- Always use a clean spoon in the Fruit-Eze™ container to avoid contamination.
- Most children like the taste of Fruit-Eze™ right from the spoon. They may also like it stirred into apple sauce, oatmeal, and spaghetti sauce over pasta; or spread on crackers, toast, burgers and sandwiches. If your child loves Fruit-Eze™, store it out of reach.

Storage of Fruit-Eze™ Regularity Blend



Fruit-Eze™ Regularity Blend should be stored, with a tightly closed lid, away from direct light and heat just as you would with raisins or honey. Though Fruit-Eze™ contains no preservatives and no chemical additives, it is shelf stable, even after opening. Use a clean spoon when serving and you will find that the natural fruit sugars and naturally occurring anti-microbial properties will prevent your container of Fruit-Eze™ from spoiling. Since it does not require refrigeration, you can take your Fruit-Eze™ serving(s) with you wherever you go!

www.fruiteze.com

Fruit-Eze™, Inc. | PO Box 91275 Portland Oregon 97291 | 1-888-Regular | 503-297-4126