

Guidelines for Use of Fruit-Eze™ Regularity Blend



Two rounded spoons per day.

Use tablespoons for adults, teaspoons for kids.



- ▶ Stool texture improves for most people within 2 - 7 days. Regular BM's usually occur within 2 - 7 days of improved texture.
- ▶ If improvement is not significant after a week, it is fine to try three spoons per day.
- ▶ Special circumstances such as paralysis, g-tube, laxative dependency and infants, refer to the detailed Pdfs in the list above.
- ▶ Consult your physician 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 have your serving 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 45 minutes after every meal. Sit comfortably on the toilet for a few minutes, gently massage your abdomen with your palm in a circular motion.
- If you are able, moderate exercise such as stretching or walking is very helpful for regularity and good health.
- Always use a clean spoon to avoid contamination of the Fruit-Eze™ container.

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