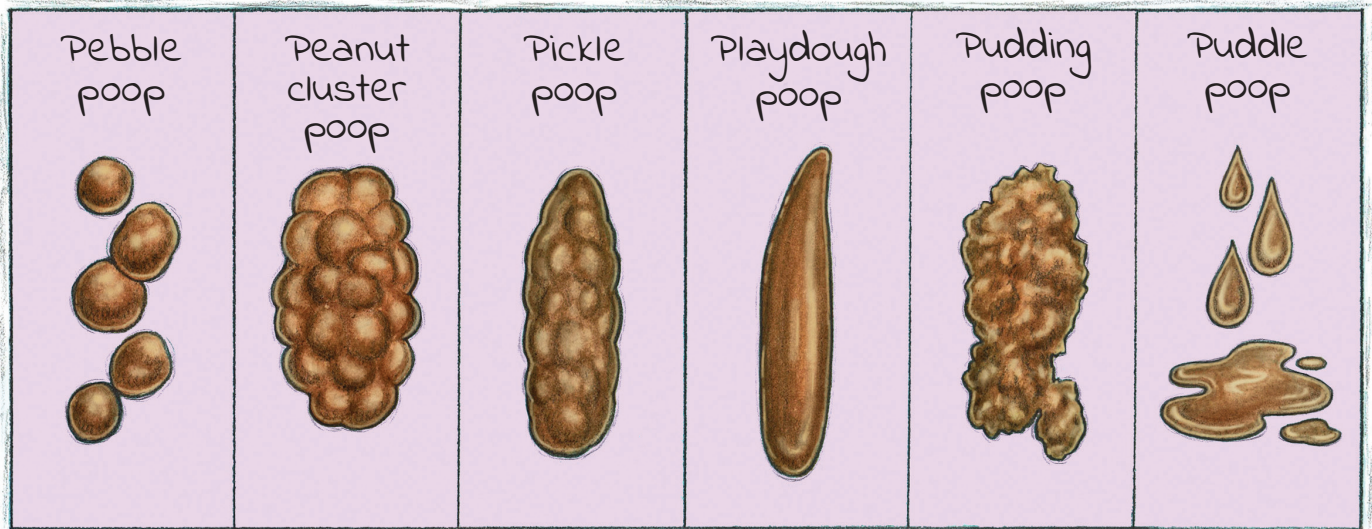


YOUR POOP IS A WINDOW INTO YOUR HEALTH

Dr. Poo's Chart



Hardest

1

Harder

2

Firm

3

Soft

4

Shapeless

5

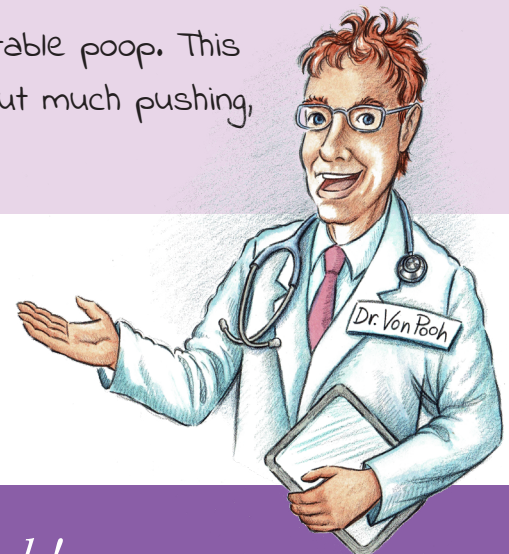
watery

6

Types **one** and **two** cause the most wear and tear on the rectal lining and require the most uncomfortable straining. Pebble poop can enlarge into golf-ball size or "plugged poop," which is the hardest to pass.

Types **three** and **four** are usually the most comfortable poop. This soft poop is slippery and slides out naturally without much pushing, and tapers to a tail.

Types **five** and **six**, if persistent, can signal that something is going on in your gut that needs medical attention. or, it could be caused by some dietary intolerance or microbiome imbalance.



Look before you flush!

Regular Girl Answers Mom's Poop Questions

How often should my family be going #2?

People are often confused about regularity. Follow the 3-3 rule: You should go no more than three times a day, and no less than once every three days. Ideally, you should poop something like type 3 or 4 on the chart, daily.

Should it sink or float?

If it floats too much, that's an indication of poor nutrient absorption. If it sinks too quickly, it's a sign you may not be eating enough fiber. It should do a steady submarine dive into the toilet bowl, without a lot of splashes or noise.

How much time should we spend on the toilet?

You should be in, out and on your way. No time to play games. If you want a hard number, it's actually a 3-3-3 rule: no more than three minutes.

What if we don't want to look in the toilet bowl?

Everyone poops, so go ahead and look. It's important and provides a clear indication of your health. But there is another way. You should only need to wipe once or twice for a clean finish.

IMPROVE YOUR FAMILY'S DIGESTIVE HEALTH

How much fiber does my family need?

Adults need up to 38 grams of fiber daily. Toddlers need 19 grams, while school-age kids need at least 25. Most of us get just half the recommended amount.

What's the difference between soluble and insoluble fiber?

Insoluble fiber creates the bulk in your stool. The right form of soluble fiber aids digestion, moderates glucose absorption, lowers cholesterol, increases satiety and feeds your good bacteria. But be careful. Some soluble fibers may lead to excess gas, bloating or worse, loose stools and diarrhea.

What are probiotics and why are they important?

Probiotics are the beneficial bacteria living in your gut. They support immune and digestive health. You probably can't get enough probiotics in foods to act therapeutically, so it's often recommended to supplement with active probiotics. But don't forget that without the proper prebiotic, no amount of supplemental probiotics will help to proliferate the healthy bacteria we consume or that is already in our guts.

How should we care for our beneficial bacteria?

Feed them with prebiotics (soluble fiber). The right form of prebiotics nourish, and stimulate the growth and activity of beneficial bacteria. Prebiotics are naturally present in many foods, such as guar (a type of bean).

Why is guar fiber preferred over other fiber supplements?

Guar fiber helps to normalize both occasional constipation and diarrhea. It also won't lead to excess gas and bloating, common side effects of other fiber supplements.* It's also 100% gluten free, non-GMO and low in FODMAPs.**

What else should I look for in a fiber supplement*?

Choose one that mixes invisibly in water or other non-carbonated beverages without changing the taste, aroma or texture. If it tastes bad or it has a gritty, gloppy texture, it won't do you any good because you won't use it. The best choice is a soluble fiber with added probiotics. They work in harmony to help you achieve a happier, more regulated digestive system.

WHEREVER YOU GO, GO WITH REGULAR GIRL

Regular Girl is a synbiotic blend of truly regulating prebiotic fiber and active probiotics. Unlike other fiber that moves through your body too fast or too slow, Regular Girl moves at just the right pace. So you can say ba-bye to occasional constipation and diarrhea, without excess gas or bloating.* It's tasteless, colorless and 100% gluten free. So fabulous!

Because life is *anything* but regular. →

RegularGirl.com

