

What other things can help?

There are many lifestyle factors that are important, including:

- Increasing fibre in the diet or taking a fibre supplement
- Eating more fruit and vegetables
- Drinking more fluid
- Keeping active by increasing exercise appropriate to your ability
- Not postponing going to the toilet
- Learning the correct position for sitting on the toilet

But, no matter how healthy the lifestyle, at times you may experience constipation. **OsmoLax Relief** may help to restore your natural rhythm.

OsmoLax Relief generally produces a bowel movement in 1 to 3 days

OsmoLax Relief is free from gluten, lactose and yeast, and has no artificial flavours, colours or sweeteners.

For more information on constipation and **OsmoLax Relief**, or to download a bowel diary, visit our website:

www.OsmoLaxRelief.com.au



Always read the label. Use only as directed and consult your healthcare professional if symptoms persist.

OsmoLax[®] Relief

Clinically proven to help provide effective relief of constipation



Key Pharmaceuticals Pty Ltd
Macquarie Park NSW 2113
keypharm.com.au

✓ No salty taste

✓ No artificial flavours, colours or sweeteners

✓ Clinically proven



Constipation

If you find you are going to the toilet less often than normal, or find it difficult or painful to pass a bowel movement, you are not alone.

Constipation is one of the most common medical complaints in Australia, but is something few of us like to talk about.

The frequency of bowel movements is different for everyone. For some, it is normal to have a movement once or twice a day, but others only have a few movements each week. Only you can determine what is normal for you.

What causes constipation?

There are many causes of constipation. Some of these are:

- Insufficient fluid intake
- Inadequate amounts of fibre in the diet
- Postponing the urge to have a bowel movement (especially in children)
- Lack of physical activity
- Changes in lifestyle or routine, such as travel
- Some medications
- Certain medical conditions

No matter what the cause, when movements are irregular, stools remain in the bowel for longer than normal and the result is hard, dry stools which are difficult to pass.

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Take OsmoLax Relief to help provide effective relief

OsmoLax Relief is clinically proven to help provide effective relief and assist in the treatment of constipation. Mixed with water and a drink of your choice, **OsmoLax Relief** works with the liquid to soften and ease, for a more controlled and comfortable bowel movement.

OsmoLax Relief helps restore the body's natural rhythm to leave you feeling comfortable and relieved.



Why is OsmoLax Relief different?

The active ingredient in **OsmoLax Relief** is called macrogol 3350. Macrogol is considered to be a 'gold standard' to assist with the treatment of constipation, especially for children.^{1,2}

Unlike some other macrogol products, **OsmoLax Relief** does not contain any electrolytes (sodium or potassium) so it does not have a salty taste. **OsmoLax Relief** is virtually tasteless and can be mixed with any hot or cold beverage such as water, juice, soft drink, coffee or tea.

1 Savino, et al. BMC Pediatrics 2012;12:178.

2 Pare P, Fredorak RN. Can J. Gastroenterol Hepatol 2014;28:549-557.