

## CF(Rehydrate) Nutrition Label :

# Nutrition Facts

About 3 servings per container

**Serving size**

**12 fl oz (355mL)**

<b>Calories</b>	Per serving		Per container	
	<b>40</b>		<b>110</b>	
	% Daily Value*		% Daily Value*	
<b>Total Fat</b>	0g	0%	0g	0%
<b>Sodium</b>	470mg	20%	1290mg	56%
<b>Total Carb.</b>	6g	2%	17g	6%
Total Sugars	0g		1g	
Incl. Added Sugars	0g	0%	1g	2%
<b>Protein</b>	0g		0g	
Potassium	140mg	4%	390mg	8%
Phosphorus	190mg	15%	520mg	40%
Magnesium	25mg	6%	65mg	15%
Zinc	3mg	25%	8.2mg	70%
Selenium	12mcg	20%	32mcg	60%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, and iron

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

Ingredients: Water, Maltodextrin, L-Citrulline, Natural Flavor, Salt, Sodium Citrate, Malic Acid, Potassium Phosphate, Potassium Chloride, Magnesium Chloride, Stevia Leaf Extract, Zinc Sulphate, Sodium Selenite

## Miralax Drug Facts:

### Drug Facts

**Active ingredient (in each dose)** Purpose  
Polyethylene Glycol 3350, 17 g (cap filled to line) ..... Osmotic Laxative

#### Use

- relieves occasional constipation (irregularity)
- generally produces a bowel movement in 1 to 3 days

### Drug Facts (continued)

#### Warnings

**Allergy alert:** Do not use if you are allergic to polyethylene glycol.

Do not use if you have kidney disease, except under the advice and supervision of a doctor.

Ask a doctor before use if you have:

- nausea, vomiting or abdominal pain

### Drug Facts (continued)

- a sudden change in bowel habits that lasts over 2 weeks
- intractable bowel syndrome

Ask a doctor or pharmacist before use if you are taking a prescription drug.

When using this product you may have loose, watery, more frequent stools.

### Drug Facts (continued)

Stop use and ask a doctor if:

- you have rectal bleeding or your nausea, bloating, cramping or abdominal pain gets worse. These may be signs of a serious condition.
- you get diarrhea
- you need to use a laxative for longer than 1 week.

### Drug Facts (continued)

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

#### Directions

- do not take more than directed unless advised by your doctor

### Drug Facts (continued)

- the bottle cap is a measuring cap marked to contain 17 grams of powder when filled to the indicated line (white section in cap)

- adults and children 17 years of age and older:

- fill to top of white section in cap which is marked to indicate the correct dose (17g)
- stir and dissolve in any 4 to 8 ounces of beverage (cold, hot or room temperature) then drink

### Drug Facts (continued)

- ensure that the powder is fully dissolved before drinking
- do not drink if there are any clumps
- use once a day
- use no more than 7 days
- children 16 years of age or under: ask a doctor.

#### Other information

- store at 20° - 25°C (68° - 77°F)

### Drug Facts (continued)

- tamper-evident: do not use if full seal under cap, printed with "SEALED for YOUR PROTECTION" is missing, open or broken

**Inactive ingredients** none

**Questions or comments?**  
1-800-MIRALAX (1-800-647-2525)