

YOUR POOP IS A WINDOW INTO YOUR HEALTH

Look before you flush!

TYPE
1



Hard pellets that resemble jelly beans or nuts

TYPE
2



Firm and shaped like a lumpy, nut-filled candy bar

Types One and Two

may indicate that you are dehydrated and constipated.

Drink more water and increase your dietary fiber intake.

TYPE
3



Looks like corn on the cob or sausage with surface cracks

TYPE
4



Shaped like a snake; it has a smooth, soft surface

Types Three and Four

are considered healthy and normal.

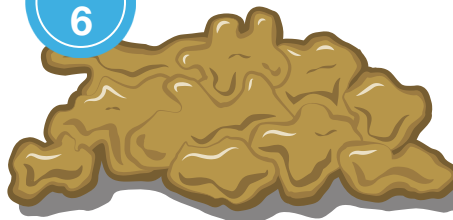
You're doing fine! Good work.

TYPE
5



Soft with clear-cut edges; resembles chicken nuggets

TYPE
6



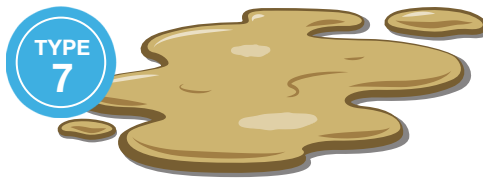
Mushy like pudding or soft with rough edges

Types Five, Six and Seven

are signs of diarrhea.

These shapes might be signs of a low soluble fiber intake, imbalanced 'friendly' bacteria and/or a gastrointestinal disorder. If conditions persist, please consult your physician.

TYPE
7



Watery with no solid form

Poop Questions and Answers

How often should I 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 I spend on the toilet?

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

What if I 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 Poop and Digestive Health

What should I eat to improve my poop shape?

You need 35 grams of fiber daily. Most of us get just 10 to 15 grams. Eat a rainbow of fruits and vegetables daily.

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, such as inulin, can lead to excess gas, bloating and worse: loose stools and diarrhea.

Why do I get constipated when I travel?

Your body is reacting to changes in your routine and diet. You may also become dehydrated. For some people, just being away from their own bathroom is enough to cause issues! A good strategy is to have a water bottle with you at all times. Complement your fiber-rich diet with a good prebiotic fiber supplement, and build time in your travel schedule for exercise.

How should I care for the beneficial bacteria in my gut?

Beneficial bacteria promote healthy digestion. 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 legume).

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.

What else should I look for in a fiber supplement?

Choose one that mixes invisibly in water or other non-carbonated beverages, and can be used in your favorite cooking and baking recipes, 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.



Sunfiber®