

BRISTOL STOOL CHART

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

CONSTIPATION



TYPE 1

Hard pellets that resemble jelly beans or nuts

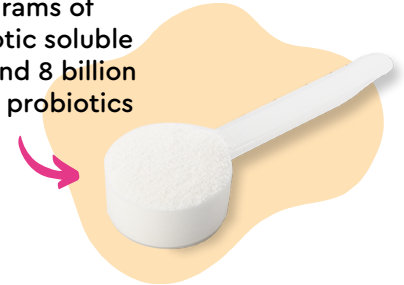


TYPE 2

Firm and shaped like a lumpy nut-filled candy bar

Take BeRegular™

5 grams of prebiotic soluble fibre and 8 billion active probiotics



NORMAL



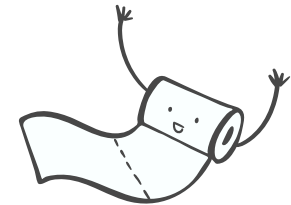
TYPE 3

Your poop should look like corn on the cob or sausage with surface cracks



TYPE 4

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



You're Doing Great!

Take BeRegular™ for the benefits of probiotics

DIARRHEA



TYPE 5

Soft with clear-cut edges; resembles chicken nuggets



TYPE 6

Fluffy pieces with ragged edges; mushy



TYPE 7

Entirely liquid, watery, no solid pieces

Take BeRegular™



BeRegular™ Prebiotic Fibre & Probiotic Blend

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