



### PREPARING SIMPLYTHICK® EASYMIX™ WITH MIRALAX®\*

If you need to thicken MiraLAX®, use SimplyThick® EasyMix™ gel, NOT powder! Our gel formula is smooth, quick, and the consistency won't change after mixing.

#### EASY to prepare!

- 1** Fill a cup with 4 oz. of water or other liquid.
- 2** Add the appropriate amount of MiraLAX®.
- 3** Add SimplyThick® EasyMix™ using our Bottle & Pump dispenser or pre-measured individual packet.



	<b>1</b> Slightly Thick	<b>2</b> Mildly Thick (Nectar Consistency)	<b>3</b> Moderately Thick (Honey Consistency)	<b>4</b> Extremely Thick (Pudding Consistency)
Bottle & Pump	1 full stroke per 6 oz. liquid	1 full stroke per 4 oz. liquid	2 full strokes per 4 oz. liquid	4 full strokes per 4 oz. liquid
Individual Packet	1 (4g) <b>1</b> Slightly Thick packet per 4 oz. liquid	1 (6g) <b>2</b> Mildly Thick packet per 4 oz. liquid	1 (12g) <b>3</b> Moderately Thick packet per 4 oz. liquid	2 (12g) <b>3</b> Moderately Thick packets per 4 oz. liquid

- 4** Stir with spoon, fork or any handy utensil for 30 seconds, until thickened. Serve.

\*MiraLAX® is the most common brand name for polyethylene glycol 3350 laxatives. SimplyThick® EasyMix™ works with all polyethylene glycol laxatives.

**If you have any questions pertaining to SimplyThick products, please contact:  
(800) 205-7115 • [www.simplythick.com](http://www.simplythick.com)**

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DISCLAIMER – Although information provided is believed to be true and accurate, SimplyThick, LLC (ST) cannot anticipate all actual situations and/or conditions of use. ST cannot assure the suitability of SimplyThick® for any particular situation or that SimplyThick® will work in every situation. If you have any questions about use of SimplyThick®, consult your doctor or physician. See [www.simplythick.com/safety](http://www.simplythick.com/safety) for more information.

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