



# Trust *your* Gut

## Before you go...

Let's do a quick gut check.

Are you experiencing any of the following bowel symptoms?

- ✓ Sudden changes in bowel frequency
- ✓ Changes in what your stool looks like
- ✓ Frequent gas
- ✓ Constipation (infrequent or hard-to-pass bowel movements)
- ✓ Diarrhea (watery, loose stools three or more times a day)
- ✓ Blood in your stool
- ✓ Sudden or strong stomach pain

**Don't suffer in silence.  
Ask about your symptoms.**





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