

Fleet.

Pedia-Lax®



FIBER: HOW MUCH IS ENOUGH?

CLEARING UP CONFUSION ABOUT FIBER

While 88% of Moms know that fiber is important in a child's diet, 54% do not know how many grams of fiber their child should be consuming each day.¹

The American Academy of Pediatrics advises that parents use the following guidelines to determine the amount of fiber needed:²

NEW AAP GUIDELINES

AGE / GENDER	FIBER (GRAMS)
2–3 years	19
4–8 years	25
9–11 years	
Female	26
Male	31

MANY KIDS ARE NOT CONSUMING ENOUGH FIBER

90% of kids don't get enough daily fiber in their diets.³ Thankfully, Pedia-Lax® Fiber Gummies offer a great-tasting way to promote regularity.⁴ Just three gummies a day provide fiber, which kids need to help with healthy digestion.

1. Fleet Proprietary Research
2. Adapted from: Kleinman RE, editor. Carbohydrate and dietary fiber: current dietary recommendations. Pediatric Nutrition Handbook. 6th ed. Elk Grove Village (IL): American Academy of Pediatrics; 2009; 353.
3. What We Eat In America, National Health and Nutrition Examination Survey (NHANES) 2005-2006. See www.ars.usda.gov.
4. This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.