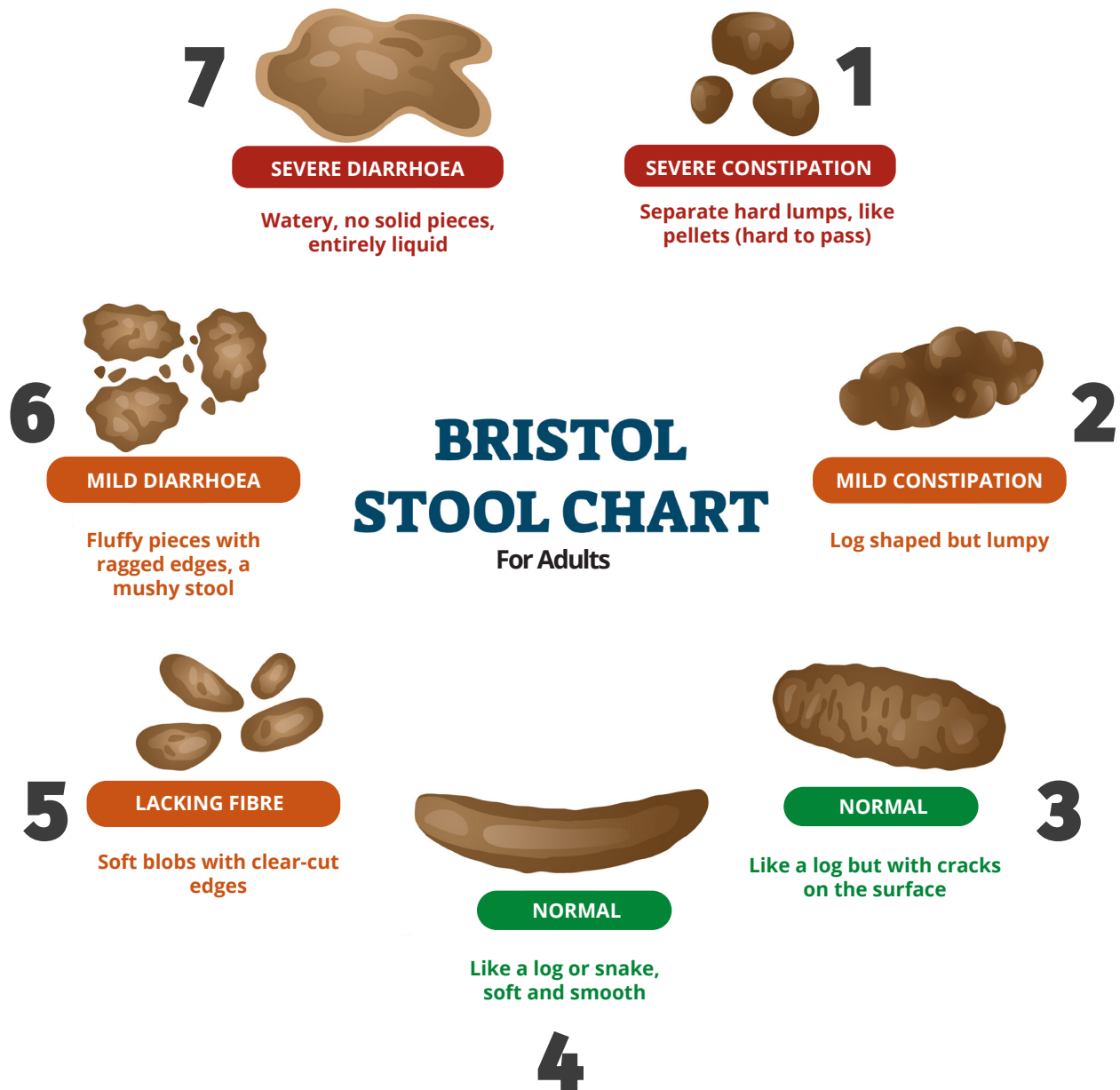


What's Your Number?

See if your bowel is healthy by checking the chart.

Adults should aim for #3 or #4.



If you are not seeing 3 or 4 when you flush, give us a call and we can talk about your bowel health.

continence **NZ**
0800 650 659