

Pinnaclife® vs. Miralax®

Description or Use	Pinnaclife	Miralax
Provides fiber as required to maintain digestive and colon health	✓	
Serves as a prebiotic to create healthy bacteria in the colon through natural fermentation	✓	
May be used for extended periods of time safely as part of a healthy diet and is not limited to 2 weeks for safe use limitations	✓	
May be added to all types of food, hot or cold, is not temperature sensitive and may be added to any cooked or frozen dish without change in flavor, or texture	✓	
May be habit forming and requires physician's instructions after 2 weeks		✓
Contains polyethylene glycol 3350 (PEG) a chemical osmotic agent		✓
Side effects that may be caused by this medication, according to the label: nausea, bloating, cramping, gas, hives		✓
Long-term use suggested as part of a healthy diet that may be low in natural dietary fiber	✓	
Keeps water within the stool resulting in increased bowel movements that are softer and easier to pass	✓	✓
Can be purchased without a prescription	✓	✓
Helps lower blood cholesterol levels	✓	
Helps lower blood sugar for people with diabetes	✓	
Part of a heart healthy diet in accordance with the USDA findings	✓	
Safe for children	✓	