

## **Optimal Digestive Care**

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### **Colonoscopy Prep Kit Over the Counter Shopping List**

1 bottle Magnesium Citrate Oral solution (**MUST BE CLEAR, NOT COLORED**)  
**Grape, Cherry and Lemon-lime**

4 Dulcolax ( Bisacodyl) tablets (Laxative only)

1 8.3 oz. bottle of Clearlax powder (Miralax)

#### **Optional**

Baby wipes

Watch the video on [www.OptimalDigestiveCare.com](http://www.OptimalDigestiveCare.com)