

More than nutrition,  
**Medtrition®**



Facebook & Amazon  
**Reviews**

My son has had issues with his bowels since birth. After many GI appts a fellow autism mom suggested using this since my son is gluten free dairy free. Since using it my son has been able to use the restroom with no issues. It's not a cure all but it helps big time. 5 stars 4/6/22

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Used this for my 12 year old with food allergies and ADHD and who is a picky eater and not the best diet. Worked great and he was definitely more regular within the first few days. It's almost tasteless so it was easy to have him take with no complaints. Would def buy again! 5 stars 4/4/22

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We have tried different products for my daughters chronic constipation - this is doing the job! It taste good to her and we do not need to mix it with anything. 5 stars 4/1/22

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My son is five and we've dealt with chronic constipation since he was two. It's been horrible and scary with a few ER trips because he would not go. We've done liquid suppositories, laxatives, Miralax, fiber gummies, fiber snacks.. etc. I bought this because of its reviews and was just hoping they were true. I just put in my second order since we're going to run out soon and I figured I should add a review that this stuff works wonders! No more painful bowel movements. He is going almost daily. The fear of using the restroom that he had is finally gone! He drinks a cap full everyday and he tells me it's yummy. His poop is soft now. TMI, but if you deal with a constipated kid, you know how it is. I highly recommend! 5 stars 3/31/22

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My daughter has always been constipated... I add this to her smoothie everyother day and it's keeps her soft an regular! 5 stars 3/27/22

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I use this everyday for my 2 kids who have extremely limited diets and constipation. This goes into their daily smoothies and it really helps keep them regular. We will continue to use it and highly recommend it. 5 stars 3/19/22

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We have struggled to find a product that works for my son that he also will take without complaint and that we feel comfortable giving to him. This is it! 5 stars 3/18/22

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I cannot even express my gratitude for this product. My daughter is 3.5 and has suffered from belly aches and constipation. Fear of going and leaky butt and accidents. Sensory issues and extreme meltdowns. Potty training for #2 has been so challenging. We have tried pedia-lax, and Miralax (I didn't want long term use of this after researching) , avoiding binding foods and encouraging natural foods to help her go.

Within TWO weeks we have a brand new kid on our hands! No more pain. Regular bowel moveMents, no accidents, no fear and no more bloating. Sensory issues are fading and no huge meltdowns since she started this and she's eating so much! As you can imagine, I'm feeling like this is a MIRCACLE.

Thank you! Thank you! We put half a cap ish in her OJ in the am and down it goes! She's excited to take it as she understands how much it has helped her! 5 stars 3/12/22

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"Update: This stuff is amazing!! It has been a couple months of continuous use, and my son is STILL going poop

everyday without pain. I am so happy to be done with Miralax.

HyFiber is a phenomenal product. My son has been on miralax his whole life (4.5 yrs) and the dr just wanted to up his dosage of miralax and add exlax everyday. I heard about this product from a mama on Instagram and thought I would give it a try. Holy moly!! This stuff works! My son has now been off of miralax and exlax for the last month. He is finally pooping everyday, instead of once or twice a week. When he goes, he isn't screaming, crying or bleeding anymore. He told me he likes to poop now! He also doesn't hold it in for fear of pain. I just recieved our second order of HyFiber. Give it a try! You WILL NOT be disappointed!!!!" 5 stars 3/11/22

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My 3 year old has had issues with constipation, frequency and texture of stool for at least a year. We have tried EVERYTHING (Miralax, Milk of Magnesia, every type of fruit and juice, cutting out dairy and carbs, probiotics with fiber, etc.) and prior to this, they were going maybe once a week and it was rock hard. They are now going everyday or every other day and it is much softer. This product is literally life changing and has taken away so much stress. Also love that it's natural and a pharmacist friend told me it's safe for daily use. I would recommend it to anyone! My toddler didn't like the taste, so we mix it with something. 5 stars 3/11/22

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This product is amazing. My friend recommended it as we both have kids with Down Syndrome who suffer from constipation. I've avoided Miralax because I don't want to create a dependency, and I was just putting a lot of fiber in his diet like flax seeds, chia seeds and the like. Recently he had to undergo open heart surgery and had to go on a low fat diet after that, so I lost a lot of my fiber options. Well I started the Hyfiber then and immediately he was pooping better than he ever has!!! We use a half cap in the morning and a half cap in the afternoon/evening. We mix it into juice and he doesn't notice any difference. Thank you so much Hyfiber!!!! 5 stars 3/10/22

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My son has struggled with constipation since he was 1. I have tried prunes, chiropractors, Culturelle, and Miralax. Nothing has worked as well as this! I am sooo happy I found this product! 5 stars 3/2/22

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My kids love the taste and it's been working well for them. My son with Celiac takes it everyday and I'm seeing an improvement in him not being so constipated. I'm ready to order my second bottle 5 stars 2/21/22

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My daughter is on the spectrum so her diet sucks. With in 2 days my girl is more regular with out exstream constipation. The tast is really mild and its clear so it was easy to hid in her water. I was tiered of using miralax to help keep her regular. 5 stars 2/20/22

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This is a great natural product and it works!! 5 stars 2/18/22

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Es un producto muy útil en la prevención de los problemas de estreñimiento en los niños. 5 stars 2/17/22

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In 10 years of using Amazon, I've never written a review, but I'm writing this for all the parents who are desperately searching for something to help their kids. My 20 month old son has an underlying health condition which required some of his colon to be removed. He has struggled with constipation to the point of hospitalization and surgery. He was on a capful of Miralax for weeks (which I wasn't comfortable with), eating exlax chocolate bars, tons of dietary fiber, and we were even doing high volume enemas to try and give him relief. He even had Botox injections to no avail. He began withholding because the pain was so bad and developed severe fissures. We were to the point that we were barely leaving the house because his constipation pain was so severe. I ordered this on a whim after a recommendation from another mother.

I am SO happy and relieved to say that he now has soft bowel movements EVERY DAY after taking a half a dose

of this every night. I waited to post this review in case it was a fluke, but after two weeks, I feel comfortable to say IT WORKS.

We had to play around with the dosing, and it took a few days for it to begin working. At one point, he even had diarrhea (something we'd never thought we'd say). We do 8 ml at bedtime, and he has a stool every morning with no side effects.

If you're wondering if this is worth the money, DO IT. I can't recommend enough. Thanks to Hyfiber, my child has quality of life again." 5 stars 2/13/22

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This helps add much needed fiber to my son's diet, since he is a picky eater. He doesn't mind taking it as it does not have a strong flavor (which is good!). Took a few days to work, but it has been great to our daily routine to get this kid regular. 5 stars 2/11/22

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It worked as she had a bowel movement shortly after taking it, but it causes her stomach discomfort. Tried it for a few days to make sure that it wasn't something else. 3 stars 2/7/22

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Highly recommend if your child has potty issues! Works great! And he has no problem taking, I just add to his drink. 5 stars 2/2/22

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So at first I was bummed because I wanted it to work right away (for some it may but for my 4YO it didn't) she's suffered since birth with poop issues!!! I gave it more time and kept giving it to her (I'd mix it with some almond milk and prune juice and warm up a little and she LOVES it!) The best part is almost down to the bottom of the first bottle and she is FINALLY going poop and with NO ENEMA!!! SOoooo if it's not working right away give it time..may need double the fiber (but build up to that) but yes it works!!!! Thank GOD!!! 5 stars 2/2/22

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For any parent that has dealt with a child's chronic constipation, this is your miracle! After almost 4 years of trouble the issue seems to have come to an end. The idea of getting fiber through a drink is genius! We add it to juice, pop, or whatever I can get down her. I am one happy mama because I have one happy girl! Paired with Culturelle Kids Probiotic plus Fiber it's a perfect pair. Give it a try. You have nothing to lose!! 5 stars 2/2/22

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After trying various products, this is the only one that works and that will my daughter will actually take (she's picky). Makes my daughter go within the hour, and only took a few days to make her stool softer. Easy to mix into juice, and she drinks it without issue. Will continue to buy. 5 stars 2/1/22

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My boys both occasionally get constipated so I sought out a product that we could use that would help keep them regular. This does the job thankfully! Would recommend! 5 stars 1/31/22

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This worked great for my kids who have inconsistent bowel schedules and dose times get constipated. We've tried several brands and this worked the best and tasted the best. 5 stars 1/27/22

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This is really 🍌🍌🍌 5 stars 1/19/22

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After 3 years of daily Miralax I finally found something more natural that works on him. 1/12/22

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Struggled for two years for my son to poop without straining or struggling. I'm so glad we found this! 5 stars  
1/9/22

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My 3 year old was having reoccurring constipation issues. He would wait too long that it became uncomfortable to use the restroom and he started becoming afraid of using going poop. After a few days of using this he started using the bathroom more consistently. After a few weeks he was no longer afraid of going poop. I would recommend this product. I have even sent a bottle to a couple friends having issues with their kids as well. I have tried a number of products with no luck, this is now something we use daily. 5 stars 1/6/22

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This has helped my son so much! My son is on the spectrum and struggled with chronic constipation for 8 years. He has a megacolon and this has helped soften his bowels for easier movements. You just have to find the right dose. Third time buying this bottle. I have tried so many other things and HyFiber is a winner!! Hope this stays around forever because I will continue to buy it. 5 stars 1/1/22

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This is a amazing product,it works exactly as prescribed and we could not be more pleased. The company is top notch and quick to deliver.Share this review with others . I totally stand by this product. 5 stars 12/31/21

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Doctors recommended miralax but i wasn't giving my 14 month old that crap found this and it was a game changer 5 stars 12/30/21

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Glad I found this product. It's just what I needed to incorporate fiber into my child's daily nutrition intake. It has improved their metabolism supporting regularity. It also taste fine, my child has no issues just drinking it, if I don't mix it into a beverage. 4 stars 12/23/21

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My 5yr old needs fiber supplements regularly due to picky eating. This one recommends you add to water but I give him a spoonful instead and have him drink water after. The taste is very mild and it hasn't been an issue for him to take it this way. It seems to be working just as well as other supplements we've used, but the single spoon method is much more convenient than blending powder into a drink. 5 stars 12/17/21

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Finally, we are not giving my daughter enemas anymore! We tried SO many things to help my daughter's constipation: prescription medications, over-the-counter medications, chiropractic care, diet changes. Those things helped some, but we would still get to a point where the only thing that would work was an enema. Since trying HyFiber for Kids, we have not had to give a single enema! My daughter loves the taste and now she asks for it every night. We weaned her off all medications and now just use the HyFiber for Kids once at bedtime. This has changed our lives! Thank you for this product! 5 stars 12/14/21

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Wow! This has really helped my 5 year old that has struggled with Constipation for almost all of his life. He has been on miralax for years as well and still struggled to have consistent bowl movements. We have been using this product for almost a month now and I'm SO happy to say he is off miralax fully and has more almost regular bowl movements without discomfort! Thank you so much for making this product! 5 stars 12/7/21

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She poops! She poops! She poops in the potty!

This stuff has been such a lifesaver for us and our 3-year-old daughter. She just always had constipation issues no matter what else we tried, and getting her to drink a whole cup of whatever we put Miralax in was always very difficult. We started giving her a capful of this every morning about 5 months ago and she's had almost zero

poop issues since then.

We call it her “special juice” and she knows the doctor wants her to have it every day (this is true) and she gulps it fast now. She used to resist a bit but I think the taste grew on her fairly quickly. I’ve had it myself and it’s perfectly pleasant. We have not had to otherwise change my daughter’s diet (which is a fairly typical diet for her age but could be better - very few veggies are consumed).

I highly recommend trying this if you’re in a similar situation. Also, we started with a half cap full at first and now we do a full one. She’s very tall for her age, so a smaller child might need less. It is gentle, my 4yr old has no negative reaction to it and it does produce bowel movements. I just mix it with his apple juice. I’m thankful because after four long hard years this is something I can use daily or as needed with confidence!! 5 stars  
11/17/21

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I’m a nurse- my 6 year old has been chronically constipated for 5.5 years. Has had 2 rounds of anal Botox, 4 years of miralax, numerous fiber gummies, fiber rich foods, probiotics, pre biotics, and tons of over the counter products. We were at the point of giving suppositories every other day for her to have a bowel movement. We started this a month ago and she has NOT had to use anything else for bowel movements. I seriously can’t believe how awesome this works. She goes every other day now and doesn’t require any other medication! If you’re contemplating buying this, DO IT!!!! Seriously, buy this stuff! 5 stars 11/1/21

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My daughter had a very hard time transitioning to solids and whole milk at 1 year old. We introduced this and within a few days she was able to “go” like normal again. No signs of stomach pain. Highly recommend! 5 stars  
10/31/21

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This has been a god send!! My almost 4 year old has always had constipation and GI issues since he was a few months old. He has hypotonia (low muscle tone) and a milk protein Allergy. He’s GI dr always prescribes medication that either doesn’t work or makes him have the runs.. nothing to make him regular. So after researching myself and getting the okay to discontinue lactulose by his GI dr, we started taking this and we are no longer on any medication. He has regular bowl movements and doesn’t have to strain anymore. I followed the advice of another reviewer by starting slow. The first time we had the full dose my poor little guy had lots of gas and discomfort so the second round we did 5 ml and increase every three days to the recommended dose! No issues. Now since he has become regular we take hyfiber every other day and works great for us! Thank you for making this!! Five stars all around!! 5 stars 10/30/21

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I tried it all with my 3 year old and this is the only product that worked. 5 stars 10/22/21

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The pediatricians recommended Miralax every day and I noticed aggressive behavior and mood swings in my daughter so took her off of it. A person on a widely known fb group for parents against miralax suggested this so I purchased it and it took us out of some dark times in dealing with toddler constipation. She goes much easier now! 5 stars 10/20/21

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My 16 month old grandson was always constipated. His parents tried switching out formulas, adding probiotics, adding fruit juice to his bottle, but nothing seemed to work well. I saw HyFiber while researching for remedies. After reading the reviews, I decided to order a bottle, with the approval of his pediatrician. All I can say is that this stuff is an absolute life saver! He is normal now. No more straining, crying and going 3-4 days without a bowel movement. 5 stars 10/20/21

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My son is special needs with a rare genetic disease and he constantly has trouble pooping he's been on this stuff less than a week and is already becoming more and more regular every day! I can't express how happy this makes me prolonged use of laxatives can make the problem worse. I would also like to add this company is excellent and caring the bottle I received was leaking and they instantly mailed me a new bottle. They accidentally sent the one for adults but I'm not complaining they were so nice and instantly resolved the issue I just cut the dosage in half and we've had great results. Don't hesitate to try this product. Even my 8 year old likes the taste and she hates everything lol. 5 stars 10/18/21

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My son has spina bifida and has had bowel issues since he was a baby. We've used glycerine enemas, changed his diet, prune juice, the whole nine yards. Finally I stumbled across this gem and boy am I one happy momma. I started giving him a low dose at first, only half a cup mixed in with orange Gatorade or juice and I noticed a difference immediately. He is not a kid that likes the taste of medicine, heck he won't even take fiber gummies (which taste amazing in my opinion) but he totally does not mind the taste of fiber liquid at all. I'm happy to say, that he has "normal" healthy stools since taking this. No diarrhea so far (although it makes him have really stinky gas). 4 stars 9/25/21

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Just a capful or less each day and your child (or adult) will not get constipated. Love that it's not addictive and natural. 5 stars 9/20/21

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My 3 year old son was taking Miralax everyday for a year and a half to treat his constipation. We made the switch to this and also made some diet changes... it has made a huge difference. I put 1/2 cap full in his chocolate Pediasure shake and he can't even taste it. 5 stars 9/11/21

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Seems to work well for the grans.... just add it to some juice and they get their daily fiber... shouldn't replace food as a fiber source, but when it is needed this will help! 5 stars 9/7/21

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We are just over 2+weeks of using this product daily and we are starting to see some good results hoping this continues. 5 stars 9/4/21

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After 3+ years of trying pediatrician recommended Miralax, and a year of gastroenterologist recommended ex-lax, my friend stumbled across this and I figured I would try. My daughter gave me no hard time with taking it, and said it even tasted good! After 2 days she was going to the bathroom with ease. No crying, no with holding. Very happy with this stuff! Highly recommend. 5 stars 9/1/21

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Orange flavor doesn't taste bad but my son still gives me a hard time drinking it . I sneak it in his orange juice. 4 stars 8/29/21

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If you have a child who suffers constipation, Hyfiber for Kids is a must have. It has made my child's poop a perfect consistency and easy to pass. 5 stars 8/7/21

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We mix a little Gatorade with it and my son doesn't notice it at all. His stool has become very manageable with this. 5 stars 8/5/21

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i have tried so many products for YEARS - my kids ask for this and it helped almost immediately. I am so glad to have finally found something to help my littles tummies. 5 stars 8/3/21

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My 4 year old was having problems being very constipated. He would struggle to have a bowel movement and would be in tears and screaming. Two different doctors had us keep upping doses of Miralax. The Miralax didn't help and I feel like it made it harder for him to have a bowel movement. I say this product recommended by a Facebook page I follow. So decided to try it out. We have been using this everyday for 2 months now and we have noticed a huge difference with our 4 year old. No more straining to go. He has been very regular and hasn't had any problems with constipation. Would recommend this to everyone. 5 stars 7/29/21

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I was waiting on writing this because I wasn't sure it was working. My daughter is 2.5, I found this product through other parents dealing with constipated kids. I stuck with it, even though every doctor wanted her on miralax. I only gave it to her twice after a hospital stay. I have tried it all. This works! I hope it helps your kids as well. 5 stars 7/28/21

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The best product! In my case nothing worked until I find this, Because he was very constipated I give him the cap full in a small amount of juice, when he is better just half cup. He it's 2 years old and now he is completely regulated. 5 stars 7/25/21

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Highly recommend for all of the family 5 stars 7/25/21

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This stuff works. My two year old has always struggled with his bowel movements. We started this and he's been regular ever since. If your little one struggles, give this a try. You won't be disappointed. 5 stars 7/15/21

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My granddaughter has be struggling with constipation for a long time. She was given miralax by the dr but I wasn't to happy with the results. Thought I give this a try, it's easy to administer i just add it to her milk or juice and it keeps everything going smooth!

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She no longer strains and hurts like she used to, finally some relief. 5 stars 7/15/21

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Good product works for constipation when used as directed along with adequate water. Good option when your toddler isn't eating much or being picky with foods. 5 stars 7/8/21

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My 3 year old struggled so bad with constipation and withholding... doctors only know how to prescribe miralax and exlax... which work but are risky and I never felt right about giving it to him. This product is perfect! I put it in an orange pineapple juice he likes and he drinks it no problem. And goes no problem :)

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great product! Thank you :) 5 stars 7/6/21

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This really helped my daughter get the extra fiber she needed 5 stars 6/21/21

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I bought this product to try on both my 14 month old and my 8 year old. My 8 year old has dealt with constipation her entire life. By day 3 completely regular (that was on half of recommended dose). It took a little longer for my 14 month old, we stuck with it for a week, sure enough pain free and regular! 5 stars 6/18/21

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Works great for my 7yrs old who has had troubles going literally her entire life! It's in liquid form and does not have the gritty texture of metamucil. 5 stars 6/4/21

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Works as promised, without harsh side effects. Good flavor too. Easy to consume as well. 5 stars 5/29/21

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Son is autistic been to many appointments for Chronic Constipation, including ER Visits and this Stuff WORKS!!! You would think GI doctors and hospitals would talk about the very importance of fiber in any child's diet, especially if G-Tube fed. Thank you so much for this and I would recommend highly!! Took 1 day to work for my son, 1 full 10mL syringe in the AM and PM daily.. no pain just soft poop. BUY BUY BUY!!! 5 stars 5/29/21

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My son is 18 months and he had a really hard time going #2, however, now after taking this for 10 days, he is now going every other day. Before this product I tried a lot of other products and this one really works. My husband and I finally have a peace of mind. This product is awesome. 5 stars 5/28/21

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Perfect for the picky toddler. Clear in color and not a strong flavor. 5 stars 5/24/21

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Love this, I put it in my 18mon old milk or drink and it has helped her more than probiotics or anything else. Also, my 8yr old son has been constipated for years and this product is God sent!! I don't have to keep using laxatives or anything. 5 stars 5/18/21

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My 2.5 year old has always been constipated! I highly recommend especially for kids who have food sensory challenges like my son. Put in his milk, and he goes regularly now. Took about 2 weeks to fully work consistently. We pair this with probiotic powder. 5 stars 5/15/21

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The first order I placed was marked as delivered, but hadn't been. Customer service was fast at sending out a replacement, no problems whatsoever! Items arrived a few days later. Was impressed with how fast the issue was resolved. As for the product itself, my son has encopresis, and we seriously needed something to help regulate him, after the many fails with fiber gummies and powders. After 1 month on this product, my child is much more regular, and has ease using the restroom. Couldn't recommend this product more! 5 stars 5/13/21

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We've been using this for a couple of weeks now and this has been the only thing that got my kids regular! I've tried everything and my little one was on Miralax for awhile. I wanted to get her off and good thing I tried this. This works fast too!! Really recommended! 5 stars 5/2/21

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This product it really works I give them thumbs up. My daughter finally can go do easy on her 2 hurray for this product 5 stars 4/24/21

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This stuff works wonders for kiddos suffering from constipation. Because it helps, my daughter tolerates the taste...I would compare it to over concentrated Gatorade. I usually having a chaser nearby. 5 stars 4/19/21

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This stuff is amazing! After many laxatives and other products not working we gave this a try and it has been a life savor! 5 stars 4/19/21

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I had been given my daughter Miralax daily for many years. I was becoming uncomfortable with her dependence on this product. I found Hyfiber and it works great. I have been able to reduce her use to every other day and she is still staying regular. She loves the flavor and is able to take it not mix with any liquid just like a normal drink. We serve it in a small cup beside her cup of milk at supper time. So glad we found this product 4 stars 4/8/21

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Awesome stuff. Definitely buying the two pack next time. My 3 year old doesn't even know she's taking it when I add it to her drinks ♥ 5 stars 4/3/21

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This works well mixed with a juice. My child will drink this with a honest kids juice pouch just fine. It works well. 5 stars 4/3/21

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Our son has been constipated his whole life (5 years old now) so I thought he could use the full recommended dose. The first 5 days nothing really changed, day 6 was perfect, day 7 severe belly cramps and day 8 SEVERE diarrhea! Talked to pediatrician about this and he said to build it up very slowly. Start with a few ml/day and slowly give more HyFiber if still constipated. Not every kid needs half a cap of HyFiber apparently. 4 stars 5/3/21

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Good product 5 stars 3/22/21

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Has been using product about a month; experienced positive results within the first 3 days; now able to experience daily results by using the recommended dosage. 5 stars 3/18/21

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This product is very good, it sure does the job that it was intended for. My son was suffering from constipation and this product works wonders. I would recommend it anyone. 5 stars 3/9/21

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I bought this for my son who struggles with chronic constipation. He's been on Miralax for years and still really struggled. I'm so darn happy to say we started this and life is so so so much better! He's completely off of miralax. He doesn't ever get the stomach ache that miralax caused. He's going to the bathroom a few times a day every single day. The taste is very mild and pleasant and because he doesn't associate it with instant tummy pain he takes a half a cap like a champ with no problems. I can't love this product enough!!! 5 stars 3/7/21

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"Best product I have found that has a good taste and easy for a child to take. I have a little guy with autism and he tends to get constipated, this product has given him the intestinal support that he needed. There is a huge connection between the gut and the brain." 5 stars 2/24/21

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Took a week to work, then worked great. 5 stars 2/23/21

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This is a game changer! Works great for my son who has autism!!! 5 stars 2/12/21

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Great taste, and fast response by the manufacturer. My daughter has really had bad constipation for years. I have tried prunes, probiotics everything. Nothing worked long term. I bought this off of the review of another autism parent. My daughter has taken it for 12 days now and man what a difference. She is even noticing how much easier it is for her to go. It has made such a difference! If you are considering it I say go for it you won't regret it. 5 stars 2/11/21

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This works so so well. Will definitely be keeping on hand for my one year old daughter. Couldn't be more pleased. Worked within 6 hours after almost a month of constipation issues. 5 stars 2/2/21

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My son likes and it works better his belly so far 5 stars 2/1/2022

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I love this product!! I've tried several times to get my little ones to eat more fiber... this is a complicated task as kids generally don't like anything! I've tried powders that take too long to dissolve, and really don't work for them unfortunately. This product is a game changer! My little ones had a really hard time going #2, however now after taking this for ONLY 2 days, they are going without issue! Please continue to make this product as it is truly helpful, And gives parents peace of mind. 5 stars 1/11/21

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I was ready to give up on helping my toddler with her constipation due to not eating enough fiber (she doesn't really eat anything but drinking milk). This product brought back the smooth number-2, and makes her business goes without the pain and struggle. I'm now nervous if the product ever discontinued. Please continue this product as it works wonderfully! 5 stars 12/23/20

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The product arrived quickly and took about a week of daily doses to see impacts. We are increasing dosage during the 2nd week. We hope this keeps working on our child! 5 stars 12/11/20

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Good product!! 5 stars 12/7/20

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I will keep buying! This product has been so helpful for my children and my son no longer is wetting his bed due to HyFiber. Huge fan. 5 stars 12/6/20

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Ordered it for my granddaughter, some results after a few days, but took a week for best results, she's staying on it. 5 stars 12/4/20

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Works great, will definitely buy again! 5 stars 12/2/20

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Great product, highly recommend. Easy for kids to take. Daughter takes it straight and had to mix it with apple juice for son. Cleared up constipation for both, we use it for clean out and maintaining. Other products in the past made it worse but this one does the trick. 11/23/20

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# Facebook Reviews



**Cindy Biddle Coyne** ▶ Parents Against Miralax Restoralax Movicol (PEG 3350) ...

14h · 🌐

Hi- we started Omni Blue a few weeks ago. We are now starting HyFiber for my 13yo son with cerebral palsy. What would be a good dose to start at for him? We are weaning him off Sunfiber. Thanks

2 Comments



Like



Comment



Send

All comments ▼



**Angela Noelani** ...

I'm curious why you are switching from sunfiber to hyfiber?

Like Reply 13h



**Cindy Biddle Coyne** ...

Because I'm not sure it's working well and lots of people with low tone kiddos have had success with this.



**Erin Bohrer** ▶ Parents Of Children With Constipation ...

Yesterday at 9:51 AM · 🌐

Can someone share a link for the US for Hyfiber for kids. My 8yr old has been constipated for a little while now and everyone in here seems to be raving about this actually working. We are currently trying metamucil, but I saw it could cause bulking and opposite effects. That is the last thing we need right now! I need something that is going to work while I work on finding her better foods to eat. She is so picky. Thank you!



1

18 Comments



Like



Comment

All comments ▼



**Julia Bloom** ...

I can confirm! This is working great and my picky daughter loves the taste

<https://www.amazon.com/gp/aw/d/B08NM2XZ3S?psc=1...>



Elizabeth Rekowski

HyFiber was our game changer. We've been on it for over 6 months- he takes one cap in the morning mixed with OJ, goes every night after dinner.

...

Like Reply 1d



Dana Scanapieco

What is hyfiber and where do you get it??

...

Like Reply 1d

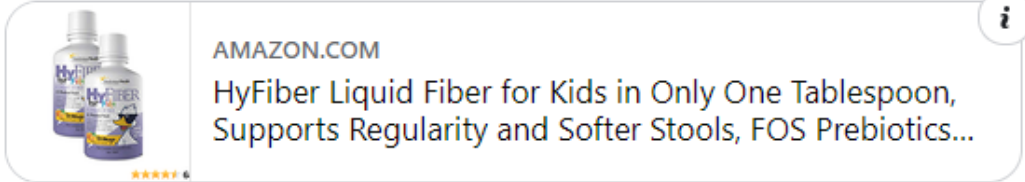


Elizabeth Rekowski

Dana Scanapieco here is the link 😊

HyFiber Liquid Fiber for Kids in Only One Tablespoon, Supports Regularity and Softer Stools, FOS Prebiotics for Gut Health, 6 Grams of Fiber, 32 Servings per Bottle [https://www.amazon.com/dp/B08NM2XZ3S/ref=cm\\_sw\\_r\\_cp...](https://www.amazon.com/dp/B08NM2XZ3S/ref=cm_sw_r_cp...) See more

...



AMAZON.COM  
HyFiber Liquid Fiber for Kids in Only One Tablespoon, Supports Regularity and Softer Stools, FOS Prebiotics...

Like Reply 1d



Dana Scanapieco

Elizabeth Rekowski thank you 😊

...

Like Reply 1d



Alex Smith

Hyfiber has been working wonders for my 7 yo! I have found the price fluctuates a lot and sometimes the adult one is cheaper so we've used both and they both work wonderfully

...

Like Reply 1d



Lisa Kahle

Alex Smith do you use the same dose with the adult one?

...



Simy Benchimol

HyFiber works great for my 4 year old. He has soft poops and uses the 🚽 now. Before he would poop every few days. Then when he needed to poop he would hold his cheeks closed tight trying to hold it and end up pooping his pants because he was scared to ... See more

...

Like Reply 1w



Shannon Davis

I use hyfiber and lactulose at night and one calm gummie in the morning.

...

Like Reply 1w



Like Reply 0d



Lisa Clinton Foster

The hyfiber is working for us alone ! It's only taking 5 to 10 mls a day the half cap is to much for her . It's been the only thing so far that's worked this constant.

...

Like Reply 6d





**Heather Harris Handloff** ▶ Parents Of Children With Constipation



May 12 at 12:03 PM · 🌐

Does anyone know if liquid things like Hyfiber, Miralax, milk of magnesia are better in some cases, than Calm magnesium gummies, oatmeal and whatever a kid prefers to drink? Imho it's usually so much easier to get gummies down, when already nauseated from being backed up... I know I could combine a liquid they like with the liquid they are supposed to have, but I understand that sometimes as things start to loosen, there's a sudden surge of nausea that makes it challenging t... See more

1 Comment



All comments ▼



**Jenney Zhang Parziale**

daily hyfiber mix with OJ helps a lot to the keep stool soft



**Leigh Ash Zelezen** ▶ Parents Of Children With Constipation



April 18 at 10:21 AM · 🌐

Hi there! I started my daughter on Hyfiber for Kids about a week ago after hearing so many positive reviews for it. I'm wondering if any of you who have had success also reintegrated any previous restricted foods such as dairy, gluten, or bananas and maintained success? We have had our 2 year old on an exclusionary diet after battling constipation since 8 months, as we just never had permanent success with Miralax, Lactulose, and Senna.

So far, a week into Hyfiber, I'm encouraged by its results, but I'm wondering about the diet aspect and when we could (or should) think about reintroducing certain foods? TIA!



Casey Nair

I reintroduced bananas. He can have a half of banana with no problem now but one day my husband let him eat 2 bananas in 1 day and it made him constipated. But we just increased the hyfiber dose and he was over it in a few days, where usually it would take weeks to get him back to normal.

Like Reply 4w



Casey Nair

I haven't been brave enough to try dairy yet! We've been using hyfiber for 3 months.

Like Reply 4w



Leigh Ash Zelezen

Casey Nair this is helpful - thank you. Do you mind me asking how quickly your son was constipated after the bananas? I'm curious because we've occasionally tried a typically restricted food, and it's hard for me to gauge the impact of the food with he... See more

Like Reply 4w



Casey Nair

Leigh Ash Zelezen it was the next day!

...



Hannah Nicholls ▶ Parents Of Children With Constipation

...

May 15 at 3:16 PM · 🌐

Hi all's for those that are using hyfiber have did you give it as well as their usual laxatives and then wean off them?

👍 2

2 Comments

👍 Like

💬 Comment

All comments ▼



Hannah Nicholls

Anyone????

...

Like Reply 1d



Kara Nicklas

Yes. We take hyfiber and exlax. We haven't weaned and don't see that happening.

...

Like Reply 1d



Becca Blankenship Duffer ▶ Parents Against Miralax



April 28 at 3:01 PM · 🌐

Ellie's [HyFiber For Kids](#) second update: Y'ALL!!!! Ellie is pooping DAILY now and it's almost too soft so I actually need to lower her dose a bit!! But I came here to update again because it's now been 5 weeks and 2 days since Ellie has had Miralax. Y'all I can't even!?! I didn't think this day would ever come. I'm also updating because I did the corn motility test again. I did it for her when I thought she was somewhat regulated on Miralax and it took 4 days for the corn to start appearing. She ate corn at 6pm last night and had a poop at 3:30 this afternoon and it had corn in it. She is passing stool at a normal rate now!! At this point I'm probably going to stop updating unless something else happens but we seem to be good to go! Here's a pic of her from this past weekend at the beach being a happy pooper!! Her tummy is flat!! She talks about it all the time how she doesn't have the big poop belly anymore 🍷🍷🍷🍷



All comments ▼



Cheryl Sevchik Price

We just started Hyfiber today-I hope we have good results too!



Like Reply 2w



Becca Blankenship Duffer

Cheryl Sevchik Price good luck and I hope you will too!!



Like Reply 2w



Cheryl Sevchik Price

Becca Blankenship Duffer our son is 62 pounds-how much are you using daily?



Like Reply 2w





Becca Blankenship Duffer

Julie Cardoso it's Hyfiber for kids. A fiber and prebiotic supplement I got off of Amazon. Its only available on Amazon in the US

...

Like Reply 2w



Jan Burford

Jett started on Hyfiber three weeks ago along with coconut water. We have wonderful results! He was on Merilax for years!!!

...

Like Reply 2w



Becca Blankenship Duffer

Jan Burford YAY!!! I'm so happy for you!!!

...

Like Reply 2w



Jan Burford

Becca Blankenship Duffer Happy for you as well!!!

...

Like Reply 2w



Angela Quinalty Blanton

Where do you get the Hyfiber?

...

Like Reply 2w



Julie Cardoso

Angela Quinalty Blanton I clicked on their website. The order button takes you to Amazon to order it

...

Like Reply 2w



Becca Blankenship Duffer

Kayla Thacker I believe why this works so well is the specific fiber source (most use inulin and that didn't work for my daughter at all) and also the prebiotic they use (FOS- which feeds the good bacteria and gets the digestive tracts running smoothly). Idk oit might just be magic 🤪🤪🤪 but it works like a charm for us!

...

Like Reply 2w

↳ 4 Replies



Leticia Campuzano-Vela

Yes hyfiber is amazing

...

Like Reply 2w





Hope Taylor ▸ Parents Against Miralax Restoralax Movicol (PEG 3350)

May 12 at 9:07 AM · 🌐



Hi everyone! I'm new here and I will be sharing my daughters struggle with constipation soon and introducing myself as well, but I do have a quick question! We desperately need to get her stool out, she's been having stomach pains for two months straight and severe constipation for months but has worsened over the last two months. I see by just reading through some posts here that many refined the HyFiber! Unfortunately this will not be delivered until next Monday or Tuesday and we need help now! Any recommendations on what we can do NOW so we don't have to wait to get her some relief?? Thank you SO much in advance!

1 Comment



Finding Cooper's Voice ✓

May 9 at 6:44 PM · 🌐



Hey friends,

A quick post about HyFiber for Kids. I get asked so many questions in my DMs about 'that fiber stuff' so I try to post about them every couple of months or so.

I've been giving the boys HyFiber for a few years now. I was looking for an alternative to Miralax. Something that wasn't a powder or a laxative or habit-forming and could fill in the gaps that the boy's diets lacked. Boom. Found it. I buy it right off Amazon. ... [See more](#)



Press Enter to post.



FlanaVille · [Follow](#)

Life changing!!! Thank you for the recommendation all that time ago!



Like Reply 1w



↳ 3 Replies



Amy Cathrine

So thankful I saw this on here!!! Only took a few doses for my 5 year old to get regular! I tried it and thought she would need to mix with something but on our 3rd bottle and she drinks it unmixed!!!



Like Reply 1w



Like Reply 1w



Lindsey Anderson

My toddler has been battling constipation for months, even was hospitalized for a few days. Miralax is always the answer but I don't want to give it to her so I definitely needed this. I've been doing magnesium and fiber powder but she's still having issues. Thanks Kate! I'm going to try this.



Like Reply 1w



Subscriber +1

Kristen Wolfe

Lindsey Anderson I was in that same boat, this is the answer!!



Like Reply 1w



Subscriber

Geri Widmann Poynter

My 20 year old son was on Miralx for years and I hated it but his doctors & pharmacist said it was safe and fine to use! When I saw one of Kate's lives and she was talking about this, I ordered the "adult" version and LOVE it!! Jacob's been using it daily for 6 months now and it's been amazing!! Thank you Kate for this AMAZING recommendation ❤️ FYI, I order 4 bottles at a time for around 70.00 and well worth it!



Like Reply 1w



Rene Baker

Yesss best product EVER! My kiddo is tube fed & chronically constipated & no prescription meds worked as well as this has



Like Reply 1w



Shelley Harris

This is a fantastic product. My daughter has had great results with it improving her constipation. Even her doctor thanked us for letting her know about this product! Thank you!



Like Reply 6d

↳ 1 Reply



Subscriber +1

Lindsay Setchel

The only thing that's helped my son's constipation. I swear by this stuff and the company is so responsive and sweet.



Like Reply 1w

Like Reply Commented on by Kevin Stanger



Michelle Hile Rowden

Cindy Stella did you have to stop miralax all together before starting the hyfiber my son has been on miralax for 12 years. 😞 I would definitely love to get him off of it if this stuff works like people says it does.

...

Like Reply 5d



Top fan

Cindy Stella

We started this and stopped miralax all together. It is totally worth a shot. With Miralax we used it because he was constantly constipated and it gave him relief but it wasn't a natural reaction. He would strain then run to the bathroom when it kicked in. With HyFiber he has had no constipation, no close calls, he doesn't seem to be uncomfortable and he is so much happier. It does not cause urgency it works great and now he just goes into the bathroom, goes and there is no problem. We use the regular HyFiber not the kids version. He is almost 12 and 130 pounds. We put it in a Dixie cup next to his milk and and he has no issue drinking it. I mixed it into drinks at first but he didn't always finish. This way I know he's getting it all. We did it daily until I knew it was working. Now we do every other day and every day if we notice any straining. Hope this helps, it's been a game changer for us 😊

...

Like Reply 5d



Rachael Mansfield

I recommended this for the little girl I nanny for (she also has Autism). It has been so much better for her! Thank you Kate for the recommendation. You rock!

...

Like Reply 5d



↳ 1 Reply



Subscriber +1

Nicole Vandeventer Audlee

I use this for my son along with Natural Calm (magnesium supplement). They both work so much better than MarlaX.

...

Like Reply 1w



↳ 4 Replies



Julez Wells

We use this highly recommend!!!

...

Like Reply 6d



Top fan

Jodi Lynn Mason

I'm going to give it a try this weekend. I have 2 littles that need Miramax and hate giving it to them. Let see if this helps

...

Like Reply 6d

↳ 2 Replies



Lisa Gragg

Have used it since you mentioned it awhile back. Thank you !Finding Cooper's Voice

...

Like Reply 6d





Lisa Gragg

Have used it since you mentioned it awhile back. Thank you !Finding Cooper's Voice



Like Reply 6d



Top fan

Kimberly Haas McEneny

We love hyfiber. Life changing.

...

Like Reply 6d

↳ 1 Reply



Top fan

Sarahi Jaramillo

Life changing for my son! Thank you so much for the recommendation 😊

...

Like Reply 1w



Emily Atkins Erion

It works great but dangummmm it's sticky AF 🤢🤢🤢🤢

...

Like Reply 1w



↳ 2 Replies



Clarissa Jones

I ordered this after I saw you post about it a few months ago. I've never used Miralax, but his doctor suggested it. I was looking for an alternative and saw your post about this. He's doing so much better since starting this and he's almost done with the first bottle.

Like Reply 1w



Like Reply 1w



Jeweli Gregory

Thank for this ...it's a life saver for my constipated kiddos who hate veggies

...

Like Reply 1w



Pam Cissna Lestanguet

Wish this had been around when my daughter was a kid.

...

Like Reply 6d



Kristi Lockerbie Goutremout

Thank you for sharing this. I bought this a couple months ago for my 5yo grandson and within 2 weeks we had huge improvement. We now are going every day compared to once a week. I cut out his dairy(just milk/yogurt). Thank you so much Kate. This has been a life changer

Like Reply 1w



Pamela Donald Tinder

Miracle in a bottle!

...

Like Reply 1w





**Ami Price**

We started this about a year and a half ago based on Kate's recommendation and it was a game changer. Better school days, more restful nights and no upset tummy like with probiotics.

Like Reply 1w



Like Reply 1w



Subscriber +1

**Kristen Wolfe**

Love this stuff!!! Best thing I've ever used for my son. 6 yrs old. I give him half a cap a day and it was like a switch flipped and he wasn't struggling anymore! It actually taste so good my lil guy will drink it straight from the cap.

Like Reply 1w



Subscriber +1

**Yvette Foster St. John**

FYI...they make it for us big kids too and it's miraculous (especially if you are on long term pain killers)!

Like Reply 4d



**Julie Anne Fontenot**

We just started this for my 11 yr old son. After 3 days he went to the bathroom all on his own for the first time in his life. We've done miralax and clean outs and enemas. Nothing has helped. This stuff helped in days! He still needs reminding but not all day or everyday. I'm so relieved.

Like Reply 1w



**Becky Puckett Vick**

Use it for 2 of my kids and it does work great! My older one bc she's on a slew of anti seizure meds and I feel like it was making her constipated. And I started using it for my 2yo who would go from diarrhea for a week to constipated the next week. Th... See more

Like Reply 1w



Like Reply 00



Top fan

**Linda Rae Jordan**

Because of one of your posts last year, I started using Hyfiber for adults. I've always suffered from constipation and then I had to add pain meds to the mix. It took about 5 - 7 days to begin to go like a normal person. I love this product. I don't... See more

Like Reply 1w



**Laura Higby**

Hi! Does it come in another flavour?

Like Reply 1w

↳ 3 Replies



**Beth Ksenzulak-Myers**

This has been a blessing for my daughter! I saw your post about a year ago and switched from miralax. She has not had any constipation issues, or excessive gas since switching over. I highly recommend this for any child with gut issues, or low muscle tone.

Like Reply 1w

↳ 1 Reply

Like Reply 00 Edited



**Amanda Kolar**

We saw this on your page tried it and it's been working wonders for my little one! Thank you!

Like Reply 1w



**Britney Lucius McElhatten**

Have been using this daily for my 5 year old for the last year and it has been a big help. No more constipation.

Like Reply 1w



**Elizabeth Marie**

I use this now with my 10 year old and it has helped so much. He is finally fully potty trained as of September. He will only drink Cran Grape Juice and he doesn't even notice when I put it in.

Like Reply 1w



Top fan

**Kimberly Moore Petersen**

I tried this for my son who is 11 and it has been great. Thank you for the recommendation! 😊

Like Reply 1w



Top fan

**DeAnna Marie**

Thank you Kate💜 Because of you I now buy this for my grandchildren and it works wonderfully!

Like Reply 6d



Like Reply 1w Edited



Top fan

**Barbara Baratta Evans**

Sounds amazing! I wish it came in no flavor!!! My grandson hates orange and all fruit flavored stuff 😞 He only drinks water!!!!

Like Reply 1w Edited



**Destini Boxall**

We started using it after your recommendation and it has helped my boys so much! One has always suffered with bed wetting even at 11 years old and since he has started taking this he has not had any accidents (6 months in!) and my 8 year old with autism uses as needed, as do my girls. May be pricey but worth it!

Like Reply 1w



**Lorna Granger**

We LOVE this stuff! ...

Like Reply 1w



**Jasmine Shepherd**

Carrie Flores, maybe for baby? ...

Like Reply 6d

↳ 2 Replies



**Jennifer Jankowski**

This has been a game changer for us! No more miralax or suppositories since we started using it. ...

Like Reply 1w



**Tessa Bool**

I have just checked it says that it is currently unavailable. But I am going to send this post to myself so I can order it another time ...

Like Reply 1w



**Julie Smith Ford**

I needed this for my youngest! (He's now 21!) Cup from Ikea? Lol ...

Like Reply 1w



**Jamie Sisti**

We use this for my son and I would 100% agree. This works wonders! ...

Like Reply 1w

Like Reply 1w



**Dawn Collura**

Love this and will share this in our Autism mom group! ...

Like Reply 1w



**Mitsy Bolanos**

Hyfiber works! Thanks Finding Cooper's Voice I use it fir my six year old and three year old daily. ...

Like Reply 1w

→ 1 reply



Top fan

**Katrina Dery Whitten**

Because you shared, I tried, and we love it for our 6 yr old, just something she struggled with even though she eats pretty well we also try to be Dairy free for her! It has dried up so many tears cause there's no more little poop messes! And no more belly aches! Just ordered again!

Like Reply 1w Edited

↳ 2 Replies



**Dayna Grimes**

I use this for my son!  
Thanks for sharing this,  
It's worked wonders!

Like Reply 1w



**Becca Blankenship Duffer** ▶ Parents Of Children With Constipation

April 28 at 3:05 PM · 🌐

Ellie's [HyFiber For Kids](#) second update: Y'ALL!!!! Ellie is pooping DAILY now and it's almost too soft so I actually need to lower her dose a bit!! But I came here to update again because it's now been 5 weeks and 2 days since Ellie has had Miralax. Y'all I can't even?! I didn't think this day would ever come. I'm also updating because I did the corn motility test again. I did it for her when I thought she was somewhat regulated on Miralax and it took 4 days for the corn to start appearing. She ate corn at 6pm last night and had a poop at 3:30 this afternoon and it had corn in it. She is passing stool at a normal rate now!! At this point I'm probably going to stop updating unless something else happens but we seem to be good to go! Here's a pic of her from this past weekend at the beach being a happy pooper!! Her tummy is flat!! She talks about it all the time how she doesn't have the big poop belly anymore 🍷🍷🍷🍷



**Rachel Jordan Brady**

Wonderful news!! We found Hyfiber over a year ago and haven't looked back!! It's the only thing we ever found that works! So happy for you. She is a little cutie!!

Like Reply 2w



**Becca Blankenship Duffer**

Rachel Jordan Brady thank you!

Like Reply 2w



**Amanda Magee-Wineberg**

Rachel Jordan Brady how old are your kiddos how do you use it dosage wise. I need some help

Like Reply 2w



**Rachel Jordan Brady**

**Amanda Magee-Wineberg** my son was 7 when we started it. He turned 8 last week. He weighs 54 lbs. We use a capful and put it in apple or orange juice.

Like Reply 2w

Like Reply 2w



Hailee Ann Hughes

That's so awesome!!! We are also off miralax completely with my almost 3 year old with daily dose of hyfiber and a probiotic gummy and he goes 4-5 times a week in the potty on his own but with our support vs once a week when we had to help him. Such a r... See more

...

Like Reply 2w



Like Reply 2w



Stacy Jones

Yay! We are on day 5 of daily poops! Thank you again!!

...

Like Reply 2w



Becca Blankenship Duffer

Stacy Jones YAY!!!! So wonderful and you are very welcome!!!

...

Like Reply 2w



Becca Blankenship Duffer

I want to hear updates!! Those of you that started Hyfiber how is it going!?!?

...

Like Reply 4d



Alex Smith

Becca Blankenship Duffer It's worked wonders for my 7 yo but I'll be honest she had no where near the troubles as some kiddos in this group.

..

Like Reply 4d Edited



Melissa Gonzalez

Becca Blankenship Duffer It seems to be helping mine somewhat. They do seem stinkier though than usual and way softer. But overall I think it is working right now.

..

Like Reply 4d



Emily Pierre ▶ Parents Against Miralax Restoralax Movicol (PEG 3350)

...

December 31, 2021 · 🌐

Hi there, does anyone know anything about the product called 'HyFiber' to treat constipation?



1 Comment



Like



Comment



Send

All comments ▼



Lindsey Ann

I've been using it with my 9 year old son. We do half a cap every other day, it has helped.

...

Like Reply 19w





**Jenna Hughes** ▶ Parents Of Children With Constipation

January 19 · 🌐



Hi all. My daughter is 6.5, and has battled chronic constitution since she was 9 months old. I am a nurse myself, and literally tried everything- prunes, prune juice, fiber gummies, fiber one bars, miralax for 2 years, lactulose, ex lax, docusate, been through 2 rounds of anal Botox, regular miralax clean outs, bisacodyl suppositories daily, milk of magnesia, magnesium, calm, juice plus, physical therapy/bowel training.. while nothing worked well, we tried the Hyfiber liquid from Amazon, and she's been on it for 3 months and is completely regular now. She has not needed any suppositories or any other medication. I just wanted to throw that out there because we exhausted most options and 6 years later finally found the magic potion.. so if anyone else is looking for other options, check out Hyfiber! I hope this can help someone else as much as it's helped us!



You and 22 others

59 Comments



**Mya Clark**

I've had my daughter on it since the summer. And the company is amazing, you can message them and they will offer help, and check up on you. You can usually get 2 bottles for \$30, I also add a daily probiotic. But this stuff really works. For the withholding, it keeps it soft enough so they aren't afraid to pass it. The only thing we're working on is potty training #2. That's been tough but my daughter just turned 3.



Like Reply 16w



Like Reply 16w



**Kailee Hatcher**

How long did it take for it to work?



Like Reply 16w



**Jenna Hughes**

👤 Kailee Hatcher 1-2 days



Like Reply 16w



**Karly Wright Watson**

Did u use the kids one? How much did u use?



Like Reply 16w



**Jenna Hughes**

**Karly Wright Watson** I did but we use the adult one because it's much cheaper and she likes the flavor better



Like Reply 16w



**Stephanie Weisenbach**

Thanks. What is the taste and consistency?



Like Reply 16w



**Jenna Hughes**

**Stephanie Weisenbach** citrus flavor but like I said I mix it with any juice or Capri Sun, or even a shot of soda. It's not very thick at all, clear but a little sticky if it dries.. but it's not like syrup or anything



Like Reply 16w



**Jennifer Holmes**

Nothing worked for my daughter she has a cecostomy and it's the only thing that work. Her colon moves very slow.



Like Reply 16w



**Hope Taylor** ▶ **Parents Against Miralax Restoralax Movicol (PEG 3350)**



May 12 at 9:07 AM · 🌐

Hi everyone! I'm new here and I will be sharing my daughters struggle with constipation soon and introducing myself as well, but I do have a quick question! We desperately need to get her stool out, she's been having stomach pains for two months straight and severe constipation for months but has worsened over the last two months. I see by just reading through some posts here that many refined the HyFiber! Unfortunately this will not be delivered until next Monday or Tuesday and we need help now! Any recommendations on what we can do NOW so we don't have to wait to get her some relief?? Thank you SO much in advance!

1 Comment



**Stacey Rager** ▶ **Parents Of Children With Constipation**



August 27, 2021 · 🌐

We found an amazing product, it's called hyfiber for kids, my grandsons has been going potty every few days where he only went with a suppository every four days this stuff is great so far!!!!



You and 2 others

3 Comments



Cindi Held McCurry ▶ **HELP!!!! My child has Encopresis**

May 9 at 12:22 PM · 🌐

...

I have a question for those of you using Hyfiber Liquid. Can you tell me when you give it your child a.m.or p.m.and how long it takes to work? T.I.A.

2 Comments



Like



Comment

All comments ▼



Laura Pratt

We put in morning ice water with breakfast. We have probably the "adult" packaged. We only do 1/2 to 1/8 tsp dropped into 6-8oz of water. Always we put a straw(silicone) in with the water.

...

Like Reply 1w Edited



Felicia Lamadrid ▶ **Parents Against Miralax Restoralax Movicol (PEG 3350)**

May 3 at 10:38 AM · 🌐

...

Ok so I purchased all of these and have thrown the Miralax away.... only probably is my 12 month old will hardly drink any water or juice besides her lactaid milk! So I am struggling with how I am going to get her to take the calm or HyFiber. If anyone has suggestions? I've tried prune juice, apple juice, coconut water, plain water... could I put this in her lactaid milk? Any advice would be greatly appreciated!





Terri Bryan

Out of those 3 items I have two and only hyfiber is working for me. I make her lemonade you can try popsicles maybe. What does the calm do exactly?

Like Reply 2w



Casey Nair

I just give hyfiber with a syringe on its own.

Like Reply 2w



Tammy Schmidtke Kingsbury

I put the Hyfiber in milk and my daughter doesn't have a clue.

Like Reply 1w



Write an answer...



Press Enter to post.



Lauren C Skoniecki ▶ Parents Against Miralax Restoralax Movicol (PEG 3350)

May 1 at 1:26 PM · 🌐

Hi friends! I'm new still but constantly read through posts.

I just received two bottles of HyFIBER!!!

my question is, do we have to weam from miralax and senna?



Finding Cooper's Voice ✓

March 16, 2021 · 🌐



I get so many questions about what helped and currently helps our boys with gastrointestinal issues. I like to believe that Jamie and I are experts in all things stomach problems and in the journey to become those experts, we tried a lot of different things to help our oldest son.

After a lot of trial and error and failed doctors visits, we landed on HyFiber for Kids. It's not a supplement or a laxative, nor is it habit forming. It's legit just fiber in liquid form with prebiotics. Ultimately, a cup of pitted prunes a day would also do the trick. A cup of dried prunes contains 12 grams of soluble fiber. But if you are like us, a cup of dried prunes a day won't fly with our kids.

Fortunately, HyFiber for Kids has 12 grams of fiber in only one liquid ounce. The best part is just like prunes, HyFiber for Kids contains soluble fiber (which has worked better than products with insoluble fiber for us). So we as parents feel very comfortable giving it to our kids. Plus there are no powders or mixes.

We buy it right from Amazon. Check it out here: <https://amzn.to/3vVeyh>



Jennifer Illg

I legit bought this after the last time you mentioned it. After years of Miralax, GI doctor appointments, so many miserable missed days of school and life in general and it's been a complete game changer. It has made my sons life SO much better. I recommend it to everyone I know. The best part is it tastes so good and it's such a small amount that he takes it without fuss. He knows it's not going to instantly give him a stomach ache. It's really one of the best choices I've ever made!!



Like Reply 1y



Like Reply 1y



Jennifer Illg

**Bobbie Hood** my son is nine. He hated Miralax because it always made his tummy hurt. He hasn't complained once with this stuff other than the typical I've got to 🍌 feeling.



Like Reply 1y







Subscriber +1

**Vanessa Terraciano**

Just started this 2 weeks ago and my son is off Miralax for the first time in years. Thanks for the suggestion!

...

Like Reply 1y



**Bobbi Hanson Brummund** ▶ Parents Against Miralax Restoralax Movicol (PEG 3350)

...

October 30, 2021 · 🌐

I just came back here to bring up a product in case it saves someone else! I never used it on my son as I just found it but my daughter had gotten constipated around 7 months when starting solids & progressed until after 1. She was on full bm until 1 we tried whole milk which worsened it so we tried lactose free which didn't seem to help. I came across this product called hyfiber for kids and after a week being on it her stools are super soft! (Hasn't fine everyday but it's soft when she goes!)

My daughter takes about 1/2- 3/4 cap full in 3 oz of apple juice daily.

\* I know there's talk about too much fiber but I'm not sure if that's just fiber itself or soluble fiber which helps stools. I just make sure to no push liquids!

\*not a dr - just giving experience!



**Samantha Sheehan** ▶ Parents Against Miralax Restoralax Movicol (PEG 3350)

...

April 20 at 9:50 PM · 🌐

❌Recommendations?❌

I'm starting my 3 year old son on hyfiber & I'm wondering what is a good product for keeping their stool soft? I need a stool softener so it doesn't hurt when he goes. He withholds BIG time so the easier I can make it the better. What products would the parents here recommend? Thank you ☐☐

16 Comments



Like



Comment



Send

All comments ▼



**Casey Nair**

Hyfiber softens the stool

...

Like Reply 3w



**Courtney Thompson Poland**  
Casey Nair I second this!

...

Like Reply 3w





Becca Blankenship Duffer ▶ Parents Of Children With Constipation

April 1 · 🌐



THANK YOU THANK YOU!!! Whoever it was who posted about this a few weeks ago. My daughter has been on Miralax since 18 months old (she is 3.5 now) and we have tried so many alternatives that have failed and ended with her being backed up again. The only thing that ever helped her was exlax and you cannot use that as daily maintenance. Well someone posted this product and I saw several others comment on how it works for them. I may be posting this too soon, maybe it will eventually stop working BUT she has been off of Miralax for 10 days now and has only taken this and she is pooping easily on her own once a day to every other day. She would typically get backed up within 3-5 days of not taking Miralax. I hope to only use this for a few months and then maybe can try keeping her regular with just fiber gummies. I am just so happy!!!! You can get it from Amazon 😊😊😊

Update: it looks like comments have been turned off but I want to say to people in countries where you can't get this- the active ingredient is Polydextrose. I have found several fiber gummy brands who use polydextrose. I hope you can find some and see if they help. There may be other things in Hyfiber that help it out too, but that's a good place to start. Good luck!



Alex Smith

Yes this works so well for my 7 year old too!! She was having minor constipation issues but fiber gummies and a small daily dose of Miralax did not help so we tried this instead and it's worked wonders! We do buy the adult version as it's a much bigger container for less \$\$ and the same dose. She drinks either of them just fine without having to hid it in anything!

Like Reply 6w



Like Reply 0w



Laina Falkowitz Goodman

Omg! I have been wanting to switch to this instead of miralax, but afraid to pull the plug. This is so encouraging!!

...

Like Reply 6w



Becca Blankenship Duffer

Laina Falkowitz Goodman do it!!!! I was scared too and had actually had it sitting on top of our fridge for 3 weeks before I used it. My daughter had a stomach bug and I had stopped Miralax and decided I wouldn't start it back but use this. She's been pooping so good!!! What prompted me to post this today was she just got up and walked to the potty without even saying anything and peed and pooped in like 4 minutes. I hope this keeps up!!

...

Like Reply 6w Edited

Like Reply 0w



Shanna Morrow

Lisa Marie ok thank you!! How much do you use per day? Already ordered!

...

Like Reply 6w Edited



Lisa Marie

Shanna Morrow I started out a full cap a day. She started going every single day! Then I cut back to half a cap.

...

Like Reply 6w



Shanna Morrow

Lisa Marie thank you! I'm so excited to try!

...

Like Reply 6w





**Becca Blankenship Duffer**

**Jenna Hughes** yes I believe it was you! Your post was exactly my daughters situation and what made me buy it! I'm So excited to see long term results!

...

Like Reply 6w



**Jenna Hughes**

**Becca Blankenship Duffer** I'm SO happy it helped her! As a nurse, I was so desperate for help and thank God I found this!

...

Like Reply 6w



**Becca Blankenship Duffer**

**Jenna Hughes** same here! I was scared to spend the \$23 on something she might not take or might not work but You inspired me and I thought it's so worth it if it really gets her off it! I'm hoping after about 4-6 months I'm going to see if I can switch ... [See more](#)

...

Like Reply 6w



**Jess Seymour Burlew**

My little one eats a lot of fruit (fiber) already but I'm desperate .. worth a shot!?

...

Like Reply 6w



**Becca Blankenship Duffer**

**Jess Seymour Burlew** same here but I guess this type of fiber just really helps to get it moving.

...

Like Reply 6w



**Lisa Marie**

This worked for us too and I couldn't believe it!

...

Like Reply 6w



**Elizabeth Rekowski**

Yes!!! This was our game changer too. One cap a day in a little OJ. Magic!

...

Like Reply 6w



**Becca Blankenship Duffer**

**Elizabeth Rekowski** currently half a cap is working for us! I hope it stays that way 🙌🙌🙌

...

Like Reply 6w



**Ashley Brenneman**

This is exciting! Going to try, too! My babe has been on Miralax for over a year and everything we try doesn't work... same thing- she would get backed up after like 4 days without it! Thanks for sharing! Hoping it's still working for her!!

...

Like Reply 5w



**Becca Blankenship Duffer**

**Ashley Brenneman** it is!!! And I found out I wasn't giving her the whole dose either! I had just been giving her 10-12ml just using a medicine measuring cup but then I read on the bottle 15ml was the dose. Anyways she has been pooping every other day on... [See more](#)

...

Like Reply 5w



**Talitha Orris**  
We use it religiously. Love it

Like Reply 6w



**Celia Bentz**  
Works for us too! Mask it in naked juice in the morning

Like Reply 6w



**Rochelle Laufer Gutterman**  
we use this too.

Like Reply 6w



**Kelly Korpela**  
**Kera Lynn Knight** HyFiber Liquid Fiber for Kids in Only One Tablespoon, Supports Regularity and Softer Stools, FOS Prebiotics for Gut Health, 6 Grams of Fiber, 32 Servings per Bottle

[https://smile.amazon.com/dp/B08NM2XZ3S/ref=cm\\_sw\\_r\\_apan\\_i\\_Q4XPCKSKMGQJ...](https://smile.amazon.com/dp/B08NM2XZ3S/ref=cm_sw_r_apan_i_Q4XPCKSKMGQJ...) See more



AMAZON.COM

HyFiber Liquid Fiber for Kids in Only One Tablespoon, Supports Regularity and Softer Stools, FOS Prebiotics...

Like Reply 6w



**Jennifer Friedmann**  
This stuff is genius!!!

Like Reply 6w



**Becca Blankenship Duffer**  
**Jennifer Friedmann** I'm so impressed with it and after reading about polydextrose I may just keep her on this long term!

Like Reply 6w



Casey Nair ▶ Parents Against Miralax Restoralax Movicol (PEG 3350)

March 5 · 🌐



I've posted here about Hyfiber for Kids before and promised I would update once we had been using it for a while, so here's my update! My son is in month 2 of using this product and it is an answered prayer! We have tried everything and nothing else has worked or helped long term. This has softened his stool to a perfect consistency and he goes up to twice a day now! He has been chronically constipated for 14 months and it has been a long, hard journey that our lives revolved around. I feel so thankful to have found this product and that my 19 month old is finally going regularly! I just wanted to share because I really feel strongly that it can help you, too!



Staci Bargainnier Haire

This has helped my son two after 2 years of trying EVERYTHING to get him off of miralax with no avail. I'm impressed!



Like Reply 10w



Alma Fonseca

We have been using this for a couple weeks. It has soften things for her but she still only poops every 4-5 days. I'm hoping things will get better as we continue to use it. We're also waiting on lab results from the FM doctor



Like Reply 10w





Michelle Farris

I use this for my young daughter as well. I typically add one cap of it into her cup of watered down orange juice. She's picky but doesn't mind this and it helps keep her regular.

Like Reply 10w



Chelsea Chambers

I can only imagine how relieved you must feel. So happy for your little one. ...

Like Reply 10w



Casey Nair

Chelsea Chambers Such a burden lifted!! ...

Like Reply 10w



Casey Nair

I wanted to mention also, stay consistent for about 2-3 weeks and if it doesn't work for you they will give you a full refund! They have amazing customer service and you can email or message them on social media with any questions you may have and they are quick to respond.

Like Reply 10w



Katrina Louise Gayac

Same here! Month 2 of using it and im ordering more! I used to give him culturelle fiber but it's so expensive and i saw someone post about hyfiber on this group and went to give it a try and it worked for us! 🥰 my son is 17 months and i'm only giving him 10ml 2x a day and he's been pooping 1-2x a day. ❤️

Like Reply 10w





Manal Alnor

They also have wonderful customer service! If you have questions they will be so helpful!

Like Reply 10w



Casey Nair

Manal Alnor Yes, they've been very helpful!

Like Reply 10w



Ashley Svensson Hannah

Worked for my son too!! 😊

Like Reply 10w



Ahlem Maraby- Robichaud

How are u guys ordering this, when u go to amazon it says not available?

Like Reply 1w



Casey Nair

Ahlem Maraby- Robichaud it shows it's available for me? Where are you located?



Caroline Booth-Naif

We love using HyFiber for kids!! Definitely a game changer!!

Like Reply 10w



Claire Lawson

Life changer for us as well!

Like Reply 10w







Casey Nair

**Dimple Guliani** The awesome thing about this fiber is that it is a soluble liquid fiber that doesn't require increased water intake! He does drink a pretty good amount of liquids a day, but didn't need to increase.



Like Reply 10w



Dimple Guliani

Casey Nair excellent thanks fr your reply



Like Reply 10w



Lauren Carasso

We just started using this and after day 4 for my 5YO, it's already making a difference!



Like Reply 10w



Michaela DiChiara

This helped us too ! Combined with potty training.



Like Reply 10w

Like Reply 10w



Casey Nair

**Karla Fernandez** I gave him the recommended half a cap for the first week to get his body used to the fiber, this helped soften but he still wasn't going regularly so I increased the dose to a full cap once a day and after 2 weeks, this did the trick! It does take consistent use for about 2 weeks to start working!



Like Reply 10w



Karla Fernandez

Casey Nair thank you! I ordered it last night hoping to see results like you. Was your baby a withholder?





Like Reply 10w





Casey Nair



**Karla Fernandez** yes! He is a withholder and even now that his stool is super soft if we are out of the house for the day he will still withhold but even if we miss a day here and there it's still soft when he goes! I think it took up to 2-3 weeks to work because he is a withholder. It started





 Sandy Buchanan  
We use this too. Order online ...  
Like Reply 10w 

 Shannon Callaway-Davidson  
How's the taste? ...  
Like Reply 10w

 Staci Bargainnier Haire  
Shannon literally hardly no taste. You can drink it straight. But we usually put it in Apple juice. I take it too! ...  
Like Reply 10w  2

 Casey Nair  
My son takes it straight! Loves the taste, it's sweet with a little citrus flavor but not overpowering. Easy to hide in a drink of your choice. ...  
Like Reply 10w 


 Ashley Bailey  
That is so exciting! ...  
Like Reply 10w

 Abby Stegeman ▶ Parents Against Miralax Restoralax Movicol (PEG 3350) ...  
April 4 · 🌟


Long time lurker first time poster 😊.

Just got some hyfiber for my 15 month old who has been constipated since about 6 months old. He weighs 30 lbs and I gave him a capful this morning and he had a massive poop within about 30 mins... should I do a half of a cap in the am and a half in the pm? Is there a correct dose or just whatever works? He gets lots of other fiber in his diet, can he have too much? Pic so we don't get lost. TIA!




 **Casey Nair**  
Try half a cap to start out with, then gradually increase if needed! My 20 month old takes a full cap now but we started with half. Hyfiber is the only thing that has worked for him!!

Like Reply 6w

 **Kristi Lockerbie Goutremout**  
Hyfiber has helped my grandson. I cut out his dairy as well. I increased his vitamin c intake and also give him prune juice every other day depending on what he eats. I let him eat when he is hungry. He also gets a probiotic daily. I make him go in and try about 20-30mins after eating. Poop prizes with successful poos. He has had a bowel movement 4 days in a row 🥰 very happy grandma here


Like Reply 6w

 **Lauren Houle** ▶ Parents Of Children With Constipation  
April 30 at 12:25 AM · 🌐


We started hyfiber And it has been working great👍 but my six-year-old started having accidents again this week... Not the streaky accidents like when he's all backed up, and not big loose diarrhea but like pretty formed large stools, in his underwear. Has anyone experienced this, or had resistance to sitting on the potty?👎 we have been dealing with this for at least three years and we coparent between two households so it's caused a ton of stress🙄🙄

🙄 1 1 Comment

Like Comment

 **Mya Clark**  
We've been using it for awhile. We had to stay consistent for 2 weeks. The company has been great and always answers questions and checks in on her progress from time to time. I would recommend. They've even sent us free bottles.

Like Reply 33w 👍 2

 **Leni Snow**  
Yes, if you enter HyFiber in the search bar, you will see my posts and others about this product. If your kiddo lacks fiber in their diet, I would highly recommend this product.

Like Reply 33w 👍

 **Meghan Gibson**  
We use it daily with my son. Works wonders

Like Reply 33w 👍

 **Ilenia Pitti**  
We like it too

Like Reply 33w



Raya Reshma Gurnett ▸ Parents Against Miralax Restoralax Movicol (PEG 3350)



April 23 at 5:32 PM · 🌐

A huge THANK YOU for the person in this group who recommended this product. After 5 years of trying every probiotic, calm, miralax, etc...this is the ONE THING that worked and now he is pooping like a champion!!! My little is 5 years old and has always had severe constipation and withholding. This stuff makes him GO and he has complete and substantial marshmallow soft bowel movements (not little pebbles).

A MILLION THANK YOUS!!!!

Edit: here is the link for everyone asking

HyFiber Liquid Fiber for Kids in... <https://www.amazon.com/dp/B08NM2XZ3S...>

10:01



CANCEL

Product images





**Alia Saleh Schiltgen**

I would love to try this for my 3.5 yr old. She's getting constipated again after being off miralax for a few months. Is there a recommended amount of water she should drink a day with this fiber probiotic?

Like Reply 3w



**Melissa Kotlar**

**Alia Saleh Schiltgen** my kids take reusable water bottles when they go to school, I just pour it in that each morning, they've had no issues. Still works just fine for them

Like Reply 3w



**Alia Saleh Schiltgen**

**Melissa Kotlar** great thank you!

Like Reply 3w



**Richard Heifner**

**Melissa Kotlar** do they have a tasteless version and is this one super orangy?

Like Reply 3w



**Melissa Kotlar**

**Richard Heifner** I personally use it too and I can't taste it. I mix it in with my Stur Hydration, it has no flavor IMO, not super orangy

Like Reply 3w



**Samantha Kane**

We had been using this for almost a year and my daughter decided she no longer liked orange flavor. I wish there was a plain one! This worked amazingly well!

Like Reply 3w



**Kristi Lockerbie Goutremout**

**Samantha Kane** check with mednutrition directly. Super helpful



**Melissa Kotlar**

YES!!!! This product has helped both of my children!! I'm so grateful for this group and this product! 🙏

Like Reply 3w



**Sharayah Lynn Whitehouse**

Oh my gosh same!!!! I saw that post too and immediately bought this. It's changes our lives 😭 my son was on and off miralax for YEARS. Thankful for this group

Like Reply 3w



**Raya Reshma Gurnett**

**Sharayah Lynn Whitehouse** yes 🙏



Raya Reshma Gurnett

Haley Jones I'm all for natural, we are a vegan and mostly organic household however when your child can't poop for over a week and strains to the point of bleeding each time he does poop, all that matters is to get him regular and to be out of pain. Once he gets used to pooping not hurting, he should stop withholding and overtime lower his dosage until we can get him off completely. Once the body poops regularly, some bodies start working correctly on its own after 3-6 months. I did read hundreds of reviews of this product and did not find anyone who had a long term negative issue with this product. We personally tried as many natural remedies as we could find before starting Miralax, unfortunately they didn't work for us.

Like Reply 3w



Jennifer Bulleigh Motl

Raya Reshma Gurnett yes girl yes!!!! This is the only thing that has helped my 4 yr old and we have tried everything. He is now been going 4-5 times per week for 7 weeks and he is SO proud of himself.

I love this group for all the help I've received

Like Reply 3w



Raya Reshma Gurnett

Jennifer Bulleigh Motl what a relief your mamma heart must feel!!! Yay for the lil guy! I hope soon this is a worry of the past ❤️



Mackenzie Davis

this stuff is amazing hands down

Like Reply 3w



Nicole Moore

We use this too and it has been a life saver. No more gigantic, 1 week old poops. In 3 years, my boy is finally regular

Like Reply 3w



Joy Clapsadle

Does this make anyone a kiddo really gassy?

Like Reply 3w



Raya Reshma Gurnett

Joy Clapsadle no

Like Reply 3w



Karina Buenrostro

This helped my 2yo tremendously!

Like Reply 3w



- Maureen Nowak**  
How's the flavor? ...  
Like Reply 3w
- Alex Rice**  
Maureen Nowak extremely mild. My super taster son will easily drink it in juice or chocolate almond milk. I've used it a few times and mixed it into 8 ozs water and can't even taste it at all. ...  
Like Reply 3w
- Maureen Nowak**  
Alex Rice Ty! I'm going to try this ...  
Like Reply 3w
- Alex Rice**  
Maureen Nowak it works really well for us. I was skeptical, lol, we have tried a lot but this works well. ...  
Like Reply 3w
- Raya Reshma Gurnett**  
Maureen Nowak no issues with the taste. Mix it with juice. ...  
Like Reply 3w

- Lauren Carasso**  
Game changer. ...  
Like Reply 3w
- Raya Reshma Gurnett**  
Lauren Carasso yes!!!! ...  
Like Reply 3w
- Casey Nair**  
This is the best!!! ...  
Like Reply 3w

**Shannon Lysikowski** ▶ Parents Against Miralax Restoralax Movicol (PEG 3350) ...  
March 31 · 🌐

HYFIBER FOR KIDS [HyFiber For Kids!](#)

This has been an absolute miracle for my 2 year old who has struggled with chronic constipation with secondary uti's. I can't tell you how many tears and sleepless nights I have had (I'm sure most of you are in the same boat).

She is now going with perfect consistency twice a day like clockwork for the first time ever. Their customer service is absolutely phenomenal and they even sent me 4 free bottles because it took a few weeks to find the right dose. (she is on 15ml once a day)

This supplement along with Mary Ruth's probiotic and twice monthly chiro visits have saved us.

Sharing in hopes this can help someone who is desperate. ❤️

 26

29 Comments



**Manal Alnor** ▸ Parents Against Miralax Restoralax Movicol (PEG 3350)

December 28, 2021 · 🌐



Those of you who use HyFiber, does it bulk stool like regular fiber? I was hoping it would give my 2 year old daughter daily BMs, but no luck so far. We are still doing lots of MCT oil, started castor oil massages, still doing probiotics, and are gluten and dairy free (unless family comes around and sneaks it).

12 Comments



**Paulina Cevallos**

My daughter takes hyfiber and it's the only think that really works great for her.



Like Reply 17w



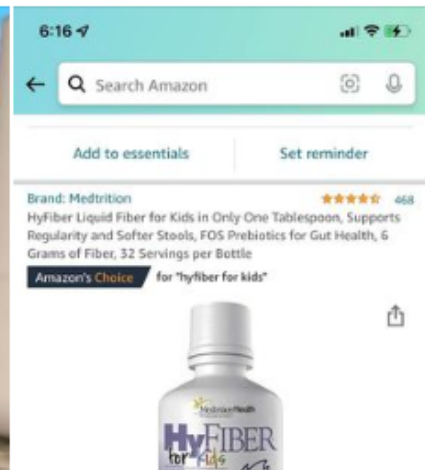
**Amanda Nicholson** is with **Gabriel Nicholson**.

January 14 · 🌐



Weird topic warning - but somehow this usually comes up when talking to special needs moms. Everyone else keep scrolling 😊

Asher has been on daily prescription stool softener for 4 years. This fall he started having lots of stomach cramps from the meds (side effect of long term use). I did lot of research and kept coming back to HyFiber for Kids. He's been on it for 2 months and it's been great. Of course, nothing's perfect and I have to adjust daily based on his food and water intake - but I was doing that with the prescription meds too. And he likes the flavor! I still use magnesium gummies daily, but this combination is working! Btw - there's an app for tracking their output. Sounds weird, but It has really helped with determining daily dosage. Anyway, I get asked occasionally what I use so thought I'd share.







Laura DiSalvo ▸ Parents Against Miralax Restoralax Movicol (PEG 3350)

July 5, 2021 · 🌐



Just wanted to share bc my daughter was having issues with holding and very hard stools from holding too long - andddd we found this and it has been pretty wonderful! Got it on Amazon. Went both days without me asking- just went on potty and went with no fight or saying it hurts. She's going on 3.





**Alexcis Rylander** ▸ Parents Of Children With Constipation

October 8, 2021 · 🌐



Just wanna post about my experience to hopefully give someone some hope. My daughter (now 2 years old) has struggled with constipation since 6 months old. After trying what seemed like everything, I saw someone post about this product. We started this in the beginning of September and since starting it, she has been able to go with ease every other day. I started give half a cap every day with some orange juice, and then moved down to every other day and that seems to be the right dose. I bought this off Amazon.



**Alexcis Rylander**

**Stephanie Oates** both! My daughter was withholding as well but once that first poop came through after using this product she realized it doesn't hurt and stopped withholding. She went from having hard and painful poops every 7 days to having soft and easy ones every other day. It's now to the point where I won't know she went until I smell it. (Still in diapers)

Like Reply 31w



**Elizabeth Rekowski**

I found this on here too! It has completely changed the game for us. My son is off all laxatives and only takes this. One capful in his oj each morning. He goes on his own every day now.

Like Reply 31w



**Veronica Flora**

**Alexcis Rylander** thanks for this post! We tried everything with our son (periodic laxatives, mag07, calm, gentle ease..) He'd been constipated since birth.

We tried hyfiber and he now has been pooping regularly for over a month. (Too much- but I'll take it over not pooping for weeks at a time). We actually only use it about twice a week now.

Thank you!

Like Reply 20w





Rachel Jordan Brady

Yup!! I've posted about it several times. This has been a miracle for us!!! My 7 year old is off of everything but this. ...

Like Reply 31w



Alexcis Rylander

Rachel Jordan Brady seriously such a life saver ...

Like Reply 31w



Rachel Jordan Brady

Alexcis Rylander amen to that!!! ...

Like Reply 31w



Alexcis Rylander

Stephanie Caroline we have not, at least not intentionally. When we started we were doing half a cap every morning. That gave her diarrhea so I lowered it to half a cap every other day and it's been perfect ...

Like Reply 31w



Stephanie Caroline

Alexcis Rylander, thank you for letting me know! ...

Like Reply 31w



Ely Aleman

Thank you for sharing 🥰  
I'm going to try this on both if my kids. ...

Like Reply 31w



Mya Clark

I love HyFiber! Has worked for us too. ...

Like Reply 31w



Maria Wilkinson

I wish the uk sold this 😞 ...

Like Reply 31w



Merissa Paskin

Maria Wilkinson we have been trialling this as got some of skiggle the adukt version for my 13 yr and it does seem to be working well for him as well we are just waiting to see out bowel specialists/dietican to see if we can get prescribed ...

Like Reply 31w



Krystal Hall

**Finding Cooper's Voice** huge thank you for letting us know about HyFiber! I saw it in one of your previous posts a few months ago. My little guy had been on MiraLAX daily for five or six years. We started him on HyFiber and he is completely off the miralax 😊😊.

Like Reply 41w



↳ 4 Replies



Nancy Wallace

I have been giving this to my son for a week and I already see an improvement. He has so many stomach issues. He went 2 months without going poop....I kept taking him to the hospital and they kept telling me eventually he will go. Finally after two months they put a tube down his nose and filled him with peglyte. And this was only after I refused to leave until they did something.

Like Reply 40w



↳ 1 Reply



Subscriber +1

Jayme Sharp

I got this for my youngest after I saw you recommend it a couple months ago. He literally was constipated for at least a year and so miserable. We tried everything and nothing worked. This stuff has helped him soooo much!! Thank you for sharing!

Like Reply 41w



Subscriber +1

Yvette Foster St. John

Kate, I have digestive issues (for a variety of reasons) and I had been using a variety of stool softeners and laxatives for several years with no long term positive effects. Then I saw one of your posts that mentioned HyFiber for Kids. I went online and they had an adult version. I ordered it and within 3 days of receiving it...IT WAS A MIRACLE!!! No more pain, cramping, or disgusting powder laxatives! Thank you so much for sharing this amazing product with your followers! ❤️

Like Reply 41w



Most Relevant is selected, so some replies may have been filtered out.



Subscriber

Maria Neff

Hyfiber has been a life saver for us. He now poops everyday. Thank to Coops Troops for the suggestion.

Like Reply 41w



Amber Sylak

I started using hyfiber after seeing it on here. I must say it has made a huge difference! It even says on the bottle that parents can use it too. I started taking it myself. It has been the best thing ever. I even reached out to the store on Amazon, they are so helpful. Thanks for the recommendation! ❤️

Like Reply 41w





Theresa Pack

Also HyFiber comes in an adult version for older children/teens/adults that may need an alternative to high power laxatives 🤩🤩🤩

...

Like Reply 41w Edited



Monica Gutman

Thank you, I am going to try this for myself and I am 55 years old! I always thought I may be on the spectrum.

...

Like Reply 41w



↳ 1 Reply



Top fan

Ashley Bourcier

After seeing you post about it, we have it a try and it made such a huge difference!

...

Like Reply 41w



↳ 2 Replies



Jenny Scrupps Pohl

I just ordered some - my son needs Miralax every day - and as he's tube fed, using this would be easier than mixing the Miralax - and if it works, so much better for him. Thanks !

...

Like Reply 41w



Kristin Zuponeck

I've been using HyFiber since you posted about it a couple of months ago. It's working so well for my 21 year old son with Angelman Syndrome. He's always struggled with constipation and I've tried many different products. This by far works so much better than any others. Thank you so much!!!

.

Like Reply 40w

↳ 1 Reply



Becky Puckett Vick

Started using this for my girl bc of you...it does work really well.

...

Like Reply 41w



Britney Lucius McElhatten

We have been using the fiber based on your recommendation and it's wonderful. Does the job

...

Like Reply 41w



Emily Peters

I've been using this ever since I saw you recommend it! I give it to all my kids, but wanted it especially for my daughter, who took miralax for years due to complications from tethered spinal cord syndrome. It works great!! So much better than anything we have tried. Thank you for sharing!

...

Like Reply 41w





Top fan

Linda Rae Jordan

You saved my life when you posted about HyFiber about 4 months ago. I'm 65 and have had problems with constipation my whole life. Now with this liquid fiber I go every day just like a normal person. I'm so happy. Thank you so much!!!!

Like Reply 40w



Kayla Norton

Yes! We have been using this about 4 months and have had amazing results! I mix my little guys right in his breakfast milk cup and he drinks it just fine. Highly recommend buying the 2 pack as it's cheaper (quantity wise) I always order more when I open the second bottle!

Like Reply 41w



Samantha Kane

We LOVE HyFiber for Kids!

Like Reply 41w



Top fan

Nila Andish

Thank you for sharing this! Last time you posted I ordered it and it worked instantly for my son!! ❤️

Like Reply 41w



Julia Cupps

Thank you for this recommendation! I bought it based on a recommendation on one of your previous posts. It WORKS! So grateful to be off the Mirilax roller coaster. 💙

Like Reply 41w



Nyasha S. Nicholas

We have purchased this after I saw another post of yours, with the same recommendation. It has helped our both our kids tremendously! Thank you!

Like Reply 41w



Leni Snow ▶ Parents Against Miralax Restoralax Movicol (PEG 3350)

July 14, 2021 · 🌐



Someone posted a bit ago about HyFiber for kids (purchased on Amazon) and I decided to give it a try. I have written before that my son's BM's have been more regular ever since he started treatment with a chiropractic biophysicist, but with his colon being stretched, he has really wide BM's that he struggles with sometimes. My son has taken HyFiber for three days now and I absolutely love it!

The first dose I put in his juice, but he takes forever to drink something, so I wanted to try something else. He takes his liquid meds for colds or allergies pretty well so I decided to put it in a medicine cup and he took it right away; although, he made a face, he has been taking it just fine after the first time. I think he thought it was his other meds since it's clear and he was surprised at the taste. LOL. His poops haven't been as wide and have been softer. I know we all desperately try to find something to help our kids in these stressful times, so I just thought I'd share my experience with HyFiber as well! The added prebiotic in this fiber supplement is a plus! I always had issues upping my son's fiber intake with the nasty powder supplements out there, so I'm sooo happy we found a clear liquid fiber supplement that works! YAY!

I don't remember who posted about this, but thank you for recommending it!!