

Lot No./Best By:

Did you know?

The Cascara Sagrada tree, traditionally known as "Sacred Bark" to the Native Americans, grows along the Pacific Coast. It's been helping to improve bowel function for centuries.*

Let's get fresh. Inhale. Exhale. That's Cascara Sagrada you smell. Responsibly sourced and properly aged for at least one year and processed in small batches with love for optimum potency. **Here's to your health!**

Does NOT contain dairy, wheat, peanuts, soy, gluten or corn allergens.

CAUTION: Keep out of reach of children. If taking medication consult with a healthcare professional before use. Do not take if pregnant or nursing. Discontinue use if unusual symptoms occur.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Cascara Sagrada

'go' as nature intended'



90 VEGETARIAN CAPSULES



Suggested Use: As an herbal supplement, take one to two capsules daily as needed, preferably at bedtime, for relief of occasional constipation* or as directed by your healthcare professional. Anthraquinone containing substances usually produce a soft to semi-fluid stool 6-12 hours after ingestion. It is best to start with one capsule and increase to two, if needed, to get results. Not for long-term use in excess of 8 days. Do not exceed recommended dose.

Supplement Facts	
Serving Size: 1 cap/Servings Per Container: 90	
Amount Per Serving	
Organic Cascara Sagrada bark (<i>Rhamnus purshiana</i>)	350mg*
*Daily Value not established	

Other Ingredients: Pullulan vegetarian capsules and nothing else.

Manufactured with love by Oregon's Wild Harvest
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Certified Organic by Oregon Tilth.

