



SWANSON[®]
PREMIUM BRAND
bringing wellness to the world since 1969

Senna Psyllium Cascara Complex

Herbal Supplement

Promotes Regularity*

90 capsules



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

- DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE:

As a dietary supplement, take one capsule one to three times per day with a full glass of water.

WARNING: This product contains senna and cascara. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools or abdominal pain as this product may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication or have a medical condition. Not recommended for extended use.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Senna Leaf (Cassia angustifolia)	350 mg**
Cascara Sagrada Bark (Rhamnus purshiana)	100 mg**
Psyllium Seed Husk (Plantago ovata)	100 mg**

**Daily Value not established.

Other ingredients: Gelatin, may contain one or both of the following: magnesium stearate, silica.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
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