

**Discover Nature's Answer**

and trust  
the Difference...®

The True Nature of Our Standards  
goes way beyond the herb...™

\*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.



Store in a cool, dry place.



**NATURE'S ANSWER**

Since 1972



**Cascara Sagrada**

**Helps Maintain Regularity\***

*Rhamnus purshiana*

**850mg**

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Dietary Supplement

90 Vegetarian Capsules

Vegan  
Gluten-Free

## Supplement Facts

Serving Size 2 Capsules

Servings Per Container 45

### Amount Per Serving

|                                                     |          |
|-----------------------------------------------------|----------|
| Cascara Sagrada ( <i>Rhamnus purshiana</i> ) (bark) | 850 mg † |
|-----------------------------------------------------|----------|

† Daily value not established.

**Other Ingredients:** Vegetable Cellulose (capsule), Rice Flour,  
Calcium Silicate.

**Suggested Use:** As a dietary supplement, take two (2) capsules daily,  
or as needed with food or water.

**CAUTION:** This product contains Cascara Sagrada (*Rhamnus purshiana*). Read and  
follow directions carefully. Do not use if you have or develop diarrhea, loose stools,  
or abdominal pains, because Cascara Sagrada may worsen these conditions and be  
harmful to your health. Consult your healthcare practitioner if you have frequent  
diarrhea, or any other medical condition. Do not use for more than 7-10 days.

**WARNING: Keep Out Of Reach Of Children.** Do not use if safety seal is damaged  
or missing. If you are pregnant, nursing, taking any medications, planning any  
medical procedure or have a medical condition, consult with your healthcare  
practitioner before use.

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