Smooth Move®

Directions: Brew Well to be Well™

For maximum benefit, medicinal tea must be properly prepared. **Pour 8 oz.** freshly boiled water over a tea bag in a ceramic cup. **Cover cup** and steep **10-15 minutes.** These steps directly influence the amount of beneficial components that will end up in your teacup! **Gently squeeze the tea bag** to release any remaining extract. **Drink 1 cup at bedtime.** If necessary repeat the next day, not to exceed 4 cups in 24 hours. Children 6-12 years: Drink 1/2 cup at bedtime. If necessary, repeat the next day not to exceed 2 cups in 24 hours.

Sealed Fresh

Every tea bag in this box has been individually wrapped and sealed for freshness, ensuring that the beneficial components of the herbs remain intact.

Our Principles

SUSTAINABILITY
We source organic, bio-dynamic and/or wild crafted herbs for our teas and power our facility with wind energy.

PARTNERSHIP
We cultivate equitable relationships with our consumers, customers, employees, farmers and our community.

The Global Fund for Women envisions a just and democratic world where women and men participate equally in all aspects of society. Our mission is to advance women's human rights by making grants to women's groups that work to gain freedom from poverty, violence and discrimination.
Phone (415) 202-7640
www.globalfundforwomen.org

What will Smooth Move® do for me?
Smooth Move provides gentle, overnight relief from occasional constipation. Senna leaf promotes bowel movement by direct action on the intestine.* ***How do I know it works?*** A single serving provides an effective dose of sennosides from senna leaf, which have proven stimulant laxative action and are generally recognized as safe and effective by the U.S. FDA. We include additional digestive support with fennel, orange peel, cinnamon, coriander and ginger to ease discomfort and reduce cramping. ***When should I use it?*** Drink one cup before bedtime. Repeat the next day if needed. Smooth Move will generally produce bowel movements in 8 to 12 hours. ***How does it taste?*** It's sweet and slightly bitter, with citrus-orange and spicy notes...best tasting laxative you'll ever drink!

Look inside the box for more information on Traditional Medicinals

Still want more?
www.TraditionalMedicinals.com

*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.

Traditional Medicinals®

Smooth Move®

herbal Stimulant Laxative*

HERBAL DIETARY SUPPLEMENT

Caffeine Free Herbal Tea

16 Wrapped Tea Bags
Net Wt. 1.13 Oz. (32g)

OPEN HERE

Supplement Facts

Serving Size 1 cup brewed tea • **Servings Per Container** 16

	Amount per serving	%DV*
Naturally occurring when brewed as directed:		
Calories	2	
Calcium	40 mg	4%
Magnesium	16 mg	4%
Potassium	30 mg	1%
Sodium	30 mg	1%
Sennosides A & B (from senna)	20 mg	†
All Herbal Ingredients:		
Senna leaf	1,080 mg	†
Proprietary Blend:	920 mg	
Licorice root		†
Bitter fennel fruit		†
Organic sweet orange peel		†
Organic cinnamon bark		†
Organic coriander seed		†
Organic ginger rhizome		†
Orange peel oil on gum arabic		†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established.

17% organic ingredients.

NOTICE: This product contains senna leaf. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain because senna leaf 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.

Just the true taste of real herbs!™

FLAP TALK

Being Green is A Breeze

Our mission is to provide you with an effective tea that's good for the planet as well as for you. Every year we eliminate 75,000 pounds of greenhouse gases by purchasing 100% renewable wind energy. We offset our electricity use by planting 66 cars off the road or 66 trees every year. We care about the environment and appreciate your support. Visit www.traditionalmedicinals.com to learn more about wind energy.

Our Principles

KNOWLEDGE
We believe in the healing power of plants and blend ancient wisdom and modern science to create our teas.

EFFICACY
We research, test and use only the highest quality medicinal grade herbs to ensure the most efficacious teas.

Traditional Medicinals®

KNOWLEDGE ■ EFFICACY

From the corners of the earth, to the bottom of your teacup, we're preserving tradition and creating a sustainable future. For over 30 years we have been making herbal teas blending the ancient art of traditional herbal medicine with the most modern methods to ensure you a consistently effective and good tasting cup.

We know that you choose to live as if there is a tomorrow, as we do. That's why we purchase our herbs and manufacture our teas sustainably. Whether it's working with a cooperative of herb collectors, supporting organic herb farmers or using 100% wind power to offset our electricity use, we believe that teas that are good for you should be good for the earth.

Learn more about the vision, practices and science behind your cup of tea at www.TraditionalMedicinals.com.

SUSTAINABILITY ■ PARTNERSHIP

WE STRONGLY ENCOURAGE RECYCLING

Please open this box from both sides, flatten and include it with other household paper or cardboard for recycling. Thanks for helping to reuse this valuable resource.

Printed on 100% recycled paper board (at least 55% verified post-consumer waste)

WRAP WASTE REDUCTION AWARDS PROGRAM 2003 WINNER

An honored manufacturer since 1997 for its contribution to the California Waste Reduction

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Manufactured by:
Traditional Medicinals®
4515 Ross Road
Sebastopol, CA 95472
www.TraditionalMedicinals.com

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FLAP TALK

More on Smooth Move®

Smooth Move® is an effective gentle, stimulant laxative containing senna leaf. Senna has been used as an herbal laxative tea ingredient for at least a thousand years in traditional Arabian, Asian and European formulas. We use an analytical test (High Performance Liquid Chromatography (HPLC)) to determine that there is an effective dose of "sennosides A and B" in a bedtime cup of Smooth Move®. We test what's infused into your cup before brewing to make sure the natural balance when preparing programs is your assurance of a procedures and quality control

Surfrider Foundation®

Dedicated to the protection and preservation of our world's oceans, waves and beaches. Founded in 1984 this grassroots, non profit organization now has 60 US chapters and affiliates in Australia, Europe, Japan and Brazil.
www.surfrider.org