

DIRECTIONS: For adults, take one (1) capsule, one to three times daily preferably with meals.

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

KEEP OUT OF REACH OF CHILDREN
Store in a cool, dry place.

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vivaTM
vitamins

A Dietary Supplement
**CASCARA
SAGRADA**
450 MG.

100 CAPSULES

Supplement Facts

Serving Size: 1 Capsule Servings per Container: 100

Amount per Serving	% Daily Value*
Cascara Sagrada (Rhamnus Purshiana) (Whole Herb)	450 mg †

† Daily Value not established.

*Daily Values are based on a 2,000 Calorie diet.

OTHER INGREDIENTS: Gelatin (capsule). May contain one or more of the following: Magnesium Stearate, Stearic Acid, Silica.

Contains **NO** wheat, milk, corn, soy, sugar, starch or preservatives.

Manufactured Exclusively For:
VIVA VITAMINS
25908 McBean Pkwy., Valencia, CA 91355