

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

Cascara Sagrada (*Frangula purshiana*) is used to help relieve occasional constipation.* Our Cascara Sagrada is carefully tested and produced to superior quality standards.

Keep out of reach of children. Safety sealed with a printed inner seal. Do not use if seal is broken or missing.

GLUTEN FREE. No sugar, salt, yeast, wheat, soy, corn, dairy products, artificial colors, flavors, or preservatives.

 **VEGETARIAN**

◆ LN11308.B01 BLK8050B



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



Cascara Sagrada

Bark



for Occasional Constipation*

180 Vegetarian Capsules / 350 mg

DIETARY SUPPLEMENT

Recommendation: Adults and children age 12 years and over: take 1 capsule. Not recommended for children under 12 years of age. Do not take more than 1 capsule in a 24-hour period. Do not take more than 7 days, as frequent or prolonged use may result in dependence. Do not exceed recommended dosage. Not for long term use.

Warning: Do not use when nausea or vomiting are present, unless directed by a healthcare professional. Do not use if you have a history of, or currently have, an intestinal disease. Consult a healthcare professional if you have noticed a sudden change in bowel habits that persist over two weeks. Rectal bleeding or failure to move bowels after use may indicate a serious condition. Discontinue use and consult a healthcare professional.

Supplement Facts

Serving Size 1 Capsule

Amount per Serving	% DV
Cascara Sagrada (bark)	350 mg**

**Daily Value (DV) not established.

Other ingredients: plant-derived capsule (hypromellose), cellulose, silica

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