



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Cascara Sagrada

Herbal Supplement



100 capsules • 450 mg

• 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 at bedtime with a full 8-ounce glass of water.

WARNING: This product contains cascara. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain as 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. Not recommended for extended use.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Cascara Sagrada (Frangula purshiana) (bark) 450 mg*

*Daily Value not established.

Other ingredients: Gelatin, microcrystalline cellulose (plant fiber), magnesium stearate, silica.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

Fargo, ND 58104 USA

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

or visit our website at www.swansonvitamins.com



SW477