

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. *Your health & safety are our first priority!*

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: Limit use to no more than two weeks. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

*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.

TO REORDER PROD. # **3551**
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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VITAMIN WORLD
get healthy.

Cascara SAGRADA



450 MG

*For occasional
constipation**

NATURAL WHOLE HERB
Herbal Supplement

100
*Rapid Release
Capsules*

DIRECTIONS: For adults, take one (1) capsule daily, preferably with a meal. Drink 8 six ounce glasses of water daily. Capsules may be opened and prepared as a tea.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Cascara Sagrada (<i>Rhamnus purshiana</i>) (bark)	450 mg **

**Daily Value not established.

Other Ingredients: Gelatin, Vegetable Magnesium Stearate.

NOTICE: 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 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 medication, or have a medical condition.