



Bottle made from 100% post consumer recycled material.

We are committed to you and our planet. Scan to learn more.



Recommended Use: Take 2 capsules before bedtime. **Under times of irregularities and bowel distress:** Take 2 capsules up to three times daily for up to 7-10 days.

*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.

Gentle Move makes bathroom time better by increasing moisture in intestinal waste and encouraging bowel muscles to move. And it's GENTLE!

Do not use if inner seal is missing or damaged.

Gentle Move®



STOOL SOFTENER BLEND*
WITH HERBAL EXTRACTS

*Promotes Bowel Regularity**

Dietary Supplement
90 CAPSULES



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 45

Amount Per 2 Capsules	% Daily Value	
Magnesium (hydroxide)	400 mg	95%
Proprietary Blend	370 mg	†
Triphalia Ayurvedic Blend Fruit Extract (<i>Terminalia chebula</i> , <i>T. belerica</i> , <i>Emblica officinalis</i>)		
Yellow Dock Root (<i>Rumex crispus</i>)		
Ginger Rhizome (<i>Zingiber officinale</i>)		
Marshmallow Root Extract (<i>Althaea officinalis</i>)		
Slippery Elm Inner Bark (<i>Ulmus rubra</i>)		

†Daily Value not established.

Other Ingredients: Capsule (gelatin, water), vegetable magnesium stearate.



Stock#
952
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HERBAL EXPERTS *since* 1972

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