

OCCASIONAL
CONSTIPATION RELIEF*



At Nature's Way®, we believe nature knows best. That's why our mission is to seek out the best herbs the earth has to give. We will go to any continent or country to find where herbs grow best, so we can bring you the purest botanicals possible. It's the way we deliver uncompromising quality and the way to help you live healthier. It's not just our way, it's Nature's Way.™

◆ LG11308.C01 BLK8050C



*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

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180 VEGAN CAPSULES | 270 MG per Serving

DIETARY SUPPLEMENT

Recommendation: Adults and children age 12 years and over: take 1 capsule with a full glass of liquid (8 ounces) at bedtime. 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.

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 notice 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. If you experience any of these symptoms, discontinue use and consult a healthcare professional.

Supplement Facts

Serving Size 1 Capsule

Amount per Serving	% DV
Cascara Sagrada (bark)	270 mg**

**Daily Value (DV) not established.

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

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 a healthcare professional if you have frequent diarrhea or if you are pregnant, nursing, taking medications, or have a medical condition.

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

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

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Questions? 1-800-9NATURE / naturesway.com

