



# CASCARA SAGRADA



**450 MG**

**For natural relief from sluggish elimination†**

**We always use the highest quality ingredients**

**premium formulas ● 100 capsules ● dietary supplement**

## Supplement Facts

Servings Per Container: 100

**Serving Size: 1 Capsule**

	Amount Per Serving	%DV*
Cascara Sagrada	450 mg	**

\* Percent Daily Value is based on a 2,000 calorie diet.

\*\* %Daily Value (DV) has not been established.

**Other Ingredients:** Gelatin (capsule), rice flour.

**FREE of:** Sugar, salt, starch, yeast, corn, wheat, lactose, gluten, milk, egg, fish products, artificial coloring, flavoring, or preservatives.

**We at Viva are proud to use only the best food-based ingredients in our supplements. Our raw materials come from the USA, and we use only organic sources to ensure you're getting the best product possible, from the ground up!**

©2019 Manufactured exclusively for Viva Vitamins™  
Los Angeles, CA, USA | [www.BuyVivaVitamins.com](http://www.BuyVivaVitamins.com)  
**MADE IN THE USA • In God We Trust • Non-GMO**  
Manufactured in an NSF - GMP Certified Facility

**Directions:** Take one or two capsules before bed with a full glass of water, or as directed by your healthcare professional.

Cascara Sagrada works by stimulating the muscular movement of the intestines which is called peristalsis. The phyto-nutrients in Cascara Sagrada, anthraquinones, help to produce a formed stool in about 6 to 8 hours and have almost no effect on the small intestines. These anthraquinones inhibit the absorption of water and other electrolytes in the intestines, which increases stool volume as it absorbs excess water, and increases the pressure in the intestine. This stimulates the peristalsis in the colon and speeds the clearing of the bowel.†

Store in a cool, dry place. Do not refrigerate. Please recycle.

**KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.**

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



7 26899 91274 2