

AMERICAN  HEALTH®

TAM®

HERBAL LAXATIVE

Supports Regularity*

Vegetarian Formula

250 Tablets

Dietary Supplement

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 125

Amount Per Serving	%Daily Value	
Cascara Sagrada (<i>Rhamnus purshiana</i>) (bark)	78 mg	**
Senna Extract (<i>Cassia angustifolia</i>) (leaf) (contains not less than 8 mg of Sennosides)	438 mg	**
Herbal Proprietary Blend Contains: Fennel Seed, Licorice Root, Uva Ursi Leaves	100 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, Silica, Vegetable Stearic Acid, Vegetable Magnesium Stearate.

DIRECTIONS: For adults, take two (2) tablets three times daily, or six (6) tablets at night before retiring.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Soy, No Egg, No Grapefruit, No Sugar, No Starch, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.

Non-GMO. Suitable for Vegans.

TAM® Herbal Laxative formula features Senna, an herb traditionally used to help ease occasional constipation and promote regularity, naturally.* This effective formula also delivers the holistic benefits of Cascara Sagrada and all natural herbs.* TAM® contains no harsh synthetics, so you can be assured of efficient cleansing support when you need it most.*

WARNING: Limit use to no more than 1 to 2 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.

NOTICE: This product contains Cascara Sagrada (*Rhamnus purshiana*) and Senna (*Cassia angustifolia*). Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada and Senna 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.

Carefully Manufactured by
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*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.

