



Vital LAX is formulated
by digestive care expert
Brenda Watson.

Brenda created this original
formula over 20 years ago for relief
of occasional constipation to help
people achieve normal bowel
function naturally.*

Vital LAX is a gentle, yet effective formula that
conveniently works overnight to help promote a
normal bowel movement the next morning.*

Brenda Watson

Founder of Vital Planet

CONTAINS NO: GMOs, yeast, wheat, gluten, psyllium, soy,
dairy, tree nuts, salt, sugar, animal products, binders, fillers
or artificial ingredients

NOTICE: This product contains rhubarb and cape aloe. Read and follow directions
carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal
pain because rhubarb and cape aloe 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.

* 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.



Brenda Watson's
VITAL PLANET™

**Vital
LAX**

NATURAL LAXATIVE*

- Helps relieve occasional constipation*
- Gentle formula works overnight
- Free of senna and cascara sagrada



60 Vegetable
Capsules

DIETARY SUPPLEMENT

Directions: Take 2 capsules in evening before bedtime.
May start with 1 capsule the first night then increase to 2 if needed.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	%DV**
Magnesium (as magnesium hydroxide)	230 mg 55%

Brenda Watson's Original Lax Blend 1,200 mg

Cape Aloe Leaf, Rhubarb Root, Slippery Elm Bark
(sustainably harvested), Marshmallow Root, Triphala (blend
of Chebulic Myrobalan (*Terminalia chebula*) fruit, Vidanga
Embolica officinalis) fruit, (*Terminalia bellerica*) fruit

**Daily Value (DV) not established.

Other Ingredients: Non-GMO vegetable cellulose (capsule).

DISTRIBUTED BY: VITAL PLANET 133 CANDY LN., PALM HARBOR, FL 34683
QUESTIONS OR COMMENTS? 800.938.8482 OR VITALPLANET.COM

Store at 86°F (30°C) or below.

KEEP OUT OF REACH OF CHILDREN. Consult your physician prior
to using this or any product if you are pregnant, nursing, taking
medication or have a medical condition.



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Manufactured
in a facility in the
USA that is GMP