



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!

# Gentle Move®

NEW LOOK!

SAME GREAT PRODUCT

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>Embllica 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.

Do not use if inner seal is missing or damaged.



Stock# 952 011119

HERBAL EXPERTS *since* 1972

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