

We believe that **Amazing Nutrition™** is the key for Healthy Living. We are passionate about bringing you the finest selection of products which can perfectly complement a healthy diet and active lifestyle.

Cascara Sagrada is a natural laxative made from the reddish-brown bark of a tree (*Rhamnus purshiana*) native to the Pacific Northwest. It is also known as 'sacred bark' due to its amazing benefits supporting digestive health.* Cascara Sagrada may help relieve constipation and regulate bowel movements, promoting healthy digestive and detoxification function.*

KEEP OUT OF REACH OF CHILDREN
STORE IN A COOL, DRY PLACE

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING

Manufactured for Distributed by:
Amazing Nutrition
Hoboken NJ 07030
1-800-526-0177
www.amazingnutrition.com

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to cure, prevent, treat or diagnose any disease.



AMAZING **AN** NUTRITION

AMAZING  FORMULAS

DIETARY SUPPLEMENT

Cascara Sagrada

- ✓ Supports Healthy Digestive & Detoxification Function*
- ✓ Helps Relieve Constipation*
- ✓ Promotes Liver Health*

450 MG
250 CAPSULES



Supplement Facts

Serving Size: 1 Capsule	Serving Per Container: 250	
	Amount Per Serving	%Daily Value
Cascara Sagrada (<i>Rhamnus purshiana</i>) (bark)	450 mg	**
**Daily Value not established.		

OTHER INGREDIENTS: Gelatin, Vegetable Magnesium Stearate.

NOTICE: This product contains Cascara Sagrada (*Rhamnus purshiana*). 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 your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

SUGGESTED USE: As a dietary supplement, adults take one (1) capsule daily, preferably with a meal. Drink 8 six ounce glasses of water daily or as directed by a health care professional. (Capsules may be opened and prepared as a tea).

CAUTION: Limit use to no more than two weeks. Not intended for use by persons under the age of 18.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free.