

## Cascara Sagrada - 450 mg - 90 Capsules

## Directions:

Adults-take one (1) capsule daily, preferably after meals, as a dietary supplement.

Supplement Facts		
Serving size: 1 Capsule	Serving per container: 90	
Amount per serving		% Daily Value
Cascara Sagrada	450 mg	*
(Rhamnus purshiana)(Bark)		
*Daily Value not Established		

Other Ingredients: Gelatin, magnesium stearate and silicon dioxide.

## Warnings:

If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.