

DIRECTIONS: Adults take one or two capsules a day with or before meals as a dietary supplement.

CASCARA SAGRADA is a tree native to North America, also known as Buckthorn. It is considered to be a natural help for chronic constipation.

WARNING: Do not take this product if pregnant, nursing, or if you suffer from abdominal pain, diarrhea and or nausea. Do not use for more than 7 consecutive 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.*

KEEP OUT OF THE REACH OF CHILDREN.
STORE IN A COOL DRY PLACE. DO NOT USE
IF SAFETY SEAL IS BROKEN OR MISSING.

HERBAL SUPPLEMENT



**SUNSHINE
NATURALS®**

**HEALTHY
DIGESTION***

**Cascara
Sagrada**

450MG

Natural Help Against Constipation.*

100 CAPSULES

SUPPLEMENT FACTS

Serving Size: 1 Capsule
Servings per Container: 100

Amount per Serving	% Daily Value
Cascara Sagrada (bark)	450 mg. **

**Daily Value not established.

Other Ingredients: Whey, Dicalcium Phosphate, Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate.

Distributed by: American Naturavit Inc.
Miami, FL 33166 305-593-5417
www.SUNSHINENATURALS.com



**PROUDLY MADE
IN THE USA.**

