



STIMULANT

LAXATIVE

Organic Smooth Move®

Relieves Occasional Constipation*

SENNA PEPPERMINT

Caffeine Free

16 Wrapped Tea Bags

Herbal Supplement

NET WT 1.13 OZ (32g)



Supplement Facts

Serving Size 1 tea bag (makes 8 fl. oz.) Servings Per Container 16

	Amount Per Serving	%DV
Calories	0	
All Herbal Ingredients:		
Organic senna leaf	1080 mg	†
Proprietary Blend:	920 mg	
Organic peppermint leaf		†
Organic licorice root		†
Organic fennel fruit		†

† Daily Value (DV) not established.

Made By TRADITIONAL MEDICINALS
4515 Ross Road, Sebastopol, CA 95472 USA

Certified organic by CCOF

All Ingredients Certified Organic.



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

INDICATIONS: For relief of occasional constipation. * Smooth Move® generally produces a bowel movement in 6-12 hours.

DIRECTIONS: Adults and children 12 years and older: drink 1 cup preferably at bedtime.

CONTRAINDICATIONS: Do not use if you have ileus, intestinal obstruction, intestinal stenosis, atonic bowel, acute intestinal inflammation (e.g. Crohn's disease, ulcerative colitis), appendicitis, abdominal pain of unknown origin, severe dehydration states with water and electrolyte depletion. Do not use if you have known allergies to plants of the parsley (Apiaceae) family.

See bottom panel for additional warnings.

*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.

STIMULANT LAXATIVE

Organic Smooth Move® SENNA PEPPERMINT

Herbal Power

Relieves occasional constipation, generally within 6-12 hours.*

Taste

Fresh and earthy with notes of sweet peppermint.



Plant Story

Ease occasional constipation overnight with this tea, featuring senna, a laxative herb sourced primarily from family farmers in India's Thar Desert, and peppermint from the Pacific Northwest for extra digestive support.* Sip before bedtime and sleep easy; you'll be back in action by morning.

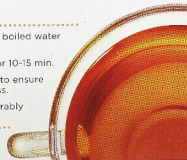
To Enjoy

POUR 8 oz. freshly boiled water over 1 tea bag.

COVER & STEEP for 10-15 min.

SQUEEZE tea bag to ensure maximum goodness.

DRINK 1 cup, preferably at bedtime.



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BEST IF USED BY
USE THIS NUMBER ON
ALL PURCHASES
RELATED TO THIS PRODUCT

Herbs That Work

From field to cup, we make sure our teas deliver the benefits of these amazing plants. To deliver consistent high quality teas, we source organically farmed or organically wild-collected herbs from ethical trading partnerships, seeking out medicinal-grade plants. Only a small fraction of the world's herb supply meets our high quality standards.



Learn more about our farming communities and the work of our foundation on our website.

traditionalmedicinals.com