

Directions: For adults, mix 2 mL (abt. 1/2 tsp) of extract in 2 fl. oz (60 mL) water one time daily preferably with a meal.

Beneficial for occasional constipation.*

***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stool, 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.

KEEP OUT OF REACH OF CHILDREN

PURE HERBS, LTD.™

Natural Herbal Extracts

Cascara Sagrada

Dietary Supplement

"No expense has been spared to provide the finest nature has to offer."

1 fl. oz. (30 mL)

SHAKE WELL BEFORE USE

Supplement Facts

Serving Size: 2 mL (abt. 1/2 tsp)

Servings Per Container: 15

Amount per serving	%DV
Cascara Sagrada (bark) (<i>Rhamnus sp.</i>) Extract	1892 mg †

† Daily Value (DV) not established.

Other Ingredients: None

Herb: Solvent Ratio 1:10 (Distilled Water & Neutral Grain Spirits 28-38% ABV)

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