

**HERBAL SECRETS®** 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 functions.\*

**CAUTION:** This product contains Cascara Sagrada. 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. Not recommended for children under 12 years of age. Do not exceed recommended dosage. Do not take for more than one week as frequent use may result in dependence. **KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

\* 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.



NATURAL DIETARY SUPPLEMENT

# Cascara Sagrada

## Natural Herbal Laxative\*

- Supports Healthy Digestive & Detoxification Functions\*
- Helps Relieve Constipation\*
- Promotes Liver Health\*



120 CAPSULES

450MG

## Supplement Facts

Serving Size 1 Capsule  
Serving Per Container 120

| Amount Per Serving                                     | % DV      |
|--------------------------------------------------------|-----------|
| Cascara Sagrada<br>( <i>Rhamnus purshiana</i> ) (bark) | 450 mg ** |
| ** Daily Value (DV) not established                    |           |

OTHER INGREDIENTS: Gelatin and Vegetable Magnesium Stearate.

**SUGGESTED USE:** As a dietary supplement, adults take one (1) capsule daily with a full glass (8 ounces) of water or as directed by a health care professional. Do not take more than one capsule in a 24-hour period. Not for long term use.

**CONTAINS NO:** Preservatives, Artificial Colors, Flavors or Sweeteners, Sugar, Starch, Milk, Lactose, Soy, Gluten, Wheat, Yeast, Fish or Sodium.



PROUD SUPPORTER



Manufactured for & Distributed by:  
**HERBAL SECRETS®**  
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