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Cascara Sagrada

Item No. 3551



450 MG

**FOR OCCASIONAL
CONSTIPATION***

NATURAL WHOLE HERB
Herbal Supplement

100 RAPE-RELEASE
CAPSULES

TO REORDER ITEM # 3551

DIRECTIONS: For adults, take one (1) capsule daily, preferably with a meal. Drink 8 six ounce glasses of water daily. Capsules may be opened and prepared as a tea.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Cascara Sagrada 450 mg (<i>Rhamnus purshiana</i>) (bark)	**

**Daily Value not established.

Other Ingredients: Gelatin, Vegetable Magnesium Stearate.

Puritan's Pride's preservative-free gelatin capsules contain pure milled herb powder.

Puritan's Pride's Natural Whole Herb products utilize ground plant parts to provide the natural components found in nature.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free.

Puritan's Pride® Premium supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities mean you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

Puritan's Pride's Guarantee: We use only the finest quality herbs and spices. Each is screened and finely milled for quick release.

NOTICE: This product contains Cascara Sagrada (*Rhamnus purshiana*). 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.

*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.

WARNING: Limit use to no more than two weeks. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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www.puritan.com
1-800-645-1030

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