

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. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

%Daily Value

Cascara Sagrada (*Rhamnus purshiana*) (bark) 450 mg **

**Daily Value not established.

Other Ingredients: Gelatin, Vegetable Magnesium Stearate.

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.

Sundown Naturals' Natural Whole Herb products utilize ground plant parts to provide the natural components found in nature.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.



Questions? Call toll free 1-888-VITAHELP (848-2435) or visit us at www.sundownnaturals.com

Manufactured by REXALL SUNDOWN, INC.
Boca Raton, FL 33487 USA

Sundown
Naturals

Cascara Sagrada

450 MG

Natural
Whole Herb

Promotes Regularity*

100 CAPSULES

HERBAL SUPPLEMENT

**Smart
Facts**

Cascara Sagrada is an all natural laxative designed to help with occasional constipation so you can be assured of gentle, yet efficient cleansing.*

*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.

WARNING: Limit use to no more than two weeks. Not intended for use by persons under the age of 18.

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.



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