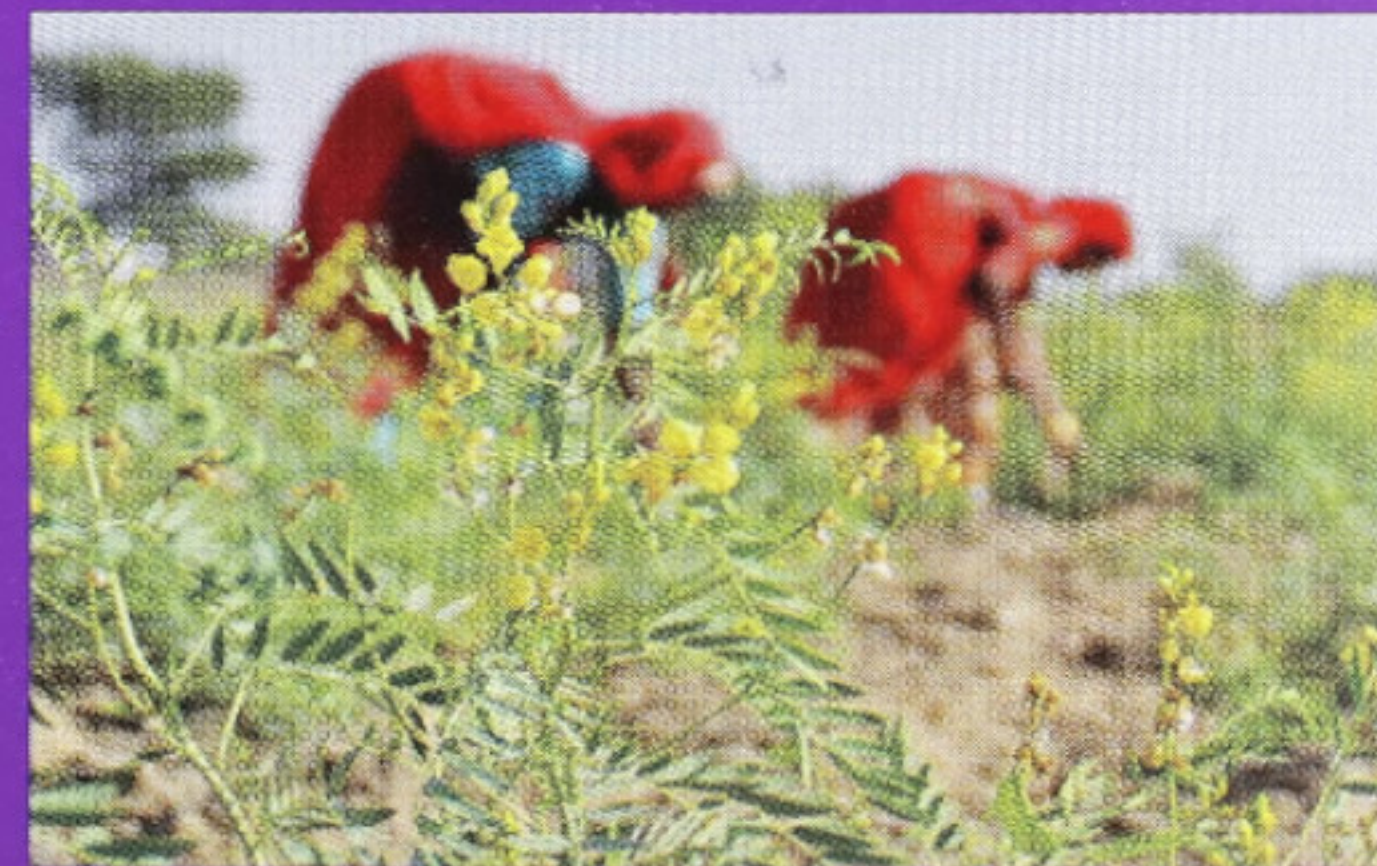


Herbs That Work

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 our work to create positive social impact at traditionalmedicinals.com

*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[®]

Relieves Occasional Constipation*

ORIGINAL with **SENNA**

Caffeine Free

16 Wrapped Tea Bags
Herbal Supplement

NET WT 1.13 OZ (32g)

USDA
ORGANIC

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 licorice root		†
Organic fennel fruit		†
Organic orange peel		†
Organic cinnamon bark		†
Organic coriander fruit		†
Organic ginger rhizome		†
Organic orange peel oil on gum arabic		†

† 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.

STIMULANT LAXATIVE

ORGANIC

Smooth Move[®]

ORIGINAL
WITH SENNA

HERBAL POWER

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

TASTE

Sweet and aromatic with spiced orange notes.

PLANT STORY

Ease occasional constipation overnight with our senna-based tea*. We source our senna primarily from small family farmers in India's Thar Desert, where our work supports women's education and water collection initiatives. Sip before bedtime and sleep easy, knowing 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 & REMOVE
tea bag to ensure
maximum goodness.

ENJOY 1 cup, preferably
at bedtime.

