

RECOMMENDED USE:

Take 2 capsules before bedtime. Increase as needed until you have 2-3 bowel movements daily. If watery stool develops, discontinue use for 24 hours, and start again with 1 capsule.

Having your intestines moving free and clear is essential for optimum health and well-being. This formula allows your body to clear out that unwanted waste with herbs that gently support the body's natural elimination process. A backed up drain will not take care of itself. *

*For optimum support, take with On The Move Fiber. **

Distributed by:

HERBALLY GROUNDED

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Herbally Grounded

ON THE MOVE
CLEANSE

HERBAL SUPPLEMENT
120 CAPSULES

SUPPLEMENT FACTS

Serving Size: **2 Capsules**

Servings Per Container: **60**

	Amount Per Serving	% Daily Value
PROPRIETARY BLEND:	1,300 mg	**
Wild Crafted Cape Aloe Leaf, Wild Crafted Senna Leaf, Organic Turkey Rhubarb Root, Wild Crafted Bayberry Root Bark, Organic Ginger Root, Organic Haritaki Fruit, Organic Fennel Seed, Organic Cayenne Pepper (90K HU)		

**Daily Value Not Established.

Other Ingredients: Capsule (Vegetable Cellulose)

*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.



OUR HERBS ARE ALWAYS:

Optimally Organic or Ethically Wild-Crafted When Available

100% Raw

NO Fillers or Toxic Flowing Agents

NEVER Irradiated or Fumigated