NOTICE: This product contains Aloe. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools or abdominal pain because Aloe 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.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.

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Recommendation: Take at bedtime as needed with a full glass of water. Adults & children age 15 years and over: Take 1 capsule. Do not take more than 1 capsule in a 24-hour period. Children under 15 years of age: Consult a doctor. Do not take for more than 1 week as frequent or prolonged use may result in dependence.

present unless directed by a doctor. Consult a doctor if you notice a sudden change in bowel habits that persist over 2 weeks. Rectal bleeding or failure to move bowels after use may indicate a serious condition. Discontinue use and consult a doctor.

Caution: Do not use when nausea or vomiting are

## Supplement Facts

Serving Size 1 Capsule Servings Per Container 100

Servings Per Container 100		
Amount Per Serving	% Daily	Value
Aloe ferox (latex)	200 mg	**
Beet (root)	150 mg	**
Fennel (seed)	150 mg	**
Aloe barbadensis (leaf)	50 mg	**

\*\*Daily Value not established.

Other ingredients: Plant-derived capsule, Magnesium stearate, Silica