tablet twice daily, Suggested Use: Take 1 as a dietary supplement, or as directed by a physician.

Warning: Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara may worsen these conditions and be harmful to your health. If you are taking any medications or are pregnant or nursing, do not use prior to consulting a physician.

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.) Best if used by date on bottle. Store in a dry, cool place.
KEEP OUT OF REACH OF CHILDREN Lot# 6071747 Any Questions? 1-800-644-8327 1-2013 Website: www.botanicchoice.com

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving % Daily Value Calcium (as dicalcium phosphate) 21 mg 2% Phosphorus (as dicalcium phosphate) 2% 16 mg Ginger root powder 100 ma t Prickly Ash powder (bark) 100 ma t Cascara sagrada powder (bark) 100 mg t Psyllium husk powder (hulls) 100 mg t Uva ursi powder (leaf) 100 ma 100 ma Yellow dock root powder

** Daily Values are based on a 2,000 calorie per day diet † Daily Value not established.

Other Ingredients: Microcrystalline cellulose, dicalcium phosphate, stearic acid, croscarmellose sodium, magnesium stearate, and aqueous film coating (purified water, hydroxypropyl mathyldellulose netwethylese hydroxypropyl mathyldellulose netwethylese hydroxypropyl mathyldellulose netwethylese hydroxypropyl coating (purified water, h methylcellulose, polyethylene glycol): Distributed by: Indiana Botanic Gardens

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