

**Cascara Sagrada is an all natural laxative that works with the natural flow of the body.\*  
Cascara Sagrada is used as a laxative to help with occasional constipation and promote regularity.\***

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Limit use to no more than two weeks. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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 Nutrition Questions or Comments?  
Call NutraPhone® 1-800-433-2990  
Mon. - Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit  
[www.NaturesBounty.com](http://www.NaturesBounty.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.



Prod. No. 3551 B3550 09D



**NATURAL WHOLE HERB**

# Cascara Sagrada

## 450mg

**Promotes  
Regularity\***



**100 capsules**

**HERBAL SUPPLEMENT**

**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.

### **Supplement Facts**

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Cascara Sagrada ( <i>Rhamnus purshiana</i> ) (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.

**Nature's Bounty's Guarantee:** We use only the finest quality herbs and spices. Each is screened and finely milled for quick release.

**Nature's Bounty's** preservative-free gelatin capsules contain pure milled herb powder.

Nature's Bounty's Natural Whole Herb products utilize ground plant parts to provide the natural components found in nature.

Carefully Manufactured by  
**NATURE'S BOUNTY, INC.**  
Bohemia, NY 11716 U.S.A.  
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