

Suggested Usage: Take 1 capsule at bedtime with a full glass of water.

Do not exceed recommended dose. For short term use only; do not take continuously for more than 1 week.

Cascara Sagrada Bark (*Rhamnus purshiana*), which means "sacred bark", has a long history of use by traditional herbalists to promote bowel regularity.*

*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.

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

Caution: For adults only. Keep out of reach of children.

CAPSULE SIZE

CODE 4620 V3



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Cascara Sagrada

450 mg

Herbal Regularity*

Promotes Bowel Function*

100 Capsules

A Dietary Supplement

Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Cascara Sagrada (<i>Rhamnus purshiana</i>) (Bark)	450 mg*
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* Daily Value not established.

Other ingredients: Gelatin (capsule) and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

