



The Global Fund for Women envisions a just and democratic world where women and men participate equally in all aspects of society. Our mission is to advance women's human rights by making grants to women's groups that work to gain freedom from poverty, violence and discrimination. Phone (415) 202-7640 www.globalfundforwomen.org

Manufactured by: Traditional Medicinals®
California Walnut Production
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www.TraditionalMedicinals.com
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WE STRONGLY ENCOURAGE RECYCLING

Please open this box from both sides, flatten and include it with other household paper or cardboard for recycling.

Printed on 100% recycled paper board (at least 55% verified post-consumer waste). Thanks for helping to reuse this valuable resource.

SUSTAINABILITY & PARTNERSHIP

Learn more about the vision, practices and science behind your cup of tea at www.TraditionalMedicinals.com.

We know that you choose to live as if there is a tomorrow, as we do. That's why we purchase our herbs and manufacture our teas sustainably. Whether it's working with a cooperative of herb collectors, supporting organic herb farmers or using 100% wind power to offset our electricity use, we believe that teas that are good for you should be good for the earth.

From the corners of the earth, to the bottom of your teacup, we're preserving tradition and creating a sustainable future. For over 20 years we have been making herbal medicine with the most modern methods to ensure you a consistently effective and good tasting cup.

Traditional Medicinals®

KNOWLEDGE & EFFICACY

Chocolate Smooth Move®

Directions: Brew Well to be Well™

For maximum benefit, medicinal tea must be properly prepared. **Pour 8 oz.** freshly boiled water over a tea bag in a ceramic cup. **Cover cup and steep 10-15 minutes.** These steps directly up and will ensure the maximum benefit of medicinal compounds in your tea. **Gently squeeze the tea bag** to release any remaining extract. Adults and children 12 years and over: **drink 1 cup preferably at bedtime. Not to exceed 3 cups in 24 hours.** Children 6-12 years: Drink 1/2 cup preferably at bedtime. Not to exceed 1 cup in 24 hours. Children 2-6 years: Drink 1/4 - 1/2 cup preferably at bedtime. Children under 2 years: consult a doctor.



Every tea bag in this box has been individually wrapped and sealed for freshness, ensuring that the beneficial components of the herbs remain intact.



Look for other Digestive Herb Teas

Eater's Digest®
EverJoy® Decox®
Ginger Ale®
NEW Organic Golden Ginger®
NEW Organic Golden Tea™
NEW Organic Chamomile with Lavender
NEW Organic Peppermint
NEW Organic Roasted Dandelion Root
Smooth Move®

Chocolate Smooth Move®

What will Chocolate Smooth Move® do for me? Chocolate Smooth Move provides gentle relief of occasional constipation. Senna leaf promotes bowel movement by direct action on the intestine.* **How do I know it works?** A single serving provides an effective dose of sennosides from senna leaf, which have proven stimulant laxative action and are generally recognized as safe and effective by the U.S. FDA. **When should I use it?** Drink one cup preferably before bedtime. Repeat the next day if needed. Chocolate Smooth Move will generally produce bowel movements in 8 to 12 hours. **How does it taste?** Delicious; reminiscent of chocolate, pleasantly roasted and nutty.

*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.

For more information look inside the box or visit: www.TraditionalMedicinals.com

Traditional Medicinals®

Chocolate Smooth Move®

herbal Stimulant Laxative*



Caffeine Free Herbal Tea

16 Wrapped Tea Bags
Net Wt. 1.13 Oz. (32g)

Our Principles

KNOWLEDGE

We believe in the healing power of plants and blend ancient wisdom and modern science to create our teas.

EFFICACY

We research, test and use only the highest quality medicinal grade herbs to ensure the most efficacious teas.

Brewing directions appear on the individually wrapped tea bags in this box.

FLAT LAY

Being Green is a Breeze

Our mission is to provide you with an effective tea that's good for the planet as well as for you. Every year we eliminate nearly 800,000 pounds of greenhouse gases from the environment by purchasing 100% renewable wind energy credits to offset our electricity use. That's the equivalent of taking 64 cars off the road or planting over 100 acres of trees every year. We care about the environment and we appreciate your support.

Visit www.traditionalmedicinals.com to learn more about wind energy.

DID YOU KNOW...

- The United States produces and uses 1/3 of the world's paper supply.
- Forests in the southeastern U.S. now supply a quarter of the total global amount of paper.
- Producing one ton of paper requires 2-3 times its weight in trees.
- Making paper from recycled content creates 74% less air pollution and 35% less water pollution.

WE STRONGLY ENCOURAGE RECYCLING

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More about sustainably wild harvested ingredients

We are working to support all ingredients that are sustainably harvested. We are currently working on obtaining certification for our ingredients. We are currently working on obtaining certification for our ingredients. We are currently working on obtaining certification for our ingredients.

FLAT LAY

Our Principles

SUSTAINABILITY

We source organic, biodynamic and/or wild crafted herbs for our teas and power our facility with wind energy.

PARTNERSHIP

We cultivate equitable relationships with our employees, farmers and consumers.

Supplement Facts

Serving Size 1 cup brewed tea • Servings Per Container 16

	Amount per serving	%DV*
Naturally occurring when brewed as directed:		
Calories	2	
Sennosides A & B (from senna)	20 mg	†
All Herbal Ingredients:		
Senna leaf	1.080 mg	†
Proprietary Blend:	920 mg	†
Breadnut seed, roasted		†
Licorice root		†
Cocoa seed dry extract		†
Carob pod, roasted		†

* Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value not established.

Duration of use: Stimulant laxatives should not be taken for longer than 1-2 weeks without medical advice. **Contraindications:** Ileus, acute intestinal inflammation (e.g. Crohn's disease, ulcerative colitis), appendicitis, abdominal pain of unknown origin, severe dehydration states with water and electrolyte depletion.

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

Chocolate Smooth Move®

BEST IF USED BY: EXPIRATION DATE/LOT

Use this information on all consumables received to the product

OPEN HERE