

BEST IF USED BY
EXPIRATION DATE/LOT:

Use this number on all correspondence
related to this product

Peppermint Smooth Move® SENNA

What will Peppermint Smooth Move® SENNA do for me? Peppermint Smooth Move® SENNA provides gentle, overnight relief of occasional constipation (irregularity). 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. Peppermint, licorice and fennel are traditionally combined with senna to ease discomfort and reduce cramping.*

When should I use it? Drink one cup preferably before bedtime. Repeat the next day if needed. Peppermint Smooth Move® SENNA will generally produce bowel movements in 6 to 12 hours.

How does it taste? Pleasantly aromatic and bittersweet.

*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

NEW

Traditional Medicinals®

Peppermint Smooth Move® SENNA

herbal
Stimulant Laxative* Tea



HERBAL DIETARY SUPPLEMENT

Caffeine Free
Herbal Tea

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

Supplement Facts

Serving Size 1 cup brewed tea • Servings Per Container 16

	Amount per serving	%DV*
Calories	2	
All Herbal Ingredients:		
Organic senna leaf [PhEur]**	1,080 mg	†
Proprietary Blend:	920 mg	
Organic peppermint leaf [PhEur]**		†
Organic licorice root [PhEur]**		†
Organic bitter fennel fruit [PhEur]**		†

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

Traditional Medicinals, 4515 Ross Road, Sebastopol, California 95472
Certified by the California Certified Organic Farmers (CCOF)

100% organic ingredients.

Duration of use: Stimulant laxatives should not be taken for a period longer than 1 week unless directed by a doctor.

Cautions: Ask a doctor before use if you have stomach pain, nausea, vomiting, or have noticed a sudden change in bowel habits that continue over a period of 2 weeks. Ask a doctor or pharmacist prior to use if you are taking any other drug. Stop use and ask a doctor if you have rectal bleeding or fail to have a bowel movement after use of a laxative. These may indicate a serious condition.

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.

Keep out of the reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

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.

