

**DIRECTIONS:**

Adults, take only one capsule daily at bedtime with a full glass of water.

Cascara Sagrada is a tree native to North America, also known as Buckthorn. It is considered to be a natural help for chronic constipation with a tonic effect on relaxed bowels.\*

**WARNING:** Do not take this product if pregnant or nursing or if you suffer abdominal pain, diarrhea or nausea. Do not increase daily dose nor use for more than seven days. Consult your physician if you are under medication.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

This product does not contain sugar, starch, salt or preservatives.

**KEEP OUT OF REACH OF CHILDREN.  
MADE IN U.S.A.**



Herbal Supplement

# Cascara Sagrada BUCKTHORN

**450 mg.**

Rhamnus  
Purshiana

**Promotes Healthy Colon Function\***

**SUPPLEMENT FACTS**

Serving Size: 1 Capsule

Servings per Container: 100

| Amount per Serving     | % Daily Value |
|------------------------|---------------|
| Cascara Sagrada (bark) | 450 mg. **    |

\*\*Daily Value not established.

**Other Ingredients:** Whey, Dicalcium Phosphate, Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate.

[www.sunshinenaturals.net](http://www.sunshinenaturals.net)



**HERBAL SUPPLEMENT**

**100 CAPSULES**

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