

NOTICE: This product contains Cascara Sagrada. 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.

Keep out of reach of children. Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either is broken or missing.

GLUTEN FREE. No sugar, salt, yeast, wheat, soy, corn, dairy products, artificial colors, flavors or preservatives.



◆ LN11300.A03 BLK8050A



*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



Cascara Sagrada

Bark



*for Occasional Constipation**

100 Vegetarian Capsules / 425 mg

DIETARY SUPPLEMENT

Recommendation: Take at bedtime as needed with a full glass of water. Adults & children age 12 and over: Take 1-2 capsules. Children under 12 years of age: Consult a doctor. Do not exceed recommended dose. Do not take for more than 1 week as frequent or prolonged use may result in dependence.

Caution: Do not use when nausea or vomiting are present unless directed by a doctor. Consult a doctor if you notice a sudden change in bowel habits that persist over 2 weeks. Rectal bleeding or failure to move bowels after use may indicate a serious condition. Discontinue use and consult a doctor.

Supplement Facts

Serving Size 2 Capsules / Servings per Container 50

Amount Per Serving	% DV
Cascara Sagrada (bark)	850 mg **

**Daily Value (DV) not established.

Other ingredients: plant-derived capsule (hypromellose), silica

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Questions? 1-800-9NATURE / naturesway.com