

ITEM #3551

B3550 12H



Natural Whole Herb

Cascara Sagrada

450mg

Promotes Regularity*

Dietary Supplement

100 CAPSULES



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value	
Cascara Sagrada	450 mg	**
<i>(Rhamnus purshiana) (bark)</i>		

**Daily Value not established.

Other Ingredients: Gelatin,
Vegetable Magnesium Stearate.

No Gluten, No Yeast, No Wheat, No Milk
or Milk Derivatives, No Lactose, No Soy,
No Egg, No Corn, No Grapefruit, No Fish,
No Sweetener, No Sugar, No Starch,
No Preservatives, No Artificial Color,
No Artificial Flavor, No Sodium.

Good 'N Natural's Guarantee: We use only
the finest quality herbs and spices. Each is
screened and finely milled for quick release.

Good 'N Natural's preservative-free gelatin
capsules contain pure milled herb powder.

Good 'N Natural's Natural Whole Herb
products utilize ground plant parts to provide
the natural components found in nature.

Directions: For adults, take one (1) capsule
daily, preferably with a meal. Drink 8 six
ounce glasses of water daily. Capsules may
be opened and prepared as a tea.

Cascara Sagrada is an all-natural laxative
designed to help with occasional constipation,
so you can be assured of gentle, yet efficient
cleansing.*

NOTICE: This product contains Cascara Sagrada
(*Rhamnus purshiana*). 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.

WARNING: Limit use to no more than two weeks. Not
intended for use by persons under the age of 18. Keep out
of reach of children. Store at room temperature. Do not use
if seal under cap is broken or missing.

***These statements have not been evaluated
by the FDA. This product is not intended to
diagnose, treat, cure or prevent any disease.**

Manufactured by
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ACTUAL SIZE