

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. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Capsule

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

**Daily Value not established.

Other Ingredients: Gelatin, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Limit use to no more than two weeks. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

Sundown
Naturals

Cascara Sagrada

450 MG

*Natural
Whole Herb*

Promotes Regularity*

100 CAPSULES

HERBAL SUPPLEMENT

**Smart
Facts**

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

*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.

Sundown Naturals' Natural Whole Herb products utilize ground plant parts to provide the natural components found in nature.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.



Questions? Call toll free 1-888-VITAHELP (848-2435) or visit us at www.sundownnaturals.com

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