



cascara sagrada

450mg

herb

100 capsules
dietary supplement

regularity^v

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Capsule

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

* Daily Value not established.

Other ingredients: Gelatin, rice flour.

Does not include: Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

V 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal
is broken or missing.

DIRECTIONS: As a dietary supplement, take one (1) capsule up to twice daily, preferably with meals, but not for more than 7 consecutive days.

WARNING: This product contains Cascara Sagrada bark. Read the following 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 healthcare provider if you have frequent diarrhea or if you are pregnant, nursing, taking any medication or have any medical conditions.

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