

INDICATIONS: For relief of occasional constipation.* Smooth Move® Peppermint generally produces a bowel movement in 6-12 hours.

DIRECTIONS: Adults and children 12 years and older: drink 1 cup preferably at bedtime.

WARNINGS: Do not use laxative products when abdominal pain, nausea, or vomiting are present unless directed by a doctor. If you have noticed a sudden change in bowel habits that persists over a period of 2 weeks, consult a doctor before using a laxative. **Laxative products should not be used for a period of longer than 1 week unless directed by a doctor.** Rectal bleeding or failure to have a bowel movement after use of a laxative may indicate a serious condition. Discontinue use and consult your doctor. Senna may produce abdominal pain, spasm or passage of liquid stools.

CONTRAINDICATIONS: Do not use if you have ileus, intestinal obstruction, intestinal stenosis, atonic bowel, acute intestinal inflammation (e.g. Crohn's disease, ulcerative colitis), appendicitis, abdominal pain of unknown origin, severe dehydration states with water and electrolyte depletion. Do not use if you have known allergies to plants of the Apiaceae (parsley) family, such as fennel.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

NOTICE: This product contains senna leaf. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain because senna leaf 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.

*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.



Created by

Herbalists

organic Smooth Move®

relieves Occasional Constipation*

PEPPERMINT

Senna Stimulant Laxative - Naturally Caffeine Free

16 Wrapped Tea Bags
Herbal Supplement

NET WT 1.13 OZ (32g)



Supplement Facts

Serving Size 1 Cup Brewed Tea

Servings Per Container 16

	Amount Per Serving	%DV
Calories	0	
All Herbal Ingredients:		
Organic senna leaf [PhEur]**	1080 mg	†
Proprietary Blend:	920 mg	
Organic peppermint leaf		†
Organic licorice root		†
Organic fennel fruit		†

† Daily Value (DV) not established.

Made By TRADITIONAL MEDICINALS

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Certified by the California Certified Organic Farmers (CCOF)

All Ingredients Certified Organic



Drink responsibly and follow all directions for use. Please remember that Smooth Move® products **are not meant** to be used for cleansing or as diet aids.



We've Got the Right Stuff

We raise the bar. The quality standard of the herbs we use is hard to pronounce, difficult to meet, and it's what makes us different, better. We're not ashamed to say it. **Pharmacopoeial: it's the only quality standard our herbalists can rely on when blending teas for your health and wellness.