NOTICE: This product contains *Aloe ferox* and Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools or abdominal pain because *Aloe ferox* and 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 medications or have a medical condition.

Caution: Do not use when nausea or vomiting are present unless recommended by a healthcare professional. Consult a healthcare professional if you have noticed a change in bowel habits that persists over 2 weeks. Rectal bleeding or failure to move bowels after use may indicate a serious condition. Discontinue use and consult a healthcare professional.

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

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

VEGETARIAN

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

PREMIUM Nature's Way® FORMULA

Nurturalax 3

with Aloe

*For Occasional Constipation**

100 Vegetarian Capsules / 7 Herb Blend

DIETARY SUPPLEMENT

Recommendation: Adults and children age 12 years and over: take 1 capsule at bedtime with a full glass (8 ounces) of water. Do not take more than 1 capsule in a 24-hour period. Not recommended for children under 12 years of age. Do not take for more than one week as frequent or prolonged use may result in dependence. Do not exceed recommended dosage. Not for long term use.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% DV
Proprietary Blend	410 mg	**
Aloe ferox (latex); Butternut (bark); Fennel (seed); Ginger (root); Raspberry (leaf); Cascara Sagrada (cortex); Peppermint (leaf)		

**Daily Value (DV) not established.

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

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