

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. *Your health & safety are our first priority!*

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. 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 Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO REORDER PROD. # **3551**
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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Cascara SAGRADA



450 MG

*For occasional
constipation**

NATURAL WHOLE HERB
Herbal Supplement

100
*Rapid Release
Capsules*

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.

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, Vegetable Magnesium Stearate.

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

Vitamin World's preservative-free gelatin capsules contain pure milled herb powder.

Vitamin World's Natural Whole Herb products utilize ground plant parts to provide the natural components in the amounts found in nature.

Cascara Sagrada is an all-natural laxative designed to help with occasional constipation.* Cascara Sagrada helps promote regularity and contains no harsh synthetics, so you can be assured of gentle, yet efficient, cleansing.*