

DIETARY SUPPLEMENT

Suggested Usage: Take 1 capsule 2 times per day or as directed by a health professional. Keep out of reach of children.

Warning: Regularity formula should not be used for long-term use. Not recommended for pregnant women or nursing mothers. Natural Factors Regularity Formula is a synergistic blend of standardized herbs that gently and effectively support bowel function. *Cascara sagrada* supports healthy colon function. Rhubarb root, a colon cleanser, complements the cascara. Gentian root is added for digestion while cool capsicum increases the effectiveness of the other herbs. Omega-3 fatty acids containing flax meal powder contribute to the intestinal lubricating of the bowel. Peppermint oil supports the gastrointestinal tract and increases bile production. Remember, consuming a fiber-rich diet, regular exercise and reducing stress may increase regularity over time.

All Natural Factors products are manufactured in accordance with the Government of Canada's Good Manufacturing Practices (GMP), among the highest standards in the world.

Contains no artificial preservatives, color, dairy, sweeteners, starch, wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness store in a cool, dry place.

* 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.

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
1111-80th St. SW, Ste.100
Everett WA, USA 98203



Recyclable container.

LOT & EXPIRY 1.3125" x .25" Single Line

Purity & Potency
Guaranteed



natural
Factors

Regularity

FORMULA

90 CAPSULES

PROMOTES REGULARITY*

Supplement Facts

Serving Size 1 Capsule

	Amount per serving
Cascara (<i>Rhamnus purshiana</i>), powdered extract (bark)	50 mg**
Cascarosides (50%)	25 mg**
Rhubarb (<i>Rheum officinale</i>), powdered extract (root)	25 mg**
Capsicum (<i>Capsicum annuum</i>), powdered (fruit)	50 mg**
Gentian (<i>Gentiana lutea</i>), powdered (root)	50 mg**
Flax meal (<i>Linum usitatissimum</i>), powdered (seed)	50 mg**
Peppermint oil (<i>Mentha piperita</i>), (aerial)	1.2 mg**

** Daily Value not established.

Other ingredients: Gelatin capsule (gelatin, purified water), cellulose.



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