NOTICE: This product contains Aloe. Read and follow directions carefully. Do not use if you have or develop diarrhea. Joese stolls or abdominal pain because Aloe may worsen these conditions and be harmful to your heatth. Consult your physician if you have frequent diarrhea, or if you are pregnant, nursing, taking medications or have a medical condition. FOOD & DRUG ADMINISTRATION. Cure or prevent any disease.

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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, corn, dairy products, artificial colors, flavors or preservatives.

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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 noe week as frequent or prolonged use may result in dependence. Do not exceed recommended dosage. Not for iong term use.

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 sudden change in bowel habits that persists over two weeks. Rectal bleeding or failure to move bowels after use may indicate a serious condition. Discontinue use and consult a healthcare professional.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% DV
Aloe ferox (latex)	140 mg	**
Fennel (seed)	135 mg	**

**Daily Value (DV) not established.

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