

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

**Cascara Sagrada** (*Rhamnus purshiana*) is used to help relieve occasional constipation.\* Our Cascara Sagrada is carefully tested and produced to superior quality standards.

**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.

 **VEGETARIAN**

◆ LN11300.A04 BLK8050A



\*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**  **HERBAL**

# Cascara Sagrada

*Bark*



 **NON GMO Project VERIFIED**  
nongmoproject.org

*for Occasional Constipation\**

**100 Vegetarian Capsules / 425 mg**

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.

**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
Cascara Sagrada (bark)	425 mg **

\*\*Daily Value (DV) not established.

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

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

