

DIRECTIONS: (Adult) Start with one (1) tablet in the morning and one (1) tablet in the evening. Increase intake by one (1) tablet every other day until you achieve 2-3 formed bowel movements per day. Do not exceed three (3) tablets twice per day. Once you find the correct number of tablets you can continue with that amount for enhanced internal cleansing for up to 30 days. Do not exceed 30 days of continual use of this product. Take only as much product as is needed to achieve 2-3 good bowel movements per day. Drink 8 to 10 glasses of water per day.

Supplement Facts

Serving Size: 1 Tablet

Servings per Container: 100

	Amount per Serving	% Daily Value
Calcium (as Calcium Carbonate)	70 mg	7%
Proprietary Blend	624 mg	†
Cascara Sagrada powder (bark), Fennel powder (seed), Licorice (<i>Glycyrrhiza glabra</i>) powder (root), Ginger powder (root), Irish Moss (<i>Chondrus crispus</i>) powder (leaf), Slippery Elm powder (bark), Barberry powder (bark, root), Cayenne powder (fruit), Chlorella powder, <i>Lactobacillus acidophilus</i> , Marshmallow powder (root), Red Raspberry (<i>Rubus idaeus</i>) powder (leaf), Triphala Powder (Amla powder (fruit), Belleric Myrobalan powder (fruit), Chebulic Myrobalan powder (fruit))		

†Daily Value not established

Other ingredients: Microcrystalline cellulose, stearic acid, gum arabic, croscarmellose sodium, silicon dioxide, magnesium stearate, sodium carboxymethyl cellulose, dextrin, dextrose, soy lecithin, and sodium citrate.

Contains: Dairy, Soy

No artificial colors or preservatives.

Usage Warning: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication, including diuretics, heart medications and corticosteroids, or have any medical conditions. Do not use if you have an intestinal obstruction, hemorrhoids or other intestinal disorder. Do not use if you are taking any other product concurrently that has laxative effects. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

NOTE: This product is not intended to be used without breaks. Cascara Sagrada belongs to a family of plants containing compounds with laxative effects. Can lead to dehydration and electrolyte loss. With long-term use without breaks, this ingredient may interfere with diagnostic imaging procedures of the colon. Taking a break of 30 or more days between use cycles will help maintain natural regularity. Not intended for long-term use.

WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

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 medication or have a medical condition.