

Full Disclosure Ingredient Panel

DIRECTIONS: Take two (2) Liquid Soft-Gels in the morning prior to breakfast and two (2) Liquid Soft-Gels in the evening, prior to bedtime. Drink a full glass (8oz) of water with each serving. Do not exceed four (4) Liquid Soft-Gels per day. If stools are loose, reduce intake to three (3) Liquid Soft-Gels per day.

Supplement Facts

Serving Size: 2 Liquid Soft-Gels

Servings per Container: 30

	Amount per Serving	% Daily Value
Calories	20	
Total Fat	1 g	1%**
Total Carbohydrates	1 g	<1%**
Protein	1 g	
Chromium (as Chromium Picolinate)	100 mcg	286%
Extra Virgin Olive Oil	1100 mg	†
Milk Thistle extract (45% silymarin, 100.125 mg)(seed)	222.5 mg	†
Cascara Sagrada extract (bark)	200 mg	†
Cinnamon (Cassia) (<i>Cinnamomum zeylanicum</i>) extract (5:1)(bark)	100 mg	†
Gymnema extract (20:1)(leaf)	67.5 mg	†
Cardamom extract (4:1)(fruit)	50 mg	†
Lemon Balm extract (10:1)(aerial)	50 mg	†
Marshmallow extract (10:1)(root)	50 mg	†
Turmeric extract (95% curcuminoids, 47.5 mg)(root)	50 mg	†
BioPerine Complex	3 mg	†
BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)		

**% Daily Value based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, beeswax, dextrin, soy lecithin, turmeric (color), titanium dioxide (color), riboflavin (color), silicon dioxide, sodium copper chlorophyllin (color) and maltodextrin.

Contains: Soy

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No preservatives added.

Usage Warnings: 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, including but not limited to diabetes or blood sugar disorders. Do not use if you have an intestinal obstruction, bile duct obstruction, hemorrhoids or other intestinal disorders. 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, these ingredients 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.

NOTICE: This product contains Cascara Sagrada. Read and follow the 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.