

DIRECTIONS: (Adult) Take two (2) tablets 2 times daily with a full glass of water for 15 days. For best results, drink 8-10 glasses of water daily.

Supplement Facts

Serving Size: 2 Tablets

Servings per Container: 30

	Amount per Serving	% Daily Value
Calcium (as Calcium Carbonate)	100 mg	10%
Psyllium powder (seed)	200 mg	†
Uva-Ursi extract (4:1)(herb)	200 mg	†
Cascara Sagrada powder (bark)	110 mg	†
Proprietary Blend	102 mg	†
Fennel powder (seed), Fructooligosaccharides (FOS), Marshmallow extract (4:1)(root), Cayenne powder (fruit), BioPerine® Black Pepper extract (95% piperine)(fruit)		
Juniper powder (fruit)	100 mg	†
Plum (Prune) powder (fruit)	90 mg	†
Beet powder (root)	80 mg	†
Grapefruit powder (fruit)	80 mg	†
Oat powder (bran)	80 mg	†
Chickweed powder (aerial)	50 mg	†
Chlorella powder	50 mg	†
Dandelion (<i>Taraxacum officinale</i>) powder (root)	50 mg	†
Echinacea angustifolia powder (herb)	40 mg	†
Ginger extract (4:1)(root)	40 mg	†
Chamomile extract (4:1)(flower)	25 mg	†
Fenugreek extract (4:1)(seed)	25 mg	†

†Daily Value not established

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, vegetable stearic acid, gum arabic, silicon dioxide and vegetable magnesium stearate.

No artificial colors or preservatives.

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. 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. Taking this product without adequate water may cause choking. 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 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.