

# Supplement Facts

Serving Size 1 tea bag (makes 8 fl. oz.)

Servings Per Container 16

	Amount Per Serving	%DV
<b>Calories</b>	<b>0</b>	

## All Herbal Ingredients:

Organic senna leaf	1080 mg	†
Proprietary Blend:	920 mg	
Organic licorice root		†
Organic fennel fruit		†
Organic orange peel		†
Organic cinnamon bark		†
Organic coriander fruit		†
Organic ginger rhizome		†
Organic orange peel oil on gum arabic		†

† Daily Value (DV) not established.

Made by **TRADITIONAL MEDICINALS**

4515 Ross Road, Sebastopol, CA 95472 USA

**Certified organic by CCOF. All Ingredients Certified Organic.**



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

**INDICATIONS:** For relief of occasional constipation.\* Smooth Move® generally produces a bowel movement in 6-12 hours.

**DIRECTIONS:** Adults and children 12 years and older: drink 1 cup preferably at bedtime.

**CONTRAINDICATIONS:** Do not use if you have ileus, intestinal obstruction, intestinal stenosis, atonic bowel, acute intestinal inflammation (e.g. Crohn's disease, ulcerative colitis), appendicitis, abdominal pain of unknown origin, severe dehydration states with water and electrolyte depletion. Do not use if you have known allergies to plants of the parsley (Apiaceae) family.

**See bottom panel for additional warnings.**