

Supplement Facts

Serving Size: 1 Veg Capsule

Servings per Container: 60

	Amount per serving	% Daily Value
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Cascara Sagrada (bark)	525 mg.	†
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* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

Other Ingredients: Plant Cellulose (Capsule)

Suggested Use: As an addition to the diet, take 1 capsule, one to two times daily with water at mealtime.

Keep in a cool dry place with cap tightly closed.

WARNING: Do not use this product if you have abdominal pain or diarrhea. Consult a healthcare provider prior to use if you are pregnant or nursing. Discontinue use in the event of diarrhea or watery stools. Do not exceed recommended dose. Not for long-term use.

Get things moving again with the reliable laxative action of **Cascara**. This gentle cleanser is cited in several European Pharmacopoeias for relief of constipation, and as an effective stool softener. It cleanses the colon and promotes healthy bowel function.*

Common uses include:

- Promotes regularity*
- Softens stool naturally*
- Supports healthy intestinal function*
- Supports liver and gallbladder function*

Nature's Wonderland® Guarantee: This product is guaranteed for purity, freshness and labeled potency.

Double Safety Sealed: Do not accept if either tear band on cap or inner freshness seal is damaged or missing.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

