

Prod. No.  
3551



B3550 02A

**NATURE'S BOUNTY**

**NATURAL WHOLE HERB**

**CASCARA SAGRADA**

**450 mg**

HERBAL  
SUPPLEMENT

**100 CAPSULES**

**Promotes  
Regularity\*\***

Cascara Sagrada is an all-natural laxative designed for the relief of occasional constipation\*\* Cascara Sagrada helps promote regularity and contains no harsh synthetics, so you can be assured of gentle, yet efficient, relief.\*\*

**DIRECTIONS:** For adults, take one (1) capsule daily, preferably with a meal. Drink 8 six ounce glasses of water daily. Capsules may be opened and prepared as a tea, or dispersed in any liquid desired.

**Nature's Bounty's Guarantee:** We only use the finest quality herbs and spices. Each is screened and finely milled for quick release.

**Nature's Bounty's preservative-free gelatin capsules** contain pure milled herb powder.

**WARNING:** Not for use by pregnant or lactating women, or **PERSONS UNDER THE AGE OF 18.** Do not exceed recommended dosage. **Consult doctor before use if you have or have had** intestinal obstruction, abdominal pain or an inflammation condition of the intestines (i.e. appendicitis, colitis, Crohn's disease, irritable bowel). Do not use laxative products when abdominal pain, nausea or vomiting are present unless directed by a doctor. If you have noticed a sudden change in bowel habits that persists over a period of 2 weeks, consult a doctor before using a laxative. Laxative products should not be used for a period longer than 1 week unless directed by a doctor. Rectal bleeding or failure to have a bowel movement after use of a laxative may indicate a serious condition. In case of accidental overdose, seek professional assistance or contact a Poison Control Center immediately.

\*\*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.

## Supplement Facts

Serving Size 1 capsule

Amount Per Serving	%Daily Value
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Cascara Sagrada	450 mg	*
<i>(Rhamnus purshiana) (bark)</i>		

\*Daily Value not established.

**OTHER INGREDIENTS:** Gelatin, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate.

**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 doctor if you have frequent diarrhea or if you are taking medication (especially digitalis) or have a medical condition.

**TAMPER RESISTANT:** Do not use if imprinted seal under cap is broken. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

**Nutrition Questions or Comments?**  
Call NutraPhone® 1-800-433-2990  
Mon.- Fri. 9 AM - 7 PM ET

Visit us on the Web  
[www.NaturesBounty.com](http://www.NaturesBounty.com)

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