

**SUGGESTED USE:** FOR OCCASIONAL USE ONLY:  
1 to 2 capsules taken at bedtime with 8 ounces of water  
or as directed by a healthcare professional.  
**SHORT-TERM CLEANSING PROGRAM:** 1 to 2  
capsules taken at bedtime with 8 ounces of water for up  
to 15 days or as directed by a healthcare professional.  
Do not repeat cleansing program for at least 6 to 8  
weeks.

**CAUTION:** Do not exceed recommended dose. This  
product contains senna leaves and cascara sagrada.  
This product should be consumed with at least a full  
glass of liquid. Consuming this product without enough  
liquid may cause choking. Do not consume this product  
if you have difficulty in swallowing. This product is not  
intended for pregnant or nursing mothers or children  
under the age of 18. Do not use this product if you have  
abdominal pain, diarrhea or loose stools. Rectal  
bleeding, abdominal cramping, and / or failure to have a  
bowel movement after the use of a laxative formula  
may be an indication of a more serious condition.  
Should this occur, or if you have a known medical  
condition and are taking medication, consult your  
physician prior to taking this or any dietary supplement.  
This product is manufactured and packaged in a facility  
which may also process milk, soy, wheat, egg, peanuts,  
tree nuts, fish and crustacean shellfish.

\*\*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.



COHALA  
WELLNESS™

## THE CLEANSE

### GUT SUPPORT

Herbal Stimulant Complex  
Supports Intestinal Cleansing  
With Senna Leaf & Cascara  
Sagrada Bark\*\*



DIETARY SUPPLEMENT

30 CAPSULES

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container: 15

Amount Per Serving	%Daily Value
Senna Leaf (20% extract)	285 mg *
Cascara Sagrada Bark (10% extract)	300 mg *
Psyllium Husk Powder	300 mg *
Flaxseed Powder	100 mg *
Aloe Vera Leaf Gel (200:1 concentrate)	80 mg *
<i>Lactobacillus acidophilus</i>	50 mg *
Licorice Root Extract	50 mg *
Medium Chain Triglycerides Oil	14 mg *

\*Daily Value not established.

**Other ingredients:** Gelatin (bovine), vegetable  
magnesium stearate, silicon dioxide, and rice flour.

**KEEP OUT OF THE REACH OF CHILDREN. CONTAINS  
DESICCANT PACKET FOR FRESHNESS. DO NOT EAT  
PACKET. DO NOT USE IF SAFETY SEAL IS DAMAGED OR  
MISSING. STORE IN A COOL, DRY PLACE.**

Distributed By: Cohala Wellness  
5900 Balcones Dr. Ste 100, Austin, TX 78731

Made in USA using globally  
sourced ingredients

