

**Directions:** As a dietary supplement, take one capsule daily or as directed by your healthcare practitioner.

**NOTICE:** This product contains cascara sagrada. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stool, 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.

**PURE HERBS, LTD.™**  
Natural Herbal Extracts

# Cascara Sagrada

**Dietary Supplement**

**150 Capsules**

## Supplement Facts

Serving Size: 1 Capsule  
Servings per container: 150

Amount Per Serving	%DV
Cascara Sagrada (bark) ( <i>Rhamnus sp.</i> )	480mg †

† Daily Value (DV) not established

Other Ingredients: Gelatin.

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KEEP OUT OF REACH OF CHILDREN