

Relieves Occasional Constipation\*

Supports regularity\*

- Botanicals are sourced where they grow best
- Made with the quality you trust

Explore more products at [NATURESWAY.COM](https://www.naturesway.com)

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

**GLUTEN FREE.** No salt, wheat, corn, soy, dairy, gelatin, or artificial colors, flavors, or preservatives.

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Green Bay, WI 54311 USA  
Bottled and tested in the USA  
Questions? 1-800-962-8873 / [naturesway.com](https://www.naturesway.com)



BOTTLE MADE FROM 50% POST-CONSUMER RECYCLED PLASTIC

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Nature's Way

CASCARA SAGRADA

Relieves Occasional Constipation\*

PLANT POWERED

270 MG PER SERVING



180 VEGAN CAPSULES - DIETARY SUPPLEMENT

**Recommendation:** Adults and children 12 years of age and older: Take 1 capsule with a full glass of liquid (8 ounces) at bedtime. Not recommended for children under 12 years of age. Do not take more than 1 capsule in a 24-hour period. Do not take more than 7 days as frequent or prolonged use may result in dependence.

**Warning:** Do not use when nausea or vomiting are present, unless directed by a healthcare professional. Do not use if you have a history of, or currently have an intestinal disease. Consult a healthcare professional if you notice a sudden change in bowel habits that persist over two weeks. Rectal bleeding or failure to move bowels after use may indicate a serious condition. If you experience any of these symptoms, discontinue use and consult a healthcare professional.

## Supplement Facts

Serving Size 1 Capsule

Amount per Serving	% DV**
Cascara Sagrada (bark)	270 mg**

\*\*Daily Value (DV) not established.

Other ingredients: plant-derived capsule (hypromellose), cellulose, silica

**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 physician if you have frequent diarrhea, or if you are pregnant, nursing, taking medication, or have a medical condition.