

SUGGESTED USE: Take 1-2 capsules twice daily, as a dietary supplement, or as directed by a health care professional.

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.

Cascara Sagrada

*Colon Health**

450 mg.

90 Capsules

Herbal Supplement

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 45

Amount Per Serving	% Daily Value
Cascara sagrada powder (bark)	900 mg †

† Daily Value not established.

Other ingredients: Gelatin, rice flour.

Distributed by: Indiana Botanic Gardens, Inc.
3401 W. 37th Ave. Hobart, IN 46342



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

Best if used by date on bottle. Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.)

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Website: www.botanicchoice.com • 1-800-644-8327

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