

SUGGESTED USE: Adults, as a dietary supplement, take one (1) capsule daily. **Do not exceed recommended dose. For short term use only; do not take continuously for more than 1 week.**

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN.

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.

†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.



10477-v102

DR. MERCOLA®

CASCARA SAGRADA

HERBAL SUPPORT FOR REGULARITY†

90 Capsules | Dietary Supplement

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 90

	Amount Per Serving	%DV
Cascara Sagrada (<i>Rhamnus purshiana</i>) Bark Powder	308 mg	*
Hydroxyanthracenes	21 mg	*
Cascarosides	14 mg	*

*Daily Value (DV) not established.

OTHER INGREDIENTS: Capsule (Hydroxypropyl Methylcellulose), Organic Rice Flour, Organic Medium Chain Triglycerides, Organic Gum Acacia.

DISTRIBUTED BY:
NHP, 125 SW 3rd Place
Cape Coral, FL 33991 USA
(877) 985-2696

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