

**DIRECTIONS:** (Adult) Take two (2) tablets 2 times daily for 15 days. For best results, drink 8-10 glasses of water daily.

## Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 30

	Amount per Serving	% Daily Value
Calcium (as Calcium Carbonate)	100 mg	10%
Psyllium powder (seed husk)	200 mg	†
Uva-Ursi extract (4:1)(leaf)	200 mg	†
Cascara Sagrada powder (bark)	110 mg	†
<b>Proprietary Blend</b>	102 mg	†
Fennel powder (seed), Fructooligosaccharides (FOS), Marshmallow extract (4:1)(root), Cayenne powder (fruit), Bioperine® Black Pepper extract (95% piperine)(fruit)		
Juniper powder (berry)	100 mg	†
Plum (Prune) powder (fruit)	90 mg	†
Beet powder (root)	80 mg	†
Grapefruit powder (fruit)	80 mg	†
Oat powder (bran)	80 mg	†
Chickweed powder (aerial)	50 mg	†
Chlorella powder	50 mg	†
Dandelion ( <i>Taraxacum officinale</i> ) powder (root)	50 mg	†
Echinacea angustifolia powder (herb)	40 mg	†
Ginger extract (4:1)(root)	40 mg	†
Chamomile extract (4:1)(flower)	25 mg	†
Fenugreek extract (4:1)(seed)	25 mg	†

†Daily Value not established

**USAGE WARNING:** Do not use if safety seal is broken. Do not exceed recommended daily intake. Do not use if you are pregnant or nursing. Not intended for use by persons under 18 years of age. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool dry place. This product is not intended to be used without breaks. Cascara Sagrada belongs to a family of plants containing compounds with laxative effects. With long-term use without breaks, this ingredient may interfere with diagnostic imaging procedures of the colon. Taking a break of 30 or more days between use cycles will help maintain natural regularity. Not intended for

**WARNING:** (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

**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.