

> *Cascara Sagrada 150 Capsules*

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Manufacturer: Pure Herbs, LTD.

Below is about historical observations and historical data relating to herbs. This document is not intended to be a substitute for medical advice by license physicians. All readers should consult a physician regularly in all matters related to medical problems. This includes the diagnoses and treatment of disease and all other physical and mental conditions.

CASCARA SAGRADA CAPSULES (500mg) - (Spanish for Sacred Bark) Use of this tree bark has been in successful practice for millennia to promote, establish, maintain and enjoy at least two or more reliable, easy and complete bowel movements per day. There need be no fear here of "habit forming" as this is a "good habit". You can forget about at least 1/3 of all the known "dis-eases" listed in medical dictionaries if you make this a life style change. Cascara Sagrada does not force bowel movements, it actually gives the bowels the strength to move and strengthens them each time they move.* (SEE ALSO: Cascara Sagrada, Extract) DOSE: 1 to 4 capsules each evening as needed. Please be advised, when a person starts taking Cascara Sagrada, it may produce far more waste than normal, as it will also clean out old, uneliminated, chronic, poisonous wastes which have been plastered onto the sides of the intestines and are constantly being reabsorbed, producing various conditions of ill health. It is not unusual to lose at least 10 pounds or more in this manner and not diet.*

ADDITIONALLY: Consider the use of 4 to 8 capsules of PSYLLIUM seeds, husks or hulls with a large glass of water for bulk and to exercise and lubricate the large and small intestines.

(NOTICE: Do not use if you have or develop diarrhea, loose stool, or abdominal pain because Cascara Sagrada may worsen these conditions and be harmful. Always consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication or have a medical condition.*This product has not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.

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