



NATURE'S SUNSHINE

Cascara Sagrada

GOOD FOR

Digestive System

Colon (Large Intestine)

SIZE **100 Capsules**

ITEM # **170**

SERVING **2**

SUPPLY **50 days**

DIRECTIONS FOR USE Take 2 capsules with a meal once daily.

— How the Key Ingredients Work

Cascara Sagrada has been trusted for centuries as a natural way to encourage the body's own digestive movement, helping things flow comfortably and on schedule. Made from the carefully dried bark of the cascara tree, this single-ingredient formula works with your body's natural processes to support healthy, regular bowel function without harsh chemicals.

Cascara Sagrada Bark – Digestive Movement Support —

The bark of the cascara tree contains natural compounds called cascariosides that gently encourage your colon to get moving. Think of them as a soft nudge to the muscles lining your intestines, prompting the natural wave-like contractions that move things along. Most people notice results within six to eight hours.

Cascara Sagrada Bark – Moisture Balance in the Colon —

Beyond stimulating movement, cascara's natural compounds also help keep water in the colon rather than letting it get reabsorbed too quickly. This helps keep stool softer and easier to pass, making the whole experience more comfortable and reducing the effort required during a bowel movement.

Cascara Sagrada Bark – Traditional Laxative Heritage —

Native American communities across the Pacific Northwest relied on cascara sagrada bark as a trusted digestive remedy long before it entered Western medicine in the 1800s. That centuries-long tradition of use speaks to how well this botanical fits into a natural approach to everyday digestive comfort and regularity.

Cascara Sagrada Bark – Constipation Relief —

Occasional constipation can leave you feeling sluggish, bloated, and uncomfortable. Cascara sagrada has been used specifically for this concern for generations, and its active compounds are well recognized for their ability to encourage a bowel movement and restore a more comfortable, regular digestive rhythm.

Cascara Sagrada Bark – Gentle Colon Cleansing Action —

Because cascara encourages peristalsis — the natural squeezing motion of your intestines — and helps retain moisture in the colon, it supports a thorough, gentle cleansing effect. This makes it a popular choice for those looking to periodically support the colon's natural ability to clear itself out comfortably.

Cascara Sagrada Bark – Stool Softening Benefit —

Hard, dry stool is one of the most common reasons bowel movements become uncomfortable or difficult. Cascara sagrada's ability to limit water reabsorption in the colon means stool stays softer and more pliable, which can make a significant difference in day-to-day digestive comfort, especially for those prone to dryness.

Cascara Sagrada Bark – Post-Procedure Digestive

Comfort — Traditional herbal practice has long recognized cascara sagrada as a helpful option after anorectal procedures, when keeping stool soft and reducing straining is especially important. By easing the passage of stool, it may help protect sensitive tissue and support a more comfortable recovery period.

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