



NATURE'S SUNSHINE

Senna Combination

GOOD FOR

Digestive System

Colon (Large Intestine)

Liver

SIZE **100 Capsules**ITEM # **650**SERVING **4**SUPPLY **25 days****DIRECTIONS FOR USE** Take 4 capsules before bedtime. To be taken only occasionally.

— How the Key Ingredients Work

Senna Combination brings together time-honored herbs that work with your body's own rhythms to encourage healthy bowel movement, ease everyday digestive discomfort, and help you feel lighter and more comfortable from the inside out. Each ingredient plays its own supportive role, making this a well-rounded formula for digestive wellness.

Senna — The cornerstone of this formula, senna has been trusted for centuries — and is FDA-approved today — as a stimulant laxative. It gently encourages the colon to move things along, typically within 6 to 12 hours, making it a reliable choice for occasional constipation relief and general colon cleansing support.

Fennel — Fennel seed is a classic digestive herb used across European, Ayurvedic, and Chinese traditions. It helps relax the muscles of the digestive tract, easing bloating, gas, and cramping that can come with sluggish digestion. Its natural carminative qualities make it a soothing companion to senna's more active cleansing work.

Ginger — Ginger has been a go-to digestive remedy for over 2,500 years. It helps speed up the natural emptying of the stomach, supports healthy gut movement, and can ease that uncomfortable full or bloated feeling. It also brings antioxidant support, helping the body manage everyday oxidative stress alongside its digestive benefits.

Catnip — While catnip is famous for its effect on cats, it has a long history of human use as a gentle herb in the mint family. Traditionally valued for calming digestive upset and easing mild abdominal discomfort, catnip rounds out this formula with its soothing, mint-family properties that complement the other digestive herbs.

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