Prod. No.
2183

LABORATORY GUARANTEED QUALITY TESTED

0 76630 02183 8

B2180 06A

TAM®

HERBAL LAXATIVE TABLETS

supports regularity**
dietary supplement
250 tablets

AMERICAN HEALTH®

Supplement Facts

Serving Size 2 tablets
Servings Per Container 125

Amount Per Serving	%Daily Value
Cascara Sagrada *(Rhamnus purshiana)* **(bark) (contains not less than 5.3 mg of Cascaroside A)** 78 mg	*
Senna *(Senna alexandrina)* **(leaf) (contains not less than 8 mg of Sennosides A & B)** 438 mg	*
Herbal Proprietary Blend Contains: Fennel Seed, Licorice Root, Uva Ursi Leaves 456 mg	*

***Daily Value not established.**

Other Ingredients: Cellulose (Plant Origin), Acacia Gum, Silica, Croscarmellose, Vegetable Magnesium Stearate.

Directions: For adults, take two (2) tablets three times daily, or six (6) tablets at night before retiring.

NOTICE: This product contains Cascara Sagrada and Senna. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada and Senna may worsen these conditions and be harmful to your health.** Consult your doctor if you have frequent diarrhea, a medical condition or if you are taking any prescription medication, especially digitalis.

GMP USA nnfa.org

Carefully Manufactured by
AMERICAN HEALTH, INC.
Holbrook, NY 11741 U.S.A.
©American Health, Inc. 2004

PROD. NO. 2183

Herbal Laxative Tablets are an all-natural laxative designed for the relief of occasional constipation. Our formula brings together the holistic properties of Cascara Sagrada and Senna, two popular herbals that help promote regularity.** Herbal Laxative Tablets contain no harsh synthetics, so you can be assured of gentle, yet efficient, relief.**

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

WARNING: Not for use by pregnant or lactating women, or persons under the age of 18. Do not exceed recommended dose. **Consult doctor before use if you have, or have had,** an intestinal obstruction, abdominal pain or an inflammation of the intestines such as appendicitis, colitis, Crohn's disease or irritable bowel, a hormone sensitive disorder, high blood pressure, diabetes, heart disease, liver or kidney disorders, or if you are taking **ANY PRESCRIPTION MEDICATIONS,** including oral contraceptives, hormone therapy, diuretics or antibiotics. Do not use laxative products when abdominal pain, nausea and/or vomiting are present unless directed by a doctor. If you experience a sudden change in bowel habits that persists over a period of 2 weeks, consult a doctor before using a laxative. Laxative products should not be used for a period longer than 1 week unless directed by a doctor. Rectal bleeding or failure to have a bowel movement after use of a laxative may indicate a serious condition. In case of accidental overdose, seek professional assistance or contact a Poison Control Center immediately. Use of this product may make skin sensitive to sunlight and UV light, which could result in sunburn or skin rash after several days of use. Limit exposure to the sun or any indoor tanning equipment including beds, lamps or booths. Limit use to no more than one week per month.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF IMPRINTED SEAL UNDER CAP IS BROKEN.