

## PRODUCT INFO

# REGULAR™ SUPPORT FOR COLON HEALTH

This life-changing, naturally based supplement is designed to aid in elimination and restore and support normal colon function naturally. Using Regular ensures daily removal of toxins and waste material and offers a gentle way to cleanse the colon.

- Promotes regular colon function
- Supports healthy liver and gallbladder function
- Safe and gentle (no urgency effect)
- Cleanses toxins from the colon
- Balances colon pH level

(60 Capsules)



## US LABEL

### Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
<b>Proprietary blend:</b>	<b>1.6 g</b>	<b>**</b>
Cascara Sagrada (bark), Aloe (leaf), Psyllium (husk), Citrus Pectin, Ginger (root), Fennel (seed), Dandelion (root), Milk Thistle Extract (seed), Peppermint (leaf)		

\*\*Daily value (DV) not established.

## OTHER INGREDIENTS

Silica, gelatin, glycerin, water.

**Warning:** Keep out of reach of children. Do not use if tamper-evident seal is broken or missing. Keep away from light.

**NOTICE:** This product contains Cascara Sagrada Bark. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada Bark 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. Not recommended for extended use.

## DIRECTIONS

As a dietary supplement, adults take 1 - 2 capsules (as needed) with a glass of water before bedtime. Drink at least 8 glasses of water daily.



# REGULAR™

## SUPPORT FOR COLON HEALTH

### FREQUENTLY ASKED QUESTIONS

#### What is Regular?

The colon is a vital part of the digestive system for cleansing and detoxifying your body. Regular helps keep your colon clean and your system running, well, regularly! Regular is a naturally based supplement that gently supports normal colon function and ensures daily removal of toxins and waste material that make you feel bloated and sluggish.

#### How should I take Regular?

Take one or two capsules at bedtime with a glass of water. Regular is gentle enough to be used daily. However, based on your personal needs, you will also benefit by taking Regular once or twice weekly.

#### Can I give Regular to my children?

Regular is designed for adult use and is not recommended for children. Always consult your pediatrician before giving any supplements to children.

#### Can I take Regular if I am pregnant or nursing?

We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing.

