



REGULAR™

Support for Colon Health

PRODUCT INFORMATION

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)

SUGGESTED USE

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.

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 MY CHILD TAKE REGULAR?

No, Regular is formulated for adults.

US LABEL

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

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

**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.



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