

**MOVE** is a gentle, natural way to support a bowel movement.

**DIRECTIONS:** Take 2-4 caps with a glass of water before bed. Increase the nightly dose until desired bowel movement is achieved.

Use Move for fast, effective relief. To maintain regular movement we recommend using THERA Nordic's Daily Healthy Bowel.

Do not use if you have intestinal obstruction. Do not exceed the stated recommended daily dose. Food supplements should not be used as a substitute for a balanced and varied diet. Keep out of the reach of young children.



**MADE  
IN UK**

THERA Nordic,  
PO Box 1546,  
Stamford, PE8 9BL

**Batch# / BBE:**  
See lid

**Net weight:** 30 g

[WWW.THERANORDIC.COM](http://WWW.THERANORDIC.COM)

# THERA NORDIC

## MOVE

SUPPORTS A NATURAL  
BOWEL MOVEMENT



FOOD SUPPLEMENT

### Nutritional Information

Serving Size: 2 capsules

Servings per Container: 30

Amount Per Serving	%NRV*
Magnesium (as oxide & hydroxide) 640 mg†	170%
Rhubarb root extract (3.5% Rhein) 356 mg	**

Ingredients: magnesium oxide, magnesium hydroxide, standardized *rheum palmatum* root extract, HPMC (capsule)

\* EU NRV (Nutrient Reference Value).

\*\* Nutrient Reference Value (NRV) not established.

†640 mg may cause mild gastrointestinal upset (e.g. loose bowel) in sensitive individuals.

**SKU:** OF60

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