What is the Senna herb and .... is it safe?

Senna is an FDA-approved non-prescription drug and has been proven safe and effective for ages 2 and up (usually doctors recommend under age 16). Senna in high concentrated doses (pill form) around 17-30mg/day can cause dependency and shouldn't be taken for lengthy periods of time.

Our herbal detox tea contains the leaf form and constitutes approximately 1/100th of the overall weight in milligrams of the pill form (see published research article). In addition, it is highly diluted with the steeping process. Our company directs clients to use for 1-2 weeks and then "as needed" just to be on the extreme safe side; however, many of the 1200+ doctors that carry our product have recommended for much longer periods based on the extreme gentleness of our herbal detox tea.

If you are pregnant and/or nursing, have health issues, or under the age of 16, read this review and consult your doctor before taking.