



CASCARA SAGRADA POWDER

Botanical Name: Rhamnus purshiana

Common Name: bearberry, cascara, chittem bark, sacred bark

Medicinal part: Bark

Description: Cascara is a large shrub or small tree 4.5–10 m tall, with a trunk 20–50 cm in diameter. The outer bark is brownish to silver-grey with light splotching (often, in part, from lichens) and the inner surface of the bark is smooth and yellowish (turning dark brown with age and/or exposure to sunlight). Cascara sagrada, which translates as "sacred bark", is a deciduous shrub of the American Northwest, ranging from northern California to the Alaska panhandle in moist forests below 5,000 feet (1,500 m).



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