

## Supplement Facts

Serving Size 2 Tablespoons (12g)  
Servings Per Container about 28

| Amount Per Serving                             |          | % Daily Value* |
|------------------------------------------------|----------|----------------|
| Calories                                       | ↑ 35     |                |
| Total Carbohydrate                             | 10 g     | 3%             |
| Dietary Fiber                                  | ↓ 9 g    | 36%            |
| Calcium                                        | 20 mg    | 2%             |
| Iron                                           | ↑ 1.3 mg | 7%             |
| Sodium                                         | 10 mg    | <1%            |
| Potassium                                      | ↑ 110 mg | 3%             |
| Blonde Psyllium Seed Husks<br>(Plantago ovata) | 12 g     | †              |

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Made on equipment shared with peanuts, tree nuts, soy, eggs, wheat, milk and shellfish.

Dist. & Sold Exclusively By:  
Trader Joe's, 800 S. Shamrock,  
Monrovia, CA 91016

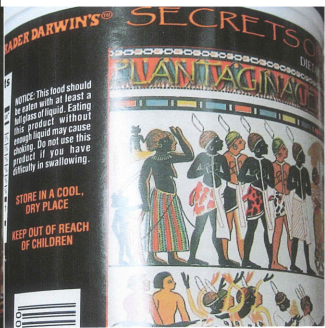
**DIRECTIONS:** Stir one to three tablespoons into a 10 fl. oz. glass of water or juice. Consume immediately.

People with medical concerns should check with their physicians before using this or any dietary supplement.

**NOTICE:** This food should be eaten with at least a full glass of liquid. Eating this product without enough liquid may cause choking. Do not use this product if you have difficulty in swallowing.

**STORE IN A COOL,  
DRY PLACE**

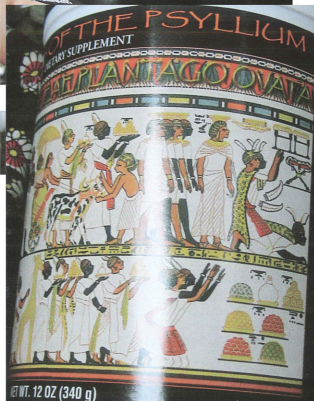
**KEEP OUT OF REACH  
OF CHILDREN**



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## TRADER DARWIN'S® SECRETS OF THE PSYLLIUM PURE PLANTAGO HUSKS

DIETARY SUPPLEMENT

NO SUGAR

NO STARCH

NO SALT ADDED

NOT A SODIUM FREE FOOD  
SEE SIDE PANEL FOR SUPPLEMENT  
FACTS

NO YEAST

NO WHEAT

NO CORN

NO MILK PRODUCTS

NO PRESERVATIVES

NO ARTIFICIAL COLORING

NET WT. 12 OZ (340 g)