365™ EVERYDAY VALUE

WHOLE FOODS MARKET QUALITY STANDARDS

Herbal Regularity® Laxative Formula†

Gentle, Non-Stimulant Laxative†

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Promotes Healthy Cleansing†

DIETARY SUPPLEMENT

35 VEGETARIAN TABLETS

DIRECTIONS: DAY 1 THROUGH 7: TAKE THREE TABLETS AT BEDTIME WITH 8 OUNCES OF WATER. **DAY 8 THROUGH 14:** TAKE TWO TABLETS AT BEDTIME WITH 8 OUNCES OF WATER. REDUCE DOSAGE IF YOU EXPERIENCE ABDOMINAL DISCOMFORT OR DIARRHEA. IF DISCOMFORT PERSISTS, DISCONTINUE USE.

Supplement Facts

Serving Size 3 tablets — Servings per container 11

Amount Per Serving		% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Dietary Fiber	1 g	4%*
Sodium	20 mg	<1%*
Magnesium Hydroxide	2.6 g	**
Proprietary Mucilage Blend: marshmallow (Althaea officinalis) root extract 3.5:1, slippery elm (Ulmus rubra) bark, and fenugreek (Trigonella foenum-graecum) seed extract 4:1	650 mg	**
Burdock (Arctium lappa) Root Extract 4:1	300 mg	**
Proprietary Soothing Blend: fennel (Foeniculum vulgare) seed, ginger (Zingiber officinale) rhizome extract, and peppermint (Mentha x piperita) leaf	150 mg	**
Red Clover (Trifolium pratense) Blossom Extract 4:1	100 mg	**

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

OTHER INGREDIENTS: CELLULOSE, MODIFIED CELLULOSE GUM, STEARIC ACID (VEGETABLE SOURCE), VEGETABLE GLYCERIN, MODIFIED CELLULOSE, MAGNESIUM STEARATE (VEGETABLE SOURCE), SILICON DIOXIDE, SOY LECITHIN, CARNAUBA WAX.

ALLERGEN INFORMATION: CONTAINS SOY INGREDIENTS. PRODUCED IN A FACILITY THAT ALSO PROCESSES MILK, EGG, WHEAT, FISH, AND SHELLFISH INGREDIENTS.

CONTAINS NO ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES.

WARNINGS: CONSULT A HEALTH CARE PRACTITIONER BEFORE USING ANY LAXATIVE IF A SUDDEN CHANGE IN BOWEL HABITS OCCURS AND PERSISTS FOR TWO WEEKS. RECTAL BLEEDING OR FAILURE TO HAVE A BOWEL MOVEMENT AFTER USE OF A LAXATIVE MAY INDICATE A SERIOUS CONDITION; DISCONTINUE USE AND CONSULT A HEALTH CARE PRACTITIONER. DO NOT USE IF PREGNANT OR NURSING. UNLESS DIRECTED BY A HEALTH CARE PRACTITIONER, DO NOT USE LAXATIVE PRODUCTS WHEN ABDOMINAL PAIN, NAUSEA, OR VOMITING IS PRESENT, OR IF YOU HAVE KIDNEY DISEASE. DO NOT TAKE MORE THAN THREE TABLETS IN A 24-HOUR PERIOD OR USE THE MAXIMUM DOSAGE FOR MORE THAN TWO WEEKS. IF TAKING PRESCRIPTION DRUGS, CONSULT YOUR HEALTH CARE PRACTITIONER PRIOR TO USE.

KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Our **365 Everyday Value® Herbal Regularity® Laxative Formula** supports comfortable bowel elimination, naturally.† It also purges the intestine of toxins and enhances healthy, gentle bowel cleansing and thorough detoxification.†

DISTRIBUTED BY: WHOLE FOODS MARKET
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NOT FOR INDIVIDUAL RESALE.

Tamper evident; use only if seal is intact.

HDPE

PLEASE RECYCLE THIS BOTTLE

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