

TRADER JOE'S®

FIBER formula

Dietary Supplement

112 capsules



Supplement Facts

Serving Size 8 capsules
Servings Per Container 14

Amount Per Serving	% Daily Value †	
Calories	15	
Total Carbohydrates	4g	1% †
Dietary Fiber	4g	16% †
Proprietary Fiber Blend	3.4g	††
Psyllium (Plantago ovata) husk, oat (Avena sativa) bran, guar gum (Cyamopsis tetragonoloba) seed extract, pectin (from citrus fruit) and marshmallow (Althaea officinalis) root extract 3.5:1		

† Percent Daily Values are based on a 2000 calorie diet.

†† Daily Value not established.

OTHER INGREDIENTS: Cellulose, Vegetable Capsule (Modified Cellulose), Vegetable Glycerin, Magnesium Stearate and Silicon Dioxide.

DO NOT EXCEED RECOMMENDED DOSAGE.

RECOMMENDATIONS:

DAY 1 THROUGH 14: Four capsules in the morning and four capsules at night with 8 ounces of water.

May be taken as eight capsules at night with 8 ounces of water.

CAUTION: Do not use if pregnant or nursing. If taking prescription drugs, consult your healthcare practitioner prior to use.

DIST. & SOLD EXCLUSIVELY BY:

**TRADER JOE'S, 800 SOUTH SHAMROCK AVE.
MONROVIA CA 91016**



Vegetarian



No Gluten
Ingredients Used

actual
size of
capsule

LS98457TJ.A02