

TRADER JOE'S®

DIGESTIVE formula*

Dietary Supplement

35 tablets



*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.

Supplement Facts

Serving Size 3 tablets
Servings Per Container 11

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

† Percent Daily Values are based on a 2000 calorie diet.
** Daily Value not established.

OTHER INGREDIENTS: Cellulose, Modified Cellulose Gum, Stearic Acid, Vegetable Glycerin, Modified Cellulose, Magnesium Stearate, Silicon Dioxide, Soy Lecithin and Carnauba Wax.

DO NOT EXCEED RECOMMENDED DOSAGE.

RECOMMENDATIONS:

DAY 1 THROUGH 7: Three tablets at bedtime with 8 ounces of water.

DAY 8 THROUGH 14: Two tablets at bedtime with 8 ounces of water.

Reduce dosage if you experience abdominal discomfort or diarrhea. If discomfort persists, discontinue use.

WARNINGS: Consult a healthcare practitioner before using any laxative if a sudden change in bowel habits occurs and persists for two weeks, or if taking prescription drugs.

Rectal bleeding or failure to have a bowel movement after use of a laxative may indicate a serious condition; discontinue use and consult a healthcare practitioner.

Do not use if pregnant or nursing. Unless directed by a healthcare 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.

DIST. & SOLD EXCLUSIVELY BY: TRADER JOE'S,
800 SOUTH SHAMROCK AVE. MONROVIA CA 91016



Vegetarian

actual
size of
tablet

LS98967TJ.A01