

ITEM #6020
B6020 04F



Natural Whole Herb

Fenugreek

610 mg

**Helps Support
Sugar Metabolism***

Dietary Supplement

100 CAPSULES



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Fenugreek	610 mg **
(Trigonella foenum-graecum) (seed)	

**Daily Value not established.

Other Ingredients: Gelatin, Silica, Vegetable Magnesium Stearate.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Soy, No Egg, No Corn, No Grapefruit, No Fish, No Sweetener, No Sugar, No Starch, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.

***These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Directions: For adults, take one (1) capsule three to six times daily, preferably with meals. Capsules may be opened and prepared as a tea.

Fenugreek seeds are a rich source of saponins, which account for many important benefits. Fenugreek helps support sugar metabolism and can be used as part of your diet to help maintain a healthy blood sugar level.*

Good 'N Natural's Guarantee: We use only the finest quality herbs and spices. Each is screened and finely milled for quick release.

Good 'N Natural's preservative-free gelatin capsules contain pure milled herb powder.

◇**Good 'N Natural's** Natural Whole Herb products utilize ground plant parts to provide the natural components in the amounts found in nature.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Manufactured by **Good 'N Natural®**, Bohemia, NY 11716 USA
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ACTUAL SIZE