

SINGLE HERB

Fenugreek seed (*Trigonella foenum-graecum*) is high in mucilage content and one of the best herbs for soothing the colon due to its properties as a natural lubricant for the digestive tract mucosa. In addition, Fenugreek is a popular herb for nursing mothers since it promotes milk production. ***These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Also available in a **Holistically Balanced®**
Concentrated Liquid Extract

CAUTION: Keep out of reach of children. Do not use if safety seal is damaged or missing. If pregnant, nursing or on medication, consult with your health-care practitioner. Store in cool, dry place.



NATURE'S ANSWER®

Fenugreek

SEED

*Promotes Digestive Health**



SINGLE HERB
Supplement

90 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Fenugreek Seed	600 mg	†
† Daily Value (DV) not established		

Other Ingredients: Vegetable Cellulose, Calcium Silicate.

Suggested Use: As a dietary supplement take one (1) capsule 2-3 times a day with food or water.

NATURE'S ANSWER® capsules feature the highest quality of **organic**, responsibly **wildcrafted** or **cultivated** herbs, which maintain the naturally-occurring constituents found in the plant. They are carefully selected and finely milled (*micronized*), allowing faster absorption by the body; Manufactured to **cGMP** (current Good Manufacturing Practices) standards; **Free of synthetic ingredients.**

Unconditionally Guaranteed

NATURE'S ANSWER Quality Without Question™ *Pioneers Since 1972*
Hauppauge, NY 11788-3943 www.naturesanswer.com

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