

Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®



Fenugreek (*Trigonella foenum-graecum*) is an annual Mediterranean and Asiatic herb with aromatic seeds. It is used around the world as a culinary spice and food that is soothing to the stomach.

Questions? Call 1-800-9NATURE or visit naturesway.com. Our Fenugreek is carefully grown, tested and produced to certified quality standards.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.

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PREMIUM

Nature's
Way

HERBAL

Fenugreek Seed



100 Capsules / Certified 610 mg

DIETARY SUPPLEMENT

Recommendation: Take 2 capsules two to three times daily, preferably with food.

Caution: Not for use during pregnancy.

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 50

Amount Per Serving	% Daily Value	
Calories	5	
Total Carbohydrate	1 g	<1%†
Dietary Fiber less than 1 gram		2%†
Fenugreek (seed)	1.22 g (1,220 mg)	**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: Gelatin (capsule), Silica

Actual Capsule Size

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