

CODE 4676 V1



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Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

SUGGESTED USAGE: As an herbal dietary supplement, take 2 capsules 1-3 times daily.

Fenugreek is one of the oldest herbs traditionally used in ancient Greece, Egypt, and China. It has been used in a variety of ways and can be added to hot water to make tea. T. vulgaris variety of Thyme is the cultivated form of wild thyme. It has also been used by herbalists for over 2,000 years and is an appropriate synergist with Fenugreek.



Fenugreek & Thyme

HERBAL SUPPLEMENT

500 mg

100 Capsules
A Dietary Supplement



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 50

	Amount Per Serving	%Daily Value
Total Carbohydrate	<1g	1%*
Fenugreek Powder (Trigonella foenum-graecum) (seed)	700 mg	†
Thyme (Thymus vulgaris) (leaf)	300 mg	†

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

† Daily Value not established.

Other ingredients: Magnesium Stearate (vegetable), Silica.
Contains no yeast, wheat, gluten, corn, soy, milk, sugar, salt or preservatives.