

ACTUAL SIZE

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CODE 4677 V2

www.nowfoods.com

Made in the U.S.A.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

Store in a cool, dry place. Please Recycle.

make tea.

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

SUGGESTED USAGE: As a dietary supplement, take 2 capsules 1-3 times daily as needed.



Fenugreek

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	< 1 g	1%*
Fenugreek Powder (<i>Trigonella foenum-graecum</i>) (Seed)	1.0 g (1,000 mg)	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Gelatin (capsule), Stearic Acid (vegetable source), Silica and Magnesium Stearate (vegetable source).
Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.