

## Did you know?

Nursing moms know what's best, which is why they choose Fenugreek during the first stages of their child's life. Not only does Fenugreek support lactation, but it's also been traditionally used to help maintain digestive and respiratory health. Hey mom, we've got you covered.\*

**Let's get fresh.** Open a bottle. What you smell is whole, organic, freshly powdered Fenugreek seed. Grown organically and prepared with love for optimum potency. **Here's to your health!**

Absolutely NO dairy, wheat, peanuts, soy, gluten or corn allergens.

**CAUTION:** Do not take if sensitive to peanuts or chickpeas. Keep out of reach of children. Do not take if pregnant. If taking medication consult a healthcare professional before use. Discontinue use if unusual symptoms occur.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# Fenugreek

**supports lactation  
in nursing mothers\***



VALUE  
SIZE

180

VEGETARIAN  
CAPSULES

GF

**Suggested Use:** As an herbal supplement take, three capsules daily or as directed by your healthcare professional. Do not exceed recommended dose.

Capsules are filled by weight, not by volume.

## Supplement Facts

Serving Size: 3 caps/Servings Per Container: 60

Amount Per Serving

Organic Fenugreek seed

1500 mg\*

(*Trigonella foenum-graecum*)

\* Daily Value not established

**Other Ingredients:** Pullulan vegetarian capsules and nothing else.

Manufactured with love by Oregon's Wild Harvest  
1601 NE Hemlock Ave, Redmond, OR 97756 USA  
1-800-316-6888 • [oregonwildharvest.com](http://oregonwildharvest.com)

Certified Organic by Oregon Tilth.

