

Swanson®
**SUPERIOR
HERBS**

Fenugreek Extract

Standardized
Herbal Supplement

50% Saponins



90 capsules • 500 mg

• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE:

As a dietary supplement, take one capsule with water before each meal.

WARNING: Do not take this product if you are pregnant or nursing.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Fenugreek Seed Extract 500 mg*
(standardized to 50% saponins)

*Daily Value not established.

Other ingredients: Gelatin, may contain one or both of the following: magnesium stearate, silica.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



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