

**Directions:** As a dietary supplement, take two vegetarian capsules one to three times daily or as directed by a healthcare practitioner.

**Bluebonnet's Standardized Fenugreek Seed Extract Capsules** provide a standardized extract of total saponins, the most researched active constituents found in fenugreek. A clean and gentle water-based extraction method is employed to capture and preserve fenugreek's most valuable components. Available in easy-to-swallow vegetable derived capsules for maximum assimilation/absorption and for a truly vegetarian/vegan formula.

Bluebonnet's KOF-K certification #K-0000700

Manufactured by  
**Bluebonnet Nutrition Corporation**  
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**NEW**

**Bluebonnet**<sup>®</sup>

STANDARDIZED

# Fenugreek

## Seed Extract

20% Total Saponins

HERBAL SUPPLEMENT



**60 Vcaps**



## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

Amount Per Serving		% Daily Value
Fenugreek Seed Extract	600 mg	*
<small>(<i>Trigonella foenum-graecum</i> L., standardized to 20% [120 mg] total saponins)</small>		

\*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barley, rice, sodium and sugar.