

Suggested Use: Add boiling water to cup. Steep 1 tea bag 4-6 minutes. Add sweetener if desired.

Warning: If you are using this product for any other purpose than as a spice, tea or seasoning please read the following warning: If you are taking any medications or are pregnant or nursing, do not use prior to consulting a physician.

Supplement Facts

Serving Size 5 g (1 tea bag)

Servings Per Container 6

Amount Per Serving	% Daily Value	
Calories	18	
Carbohydrates	3 g	1%†
Fiber	2 g	8%†
Sugar	1 g	*
Protein	1 g	2%†
Vitamin C	1.1 mg	2%
Fenugreek seed whole (<i>Trigonella foenum graecum</i>)	5 g	*

* Daily Value not established

† Percent Daily Values based on a 2,000 calorie diet

KEEP OUT OF REACH OF CHILDREN

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To Reorder Call: 1-800-644-8327

Website: www.botanicchoice.com

Herbal Supplement
(6 Tea Bags)



Fenugreek

