



AYURVEDIC HERBS

ORGANIC

Fenugreek seed

(Trigonella foenum-graecum)



Suggested use: Steep 1 teaspoon per one cup of hot water and strain. Drink tea once or twice daily, or as directed by your health practitioner.

You may also use this product as a culinary spice.

Dietary Supplement

Supplement Facts	Amount Per Serving
Serving Size: 1 tsp	Fenugreek seed whole (<i>Trigonella foenum-graecum</i>) [†] 1 tsp**
	[†] Certified Organic

**Daily Value Not Established

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