

Directions: As a dietary supplement, take 2 capsules three times a day before a meal with 12 oz of water, or as prescribed by your health care professional.

Store in a cool dry place.



Christopher's Original Formulas
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www.drchristopher.com

Manufactured By:
Wholistic Botanicals L.L.C.
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Christopher's

Original



Formulas

John R. Christopher®

Dietary Supplement

FENUGREEK

100 Vegetarian Caps

610 mg each

Supplement Facts

Serving Size 2 Capsules
Serving Per Container 50

Amount Per Serving	% Daily Value
1220 mg	

Ingredients:
Fenugreek Seed
(Trigonella foenum-graecum)

*Daily Value not established

Other Ingredients:
100% Vegetable Base Capsules.
No Fillers or Chemicals

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.