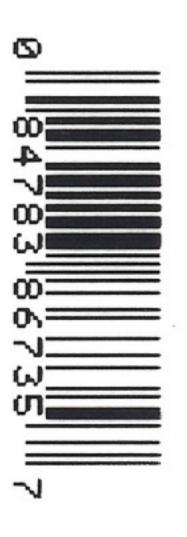
Directions: As a dietary supplement, take 2 capsules three times a day before a meal with 12 oz of water, or as prescribed by your health care professional.

Store in a cool dry place.





Dietary Supplement

FENUGREEK

100 Vegetarian Caps 610 mg each

Christopher's Original Formulas 1-800-453-1406 www.drchristopher.com

Manufactured By:
Wholistic Botanicals L.L.C.
Spanish Fork, Utah 84660
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Supplement Facts

Serving Size 2 Capsules Serving Per Container 50

Amount Per Serving 1220 mg % Daily Value

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.