

Did you know?

Nursing moms know what's best, which is why they choose Fenugreek during the first stages of their child's life. Not only does Fenugreek support lactation, but it's also been traditionally used to help maintain digestive and respiratory health. Hey mom, we've got you covered.*

Let's get fresh. Open a bottle. What you smell is whole, organic, freshly powdered Fenugreek seed. Grown organically and prepared with love for optimum potency. **Here's to your health!**

Does NOT contain dairy, wheat, soy, gluten or corn allergens.

CAUTION: Do not take if sensitive to peanuts or chickpeas. Keep out of reach of children. If taking medication consult with a healthcare professional before use. Do not take if pregnant. Discontinue use if unusual symptoms occur.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Fenugreek

**supports lactation
in nursing mothers***

MADE WITH
ORGANIC
FENUGREEK

MADE WITH
NON-GMO
INGREDIENTS

90 VEGETARIAN
CAPSULES

GF

Suggested Use: As an herbal supplement, take three capsules daily or as directed by your healthcare professional. Do not exceed recommended dose.

Capsules are filled by weight, not by volume.

Supplement Facts

Serving Size: 3 caps/Servings Per Container: 30

Amount Per Serving

Organic Fenugreek seed 1500 mg*
(*Trigonella foenum-graecum*)

* Daily Value not established

Other Ingredients: Pullulan vegetarian capsules and nothing else.

Manufactured with love by Oregon's Wild Harvest
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Certified Organic by Oregon Tilth.



actual size

