

**swanson.com**

or call 1-800-437-4148

- Popular herbal remedy for blood sugar and hormone support, digestive health and women's health
- Provides comprehensive metabolic support

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take one capsule with water before each meal.

**WARNING:** For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



**SWANSON**<sup>®</sup>

# Fenugreek Extract

Blood Sugar Support

500 mg per capsule

HERBAL SUPPLEMENT | 90 CAPSULES

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Fenugreek Seed Extract 500 mg\*  
(standardized to 50% saponins)

\*Daily Value not established.

Other ingredients: Dextrin, gelatin, silica, rice extract blend.

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