



Fenugreek seed

Enkindles the digestive fire*

Supports optimal absorption of nutrients*

Supports the healthy flow of milk in lactating mothers*

Fenugreek (*Trigonella foenum-graecum*) is a pungent, flavorful seed commonly used to add a pop of flavor to a meal. Fenugreek, also known as methi, is a warming spice that kindles the digestive fire and supports the body's ability to break down food and maintain a comfortable digestive experience. To release the complex, nutty aroma of fenugreek, dry roast the seeds in a pan before grinding them into a powder, or add them whole into soups, dal, curries, sautéed vegetables, or roasted potatoes. Aside from its use as a culinary spice, fenugreek seeds can be steeped as a tea or sprouted into fresh and flavorful greens.

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 as a culinary spice.

Not to be used during pregnancy. If you are nursing, taking medications, or have a medical condition, please consult with your health care practitioner prior to the use of this product.

*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.

Supplement Facts

Serv Size: 1 tsp Servings: 50

Amount Per Serving	
Fenugreek seed	1 tsp**
<i>Trigonella foenum-graecum</i> +	

+Certified Organic

**Daily Value Not Established

Lot No. XXXXXX

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Certified Organic by New Mexico
Department of Agriculture



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