

TRADITIONAL LACTATION SUPPORT*



Fenugreek is an herb similar to clover that is native to the Mediterranean region, southern Europe, and western Asia. The seeds have been used for centuries as an herbal remedy. Fenugreek has been traditionally used for lactation support and to soothe digestion.* At Nature's Way®, we believe nature knows best. That's why our mission is to seek out the best herbs the earth has to give. It's the way we deliver uncompromising quality and help you live healthier.

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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



FENUGREEK — SEED —

TRADITIONAL LACTATION
SUPPORT*



320 VEGAN CAPSULES | 1,220 MG per Serving

DIETARY SUPPLEMENT

Recommendation: Take 2 capsules two to three times daily.

Warning: Not for use during pregnancy or if you are attempting to become pregnant. If you are nursing, have diabetes, or are taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 2 Capsules

Servings per Container 160

Amount per Serving	% DV	
Total Carbohydrate	<1 g	<1%†
Fenugreek (seed)	1.22 g	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: plant-derived capsule (hypromellose), silica

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

Contains no sugar, salt, yeast, corn, soy, dairy products, artificial colors, flavors, or preservatives.

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Questions? 1-800-9NATURE /
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BOTTLES MADE
FROM 97%
POST-CONSUMER
RECYCLED PLASTIC

