



Suggested usage: 1 capsule per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Traditionally Fenugreek has been used to soothe and support the respiratory and gastrointestinal (GI) tracts, help maintain blood sugar metabolism already within the normal range, and support the production of breast milk in nursing mothers.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

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

PRODUCT OF CANADA
 Manufactured by Natural Factors Canada
 Distributed by NATURAL FACTORS
 14224 167th Avenue SE
 Monroe, WA 98272



Recyclable container and label.



Fenugreek Seed

500 mg · 90 Capsules

RESPIRATORY & GI SUPPORT*



Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Fenugreek (<i>Trigonella foenum-graecum</i>) powder (seed)	500 mg	**

** Daily Value not established.

Other ingredients: Gelatin capsule (gelatin, purified water), croscarmellose sodium, magnesium stearate (vegetable grade).

LOT & EXPIRY 1.3125" x .25" Single Line

