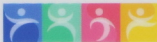


21ST
CENTURY® NEW



Fenugreek is from the seeds of the trigonella foenum-graecum plant native to Asia and Europe and supports general health and wellness.*

Directions: As an herbal supplement, adults take one (1) capsule daily with any meal or as directed by your healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Artificial Colors or Flavors.

*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.

WHOLE HERB

Fenugreek

610 mg



For General
Health & Wellness*

HERBAL SUPPLEMENT

100 VEGETARIAN CAPSULES



Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value
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Total Carbohydrate	<1g <1%**
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Fenugreek Seed	610 mg **
Powder	
(Trigonella foenum-graecum)	

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Cellulose, Oat Fiber, Rice Bran. **Contains** <2% of: Magnesium Silicate, Magnesium Stearate.

ACTUAL SIZE

Proudly Manufactured by
21ST Century HealthCare, Inc.
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501528-1218N

