

Suggested Usage: Take 2 capsules 1 to 3 times daily.

Fenugreek is one of the oldest herbs traditionally used in ancient Greece, Egypt and China. It has been used in a variety of ways and can be added to hot water to make tea.

Caution: For adults only. Not recommended for pregnant women. Consult physician if nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

CAPSULE SIZE

CODE 4678B V1



Fenugreek

500 mg

Herbal Supplement

Traditional Herb

250 Veg Capsules



A Dietary Supplement

Vegetarian/Vegan



Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 2 Veg Capsules
Servings Per Container 125

	Amount Per Serving	% Daily Value
Total Carbohydrate	< 1 g	< 1%*
Organic Fenugreek (<i>Trigonella foenum-graecum</i>) (Seed)	1 g (1,000 mg)	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silicon Dioxide.

Manufactured & Quality Tested by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

