

Dietary Supplement

Fenugreek is a traditional Ayurvedic herb with numerous health benefits.* amazing INDIA® Fenugreek supports women's health of all ages including nursing women.* Fenugreek may help alleviate effects of common symptoms of menopause.* Antioxidant and anti-inflammatory properties of Fenugreek supports healthy skin, cardiovascular and digestive health and overall health and well-being.*



* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: Consuming this product can expose you to a chemical known to the State of California to cause cancer or reproductive harm.

Manufactured for & Distributed by:
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amazing INDIA®

Fenugreek

Traditional Ayurvedic Herb

Supports Healthy Lactation In
Nursing Women*
Antioxidant & Anti-Inflammatory Support*
Promotes Overall Health & Vitality*
610 MG 180 VEGGIE CAPSULES

Supplement Facts

Serving Size 2 Veggie Capsules
Serving Per Container 90

Amount Per Serving	% DV†
Calories	5
Total Carbohydrate	1 g < 1%†
Dietary Fiber	< 1 g 2%
Fenugreek (seed)	1,220 mg **

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

** Daily Value not established

Other Ingredients: Silicon Dioxide, Magnesium Stearate and Microcrystalline Cellulose

Free Of: Preservatives, Artificial Color, Flavor or Sweetener, Sugar, Milk, Lactose, Soy, Gluten, Wheat, Yeast, Fish or Sodium.

Suggested Use: As a dietary supplement, adults take two (2) veggie capsules 2 to 3 times daily, preferably with food or as directed by a health care professional.

Caution: Do not exceed recommended dose. If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. If you are nursing talk to your doctor or a certified lactation consultant to determine the best dosage levels for your specific nursing situation. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Do not use if safety seal is damaged or missing. Store in a cool, dry place away from direct sunlight.