

We believe that **Amazing Nutrition™** is the key for Healthy Living. We are passionate about bringing you the finest selection of products which can perfectly complement a healthy diet and active lifestyle.

Fenugreek is an herb that is commonly found growing in the Mediterranean and South Asian regions. While the seeds and leaves are primarily used as a culinary spice, it also has numerous health benefits.* Fenugreek seeds have been found to contain vitamin C, protein, niacin, potassium, and diosgenin.* Fenugreek supports women's health of all ages.* Fenugreek seeds contain mucilage, which may help to soothe inflammation.* Fenugreek seeds contain Anti-inflammatory properties of Fenugreek support healthy skin and overall health and well-being.*

KEEP OUT OF REACH OF CHILDREN
STORE IN A COOL, DRY PLACE
DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING



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



610 MG
360 CAPSULES



AMAZING **AN** NUTRITION

AMAZING  FORMULAS

DIETARY SUPPLEMENT

Fenugreek

- ✓ Supports Women's Health*
- ✓ Supports Digestive Health*
- ✓ Promotes Overall Health & Well-Being*

Supplement Facts

Serving Size: 2 Capsules	Serving Per Container: 180	
Amount Per Serving	%Daily Value	
Calories	5	
Total Carbohydrate	1 g	<1%†
Dietary Fiber	less than 1 gram	2%†
Fenugreek (seed)	1.22 g (1,220 mg)	**

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

Other Ingredients: Cellulose, Silica, Magnesium Stearate, Gelatin (Capsule).

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

Caution: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.