

We believe that **Amazing Nutrition**™ is the key for Healthy Living. We are passionate about bringing you the finest selection of products which 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.* Antioxidant and anti-inflammatory properties of Fenugreek support healthy skin and overall health and well-being.*

Shop Online At:
amazingnutrition.com
Product # 21965

Call Toll-Free:
1-800-526-0177



* 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.

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:
AMAZING NUTRITION
An FDA Regulated Facility
Jersey City, NJ 07310 USA

AMAZING **AN** NUTRITION

AMAZING  FORMULAS™

DIETARY SUPPLEMENT

Fenugreek

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



610 MG
400 VEGGIE CAPSULES



Supplement Facts

Serving Size 2 Veggie Capsules
Serving Per Container 200

	Amount Per Serving	% Daily Value
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: Cellulose, Silica, Magnesium Stearate, Vegetable Capsules.
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 medication(s) 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.

CONTAINS NO: Preservatives, Artificial Colors, Flavors or Sweeteners: Sugar, Sorb, Milk, Lactose, Soy, Gluten, Wheat, Yeast, Fish or Sodium.