

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.\* Antioxidant and 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:  
Amazing Nutrition  
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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.

AMAZING  NUTRITION

AMAZING  FORMULAS

DIETARY SUPPLEMENT

# Fenugreek

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

610 MG  
180 CAPSULES



## Supplement Facts

Serving Size: 2 Capsules	Serving Per Container: 90	
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.