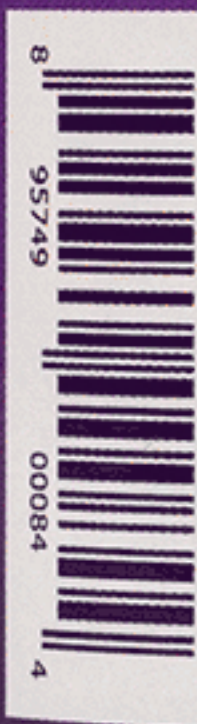


Fenugreek (*Trigonella foenum-graecum*) is an annual herb native to the Mediterranean region of the world. Fenugreek is commonly used as a culinary spice and has been used by women for centuries to help support breast milk production.[†]



Recommended Use:

Take 2 capsules 1 or 2 times daily.
Do not exceed 4 capsules in one day.

Because this formula contains a concentrated Fenugreek Seed extract (10:1), 2 capsules delivers a dose equivalent to 2000 mg of standard Fenugreek Seed powder.

[†]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.

Warning: Not recommended for pregnant women.



Breastfeeding Essentials
For Moms, By Moms

Fenugreek

Dietary Supplement

- Fenugreek Seed Powder Plus a Concentrated Fenugreek Seed Extract
- Fewer Capsules Required Daily than Other Brands



FAIRHAVEN HEALTH®

60 Capsules

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Fenugreek Seed (<i>Trigonella foenum-graecum</i>)	600mg	*
Fenugreek Seed Extract 10:1 (<i>Trigonella foenum-graecum</i>)	140mg	*

* Daily Value not established

Other ingredients: Microcrystalline cellulose, vegetable capsule (hypromellose, water), magnesium stearate, silicon dioxide.

No yeast, soy, dairy, artificial flavors, preservatives, or animal products.

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www.fairhavenhealth.com
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