



Fenugreek Plus® features concentrates of three highly valued herbs traditionally used to support healthy glucose metabolism. The unique, odorless extract of fenugreek provides a highly concentrated source of galactomannan for clinically effective levels at a lower dose. • Supplies mannose:galactose ratio of 1:1.

• 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.

DIRECTIONS: Take two capsules twice daily with six to eight ounces of water before meals, or as directed by your healthcare practitioner.

CAUTION: If pregnant or nursing, diabetic, or taking medication, consult your healthcare practitioner before use. Keep out of the reach of children.

Formulated to Exclude: Wheat, gluten, corn protein, dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, artificial flavors, and preservatives.



Fenugreek Plus®

Herbal Support for Healthy Blood Sugar*

Herbal Supplement
60 CAPSULES

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Total Carbohydrate	1 g	1%*
Dietary Fiber	800 mg	3%*
Soluble Fiber	700 mg	
Fenugreek Seed 6.5:1 Extract† (<i>Trigonella foenum-graecum</i>) [containing a minimum of 70% (700 mg) soluble fiber]	1000 mg	**
Bitter Gourd Fruit 10:1 Extract (<i>Momordica charantia</i>) (containing bitter principles)	152 mg	**
Gymnema Leaf 10:1 Extract (<i>Gymnema sylvestre</i>) [standardized to 25% (25 mg) gymnemic acids]	100 mg	**

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

** Daily Value not established.

Other Ingredients: Microcrystalline cellulose, gelatin, glycerin, silica, magnesium stearate, and croscarmellose sodium.

Developed and Manufactured by: **METAGENICS, INC.**
Makers of Professional Quality Supplements
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*Equivalent to 6500 mg raw, dried, unprocessed herbs.
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