



# Fenugreek

## Premium Herbal

### 610 mg

### 3rd Party Lab Tested



360 CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 180

	Amount Per Serving	%Daily Value
Total Carbohydrate	1 g	<1%*
Fenugreek ( <i>Trigonella foenum-graecum</i> ) (Seed)	1.22 g (1,220 mg)	**

\*\*Daily Value not established.

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

**Other Ingredients:** Capsule (bovine gelatin).

**CAUTION:** For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

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

Manufactured for Best Naturals,  
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[www.shopbestnaturals.com](http://www.shopbestnaturals.com)

For additional information call 1-877-659-6004

Lot#

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Fenugreek is an annual Mediterranean and Asiatic herb with aromatic seeds. Fenugreek is also used around the world as a culinary spice and food that is soothing to the stomach. Fenugreek seeds naturally contain nutrients such as B vitamins, Vitamin C, and Beta Carotene – all of which support the optimal production of breast milk.† Certain research publications indicate that Fenugreek may help support the following:

- Supports healthy glucose balance.†
- Supports lactation and post-natal health.†
- Supports digestive and colon health.†

**SUGGESTED USE:** As a dietary supplement, take two (2) capsules two to three times daily, preferably with food, or as directed by your qualified healthcare professional.

**Keep out of the reach of children.**

**Do not use if safety seal is broken or missing.**

**Keep in cool, dry place.**

†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.

**MADE IN USA**

