

## Did you know?

Nursing moms know what's best, which is why they choose Fenugreek during the first stages of their child's life. Not only does Fenugreek support lactation, but it's also been traditionally used to help maintain digestive and respiratory health. Hey mom, we've got you covered.\*

**We care about the future** of mankind and the planet we call home. As certified organic farmers we grow many of the herbs found in our products. Our regenerative practices heal the land, sequester carbon from the atmosphere and ensure that pure, potent herbal medicine is available today and for future generations. **Peace.**

**Free from:** Gluten, dairy and soy allergens.

**CAUTION:** Do not take if sensitive to peanuts or chickpeas. Keep out of reach of children. Do not take if pregnant. If taking medication consult a healthcare professional before use. Discontinue use if unusual symptoms occur.

**\*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.**



‡Product verified non-GMO by SGS.



# Fenugreek

**supports lactation  
in nursing mothers\***

MADE WITH  
ORGANIC  
FENUGREEK

VERIFIED  
NON-GMO  
INGREDIENTS‡

VALUE  
SIZE

GELATIN **180** CAPSULES

GF

**Suggested Use:** As an herbal supplement, take three capsules daily or as directed by your healthcare professional. Do not exceed recommended dose.

Capsules are filled by weight, not by volume.

## Supplement Facts

**Serving Size: 3 capsules**

**Servings Per Container: 60**

### Amount Per Serving

Organic Fenugreek seed (*Trigonella foenum-graecum*) 1500 mg†

†Daily Value not established

Other Ingredients: Non-GMO bovine gelatin capsules and nothing else.

**Oregon's Wild Harvest products are manufactured with love by us in Redmond, OR 97756 USA**  
**800-316-6869 • oregonswildharvest.com**

**Certified Organic by Oregon Tilth.**

