

Fenugreek is an herb that has long been used in cooking and in traditional Asian medicine. Fenugreek Seeds have been found to contain protein, vitamin C, niacin, potassium, and diosgenin.* Fenugreek Seed supports women's health of all ages and may help to increase milk production in nursing women.* Fenugreek Seed may lessen the effects of hot flashes/mood fluctuations that are common symptoms of menopause.* Antioxidant and anti-inflammatory properties of Fenugreek Seed supports healthy skin, cardiovascular health and overall health and well-being.*

SUGGESTED USE: As a dietary supplement, adults take two (2) veggie capsules 2 to 3 times daily, preferably with a meal or as directed by a health care professional.

CAUTION: If you are pregnant, nursing, taking any medication(s) or have any medical condition, consult your doctor before use. If you are nursing talk to your doctor or a certified lactation consultant to determine the best dosage levels for your specific nursing situation. Discontinue use and consult your doctor if any adverse reactions 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.



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NATURAL
MADE IN

THE USA

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SECRETS**

NATURAL DIETARY SUPPLEMENT

Fenugreek Seed

Healthy Lactation for Nursing Women*



- Supports Cardiovascular Health*
- Promotes Sexual & Digestive Health*
- Supports Overall Health & Well-being*



180 VEGGIE CAPSULES **610MG**

Supplement Facts

Serving Size 2 Veggie Capsules
Serving Per Container 90

	Amount Per Serving	% Daily Value*
Calories	5	
Total Carbohydrate	1 g	< 1%
Dietary Fiber	< 1 g	2%
Fenugreek (seed)	1,220 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established

OTHER INGREDIENTS: Cellulose, Silica and Magnesium Stearate.

CONTAINS NO: Artificial Preservatives, Colors, Flavors, Sweeteners, Sugar, Starch, Milk, Lactose, Gluten, Wheat, Yeast, Fish or Sodium.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.
STORE IN A COOL, DRY PLACE.

PROUD SUPPORTER

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