

TRADITIONAL LACTATION SUPPORT*



Fenugreek is an herb similar to clover that is native to the Mediterranean region, southern Europe, and western Asia. The seeds have been used for centuries as an herbal remedy. Fenugreek has been traditionally used for lactation support and to soothe digestion.* At Nature's Way®, we believe nature knows best. That's why our mission is to seek out the best herbs the earth has to give. It's the way we deliver uncompromising quality and help you live healthier.

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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



FENUGREEK

— SEED —

TRADITIONAL LACTATION
SUPPORT*



100 VEGAN CAPSULES | 1,130 MG per Serving
DIETARY SUPPLEMENT

Recommendation: Adults take 2 capsules two to three times daily.

Warning: Not for use during pregnancy or if you are attempting to become pregnant. If you are nursing, have diabetes, or are taking any medications, consult a health-care professional before use.

Supplement Facts

Serving Size 2 Capsules

Servings per Container 50

Amount per Serving		% DV†
Total Carbohydrate	<1 g	<1%†
Fenugreek (seed)	1.13 g	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: plant-derived capsule (hypromellose), silica

Keep out of reach of children.

Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

Contains no salt, yeast-derived ingredients, corn, soy, dairy, or artificial colors, flavors, or preservatives.

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