

Fenugreek SEED

(*Trigonella foenum-graecum*)

ORGANIC
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement
1/2 lb • 227g



Sustainably Sourced

Fairly Traded

Banyan Botanicals was founded in 1996 with the mission to help people achieve and maintain optimal health and well-being. As an Ayurvedic lifestyle company, we specialize in products made from Ayurvedic herbs that are organically grown, sustainably sourced, fairly traded, and made in the USA. Banyan is committed to providing exceptional customer service, inspiring educational content, and the highest quality Ayurvedic herbs that are safe, pure, and effective.

Fenugreek seed

Enkindles the digestive fire*

Supports optimal absorption of nutrients*

Supports the healthy flow of milk in lactating mothers*

Fenugreek (*Trigonella foenum-graecum*) is a pungent, flavorful seed commonly used to add a pop of flavor to a meal. Fenugreek, also known as methi, is a warming spice that kindles the digestive fire and supports the body's ability to break down food and maintain a comfortable digestive experience. To release the complex, nutty aroma of fenugreek, dry roast the seeds in a pan before grinding them into a powder, or add them whole into soups, dal, curries, sautéed vegetables, or roasted potatoes. Aside from its use as a culinary spice, fenugreek seeds can be steeped as a tea or sprouted into fresh and flavorful greens.

Suggested Use: Steep 1 teaspoon per one cup of hot water and strain. Drink tea once or twice daily, or as directed by your health practitioner. You may also use as a culinary spice.

Not to be used during pregnancy. If you are nursing, taking medications, or have a medical condition, please consult with your health care practitioner prior to the use of this product.

*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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well-being

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Supplement Facts

Serv Size: 1 tsp Servings: 53

Amount Per Serving

Fenugreek seed 1 tsp**

*Trigonella foenum-graecum**

+Certified Organic

**Daily Value Not Established

Lot No. XXXXXX

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Certified Organic by: QAI



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Reg. ED