

## Organic to our roots

As certified organic farmers since 1994, our regenerative practices heal the land and water and sequester carbon from the atmosphere, while ensuring 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.

\*This statement has 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.

FAMILY FARM



SINCE 1994

Made with Organic Herb

# Fenugreek

SUPPORTS LACTATION IN NURSING MOTHERS\*

Value Size

180 vegan capsules



GF

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

Capsules are filled by weight, not by volume.

### Supplement Facts

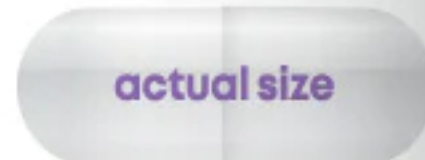
Serving Size: 3 capsules		Servings Per Container: 60
Amount Per Serving		
Organic Fenugreek seed ( <i>Trigonella foenum-graecum</i> )		1500 mg†

†Daily Value not established

Other Ingredients: Pullulan (plant sourced) capsules and nothing else.

Manufactured with love by Oregon's Wild Harvest  
Redmond, OR 97756 USA

Certified Organic by Oregon Tilth



actual size