Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.\*

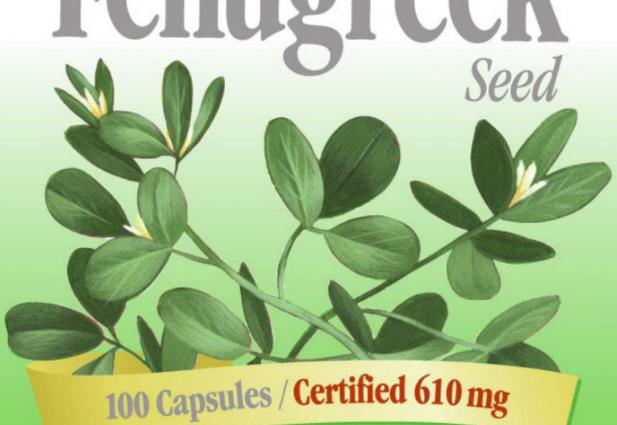
Fenugreek (Trigonella foenumgraecum) is an annual Mediter-ranean and Asiatic herb with aromatic seeds. It is used around the world as a culinary spice and food that is soothing to the stomach.

Questions? Call 1-800-9NATURE or visit naturesway.com. Our Fenugreek is carefully grown, tested and produced to certified quality standards.

**SATISFACTION GUARANTEED. Freshness &** safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.







**Recommendation:** Take 2 capsules two to three times daily, preferably with food. **Caution:** Not for use during pregnancy.

## **Supplement Facts**

Serving Size 2 Capsules Servings Per Container 50

Amount Per Serving		% Daily Value
Calories	5	
Total Carbohydrate	1 g	< 1%†
Dietary Fiber less tha	an 1 gram	2%†
Fenugreek (seed)	1.22 g (	1,220 mg) **

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

Other ingredients: Gelatin (capsule)

Actual Capsule Size

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