

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

**WARNING:** Not intended for use by pregnant women. If you are nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



\*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.

**TO REORDER ITEM # 6020**  
[www.puritan.com](http://www.puritan.com)  
1-800-645-1030

Carefully Manufactured for  
**PURITAN'S PRIDE, INC.**  
Ronkonkoma, NY 11779 U.S.A.  
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E100474 130 14-13692



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# FENUGREEK

## 610MG

**SUPPORTS OVERALL WELLNESS\***

*Herbal Supplement*

**100** RAPID RELEASE  
CAPSULES

**DIRECTIONS:** For adults, take one (1) capsule three times daily, preferably with meals. Capsules may be opened and prepared as a tea.

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Fenugreek	610 mg	**
<i>(Trigonella foenum-graecum) (seed)</i>		

\*\*Daily Value not established.

**Other Ingredients:** Gelatin. Contains <2% of: Rice Flour, Silica, Vegetable Magnesium Stearate.

Fenugreek has been used around the world as a spice, food and herbal tonic. Fenugreek seeds are a natural source of phytonutrients, which help support overall wellness.\*

No Artificial Color, Flavor or Sweetener, No Sugar, No Milk, No Lactose, No Soy, No Wheat, No Yeast, No Fish, Sodium Free.