

# Traditional Lactation Support\*

Also traditionally used to soothe digestion\*

- Fenugreek is native to the Mediterranean region, southern Europe, and western Asia
- The seeds have been used for centuries in traditional wellness practices

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Contains no salt, corn, soy, dairy, gelatin, or artificial colors, flavors or preservatives.

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Green Bay, WI 54311 USA

Bottled and tested in the USA

Questions? 1-800-962-8873 / [naturesway.com](https://www.naturesway.com)

◆ LH12800.E01 BLK8015E



BOTTLE MADE FROM 50% POST-CONSUMER RECYCLED PLASTIC

\*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

Women's Traditional Lactation Support\*



PLANT POWERED

1,130 MG PER 2 CAPSULES



100 VEGAN CAPSULES - DIETARY SUPPLEMENT

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

**Warning:** Do not use if you are pregnant or attempting to become pregnant. If you are nursing or are taking any medications, consult a healthcare professional before use. Individuals with diabetes should monitor blood glucose levels closely while taking this product.

### 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.