

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)



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.

Nature's way

FENUGREEK SEED

Women's Traditional
Lactation Support*

PLANT
POWERED

1,130 MG
PER 2 CAPSULES



320 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 160

Amount per Serving		% DV†
Total Carbohydrate	<1 g	<1%†
Fenugreek (seed)	1.13g	**

†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.

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