

**FENUGREEK** is an herb native to the Mediterranean, western Asia, and southern Europe. Its seeds are a source of naturally occurring saponins.

**WARNINGS:** For adults only. Keep out of reach of children. Consult with a qualified healthcare professional prior to taking this product especially if you are pregnant, nursing, have a diagnosed medical condition, or are taking a prescription medication. Sealed for your protection. Do not use if seal is missing or broken. Store at room temperature, in a dry place. Protect product from excessive heat, freezing, humidity, and light.

This product is not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in an FDA-registered, third-party audited, and cGMP-compliant facility that may process other products that contain these allergens or ingredients.

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**ADVANCE  
PHYSICIAN  
FORMULAS®**

# Fenugreek Extract

**350 MG PER SERVING**  
**50% SAPONINS**

**60 VEGETABLE CAPSULES**  
**DIETARY SUPPLEMENT**



**Suggested Use:** As a dietary supplement, healthy adults take one capsule in the morning daily with or without food or as recommended by a qualified healthcare professional.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

	Amount Per Serving	%DV
Fenugreek Extract ( <i>Trigonella foenum-graecum</i> ) (seed) (50% Saponins)	350 mg	†

† Daily Value (DV) not established.

**Other Ingredients:** Modified Cellulose (Hydroxypropylmethylcellulose Vegetable Capsule), Rice Flour, Maltodextrin, and Silicon Dioxide (Silica).

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