

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

 **Fenugreek** (*Trigonella foenum-graecum*) is an annual Mediterranean & 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](http://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.

Vcaps® is a trademark of Capsugel.

LN15174.802  
(BLK8197B)



\*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PREMIUM

**Nature's Way**

HERBAL

# Fenugreek

Seed



vegetarian  
**VCAPS®**

100 Vcaps® / **Certified 610 mg**

DIETARY SUPPLEMENT

**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	
Total Carbohydrate	<1 g	<1%†
Dietary Fiber less than 1 gram		2%†
Fenugreek (seed)	1.22 g (1,220 mg)	**

†Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.

Other ingredients: Plant-derived capsule, Silica

Actual Capsule Size

©2013 Nature's Way Products, LLC  
Green Bay, WI 54311 USA

