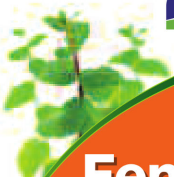


Family owned since 1968.



Suggested Usage: Take 2 capsules 1 to 3 times daily.

Fenugreek is one of the oldest herbs traditionally used in ancient Greece, Egypt and China. It has been used in a variety of ways and can be added to hot water to make tea.

Caution: For adults only. Not recommended for pregnant or nursing women. Consult physician if taking medication or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

CAPSULE SIZE

CODE 4677 V3



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Fenugreek

500 mg

Herbal Supplement

Traditional Herb

100 Capsules

A Dietary Supplement

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 50

	Amount Per Serving	% Daily Value
Total Carbohydrate	< 1 g	< 1%*
Fenugreek (<i>Trigonella foenum-graecum</i>) (Seed)	1 g (1,000 mg)	†

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

† Daily Value not established.

Other ingredients: Gelatin (capsule), Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

