



009

SUGGESTED USE
SHAKE WELL BEFORE USING
Add one full squeeze of the dropper bulb
to 2 oz. of water or juice, two to five times
per day. Best taken between meals.
*Caution: Seek expert medical advice
before taking during pregnancy.*
Keep Out of the Reach of Children
Store away from heat & light

mature seed

FENUGREEK

SYSTEM RESTORATION

Reproductive



HERBAL SUPPLEMENT

1 fluid ounce (30 ml)

**Fenugreek Liquid Extract****Supplement Facts**

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving	% DV
Fenugreek seed (<i>Trigonella foenum-graecum</i>) © extract 614 mg ©	†
† Daily Value (DV) not established	

Other Ingredients: certified organic cane alcohol
(71-81%) & distilled water. **GLUTEN-FREE**

© Certified Organic

© Equivalent to approximately 280 mg of herb.

Dry herb / menstruum ratio: 1 : 2.5

We prepare our Fenugreek Extract from the
seed of **Certified Organically Grown** *Trigonella*
foenum-graecum plants.

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800-348-4372 • www.herb-pharm.com

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