

## PRODUCT #01030

**DIRECTIONS:** As a dietary supplement, take three (3) tablets with breakfast or, for optimal results, take one (1) tablet with each meal. For those who cannot swallow tablets — simply crush tablet(s) and mix powder in juice or food. Dosage may be increased as directed by a healthcare practitioner.

Manufactured with all natural fillers, binders and coating. This product contains no dairy, wheat, gluten, corn, soy, yeast, sugar, starch or any artificial ingredients. Our products contain organically grown herbs, when available.

Double-sealed for your protection.  
Do not use if outer seal is broken or missing.

**CAUTION:** Keep out of reach of children.

MANUFACTURED FOR  
**MICHAEL'S® NATUROPATHIC PROGRAMS**  
PO BOX 34914  
SAN ANTONIO, TEXAS 78265  
A Division of Inner Health Group, Inc.

Certified by: Rabbi Alan Silver, M.D.  
Orthodox Jewish Council



michael's®  
naturopathic programs

LNG™

fenugreek • slippery elm bark...  
60 vegetarian & kosher tablets  
herbal supplement

tried & truthful



### Supplement Facts

Serving Size: Three (3) Tablets  
Servings Per Container: 20

| Amount Per Serving                                                                                                                                                                                                                 | % Daily Value            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| <b>Proprietary Blend</b>                                                                                                                                                                                                           | <b>3.3 g (3300 mg) *</b> |
| Fenugreek Seed ( <i>Trigonella graecum</i> ), Horehound (Aerial Parts) ( <i>Marrubium vulgare</i> ), Slippery Elm Bark ( <i>Ulmus rubra</i> ), Mullein Leaf ( <i>Verbascum thapsus</i> ) and Thyme Leaf ( <i>Thymus vulgaris</i> ) |                          |

\*Daily Value not established.

**OTHER INGREDIENTS:** Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Vegetable Magnesium Stearate, Modified Cellulose Gum, Silicon Dioxide and Natural Glaze.

Made in a GMP facility that processes egg, fish, milk, shellfish, soy, tree nut and wheat products.

Consumer Information Services  
Voice Mail: 800-845-2730  
Visit our website:  
[www.michaelshealth.com](http://www.michaelshealth.com)

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