

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

Fenugreek and Thyme are culinary herbs that have also been used by traditional herbalists for centuries. Fenugreek has been used in a variety of ways and can be added to hot water to make tea. The variety of Thyme (*Thymus vulgaris*) used in this product is the cultivated form of wild thyme.

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 4676 v2



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Fenugreek & Thyme

350 mg / 150 mg

Herbal Supplement

100 Capsules

A Dietary Supplement

Botanicals/Herbs

Family owned since 1968.

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)	700 mg	†
Thyme (<i>Thymus vulgaris</i>) (Leaf)	300 mg	†

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

† Daily Value not established.

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

NOW FOODS, 395 S. Glen Ellyn Rd.
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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.

