

ITEM #6020
B6020 05G



ACTUAL SIZE



Natural Whole Herb

Fenugreek

610 mg

**Supports
Overall Wellness***

Dietary Supplement

100 CAPSULES



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Fenugreek (<i>Trigonella foenum-graecum</i>) (seed)	**

**Daily Value not established.

Other Ingredients: Gelatin. **Contains <2% of:** Silica, Vegetable Magnesium Stearate.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Soy, No Egg, No Corn, No Grapefruit, No Fish, No Sweetener, No Sugar, No Starch, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Directions: For adults, take one (1) capsule three to six times daily, preferably with meals. Capsules may be opened and prepared as a tea.

Fenugreek has been used around the world as a spice, food and herbal tonic. Fenugreek seeds are a natural source of phytonutrients, which help support overall wellness.*

Good 'N Natural's Natural Whole Herb products utilize ground plant parts to provide the natural components found in nature.

Good 'N Natural's Guarantee: We use only the finest quality herbs and spices. Each is screened and finely milled for quick release.

Good 'N Natural's preservative free gelatin capsules contain pure milled herb powder.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Manufactured by
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