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Store away from heat & light

Keep Out of the Reach of Children

*before taking during pregnancy.**Caution: Seek expert medical advice*

Add 1 full squeeze of the dropper bulb to 2 oz. of water or juice, 2 to 5 times per day. Best taken between meals.

SHAKE WELL BEFORE USING

SUGGESTED USE

010

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	†
(Trigonella foenum-graecum) © extract 614 mg ©	
† Daily Value (DV) not established	

Other Ingredients: certified organic cane alcohol (71-81%) & distilled water. **Non-GMO & Gluten-Free**

© Certified Organic

© Extraction rate 280 mg herb per 0.7 ml.

Dry herb / menstruum ratio: 1 : 2.5

Prepared from the seed of **certified organically grown** *Trigonella foenum-graecum* plants.

HERB PHARM • WILLIAMS, OR 97544**800-348-4372 • www.herb-pharm.com**

Certified organic by Organic Certifiers

***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**