

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

Fenugreek is one of the oldest herbs traditionally used in ancient Greece, Egypt and China. It has been used in a variety of ways and can be added to hot water to make tea.

Caution: For adults only. Not recommended for pregnant women. Consult physician if nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.



Fenugreek

500 mg

Herbal Supplement

Traditional Herb

100 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



CAPSULE SIZE

CODE 4677B V4



7

2

Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 2 Veg Capsules
Servings Per Container 50

	Amount Per Serving	% Daily Value
Total Carbohydrate	< 1 g	< 1%*
Organic Fenugreek (<i>Trigonella foenum-graecum</i>) (Seed)	1 g (1,000 mg)	†

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

† Daily Value not established.

Other ingredients: Cellulose (capsule), Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with yeast, wheat, gluten, soy, corn, 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.

