

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 4676B V4



Fenugreek & Thyme

350 mg / 150 mg

Herbal Supplement

100 Veg Capsules



A Dietary Supplement Vegetarian/Vegan

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)	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: Cellulose (capsule), Stearic Acid (vegetable source) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

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.

