

Suggested Use: Steep 1 teaspoon per one cup of hot water and strain. Drink tea once or twice daily, or as directed by your health practitioner. You may also use this product as a culinary spice.

Lot No. XXXXXX-XX
Dietary Supplement



BANYAN
BOTANICALS

AYURVEDIC HERBS

Fenugreek seed



NET WT 4.7 oz (133g)

Supplement Facts

Serving Size: 1 tsp

Servings Per Container: 29

Amount Per Serving

Fenugreek seed ⁺ (Trigonella foenum-graecum)	1 tsp**
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⁺ Certified Organic

^{**} Daily Value Not Established

Distributed by: Banyan Botanicals, Albuquerque, NM 87113
Certified Organic by New Mexico Department of Agriculture