

 *Health through the power of nature,
that's what it means to Trust the Leaf.®*

Fenugreek (*Trigonella foenum-graecum*) is traditionally used to soothe the stomach.* Our Fenugreek is carefully tested and produced to superior quality standards.

Keep out of reach of children. Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either is broken or missing.

Contains no sugar, salt, yeast, corn, soy, dairy products, artificial colors, flavors or preservatives.

 **VEGETARIAN**

◆ LN14610.B05 BLK8015B



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



Fenugreek

Seed



180 Vegetarian Capsules / 610 mg per Cap

DIETARY SUPPLEMENT

Recommendation: Take 2 capsules two to three times daily.

Caution: Not for use during pregnancy or if you are attempting to become pregnant. If you are nursing, have diabetes or are taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 2 Capsules / Servings per Container 90

Amount Per Serving		% DV
Total Carbohydrate	<1 g	<1%†
Dietary Fiber	<1 g	2%†
Fenugreek (seed)	1.22 g	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: plant-derived capsule (hypromellose), silica

Contains wheat.



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Questions? 1-800-9NATURE / naturesway.com