

Supplement Facts

Serving Size: 1 Vcap®

Servings per Container: 60

	Amount per serving	% Daily Value
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Fenugreek (seed)	800 mg.	†
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* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

Other Ingredients: Plant Cellulose (Vcaps®)

Suggested Use: As an addition to the diet, take 1 or 2 capsules, three times daily with water at mealtime.

WARNING: Not to be used during pregnancy.

Double Safety Sealed: Do not accept if either tear band on cap or inner freshness seal is damaged or missing.

Nature's Wonderland® Guarantee: This product is guaranteed for purity, freshness and labeled potency.

Keep in a cool dry place with cap tightly closed.

This aromatic spice, **Fenugreek Seed**, has been used medicinally since 1500 B.C.E! It is a popular favorite to maximize healthy breathing, and to soothe digestive discomforts. Current studies reveal the high fiber seeds support healthy blood sugar and cholesterol levels.*

Common uses include:

- Supports lung, bronchial and respiratory function*
- Supports digestive health and soothes the gastrointestinal system*
- Anti-cellulite support*
- Provides menopausal support (promotes positive mood, eases hot flashes)*
- Promotes healthy milk production*

Vcaps® is a registered trademark of Capsugel.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

