



NATURE'S TRUTH®

VITAMINS

Postnatal

FENUGREEK

2,000 mg ** PER SERVING

Herbal Support for Nursing Mothers



GLUTEN FREE
NON GMO

HERBAL
SUPPLEMENT

100 QUICK RELEASE
CAPSULES



POPULAR WITH
NURSING WOMEN

Supplement Facts

Serving Size: 2 Quick Release Capsules
Servings Per Container: 50

Amount Per Serving	%Daily Value
Fenugreek (<i>Trigonella foenum-graecum</i>) (seed) (from 200 mg of 10:1 extract)	2,000 mg (2 g) *

*Daily Value not established.

OTHER INGREDIENTS: Rice Powder, Gelatin Capsule, Vegetable Magnesium Stearate, Silica.

**Equivalent from 200 mg of 10:1 extract per serving.

Fenugreek is an annual herb native to western Asia and southern Europe that has long been used in culinary applications and as an herbal tonic. The seeds of this plant contain a rich supply of naturally occurring phytonutrients and saponins.

DIRECTIONS: For adults, take two (2) quick release capsules daily, preferably with a meal.

WARNING: Not for use during pregnancy or if you are attempting to become pregnant. If you are nursing, taking any medications or have any medical condition, consult your doctor before use. If any adverse reactions occur, immediately stop using this product and consult your doctor. Not intended for use by persons under the age of 18. If seal under cap is damaged or missing, do not use. Keep out of reach of children. Store in a cool, dry place.

NO Gluten, Wheat, Yeast, Milk, Lactose, Soy, Artificial Color, Artificial Flavor, Artificial Sweetener, Preservatives.

NON-GMO

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