



Code: 9677 Size: 90 Capsules

Fenugreek

Trigonella foenum-graecum

Helps support healthy milk production* • 500 mg

- Provides 500 mg of fenugreek seed per capsule, allowing for flexible daily dosing
- Extensive traditional history as a medicinal botanical used as an aid for digestion and lactation, along with blood lipid and sugar control
- Single herbal support to clear mucus from the upper respiratory passages
- Rich in antioxidants, soluble and insoluble fiber, flavonoids, vitamins, and minerals
- No dairy, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs

PRODUCT SUMMARY

Fenugreek has a long history of traditional use, primarily to promote milk production, and as a mild laxative, an expectorant for respiratory mucus, and an anti-inflammatory. Grown in Asia, Africa, and Europe, this annual plant is used as both a food and a spice. It is one of the oldest known medicinal plants and has been used by Ayurvedic and traditional Chinese medicine practitioners since antiquity. As a lactation aid, it significantly increases milk production, reduces infant weight loss in the first week of life, and helps infants regain weight.^{1,2} Its high-soluble and insoluble fiber content provides a protective barrier in the digestive tract, helping to both provide relief from heartburn symptoms and improve digestive function. It is also rich in antioxidants, vitamins, minerals, and anti-inflammatory compounds, contributing to Fenugreek's long tradition of promoting good health.^{3,4} Additionally, fenugreek has been used traditionally to help reduce elevated blood lipid levels and for the promotion of healthy glucose levels.



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FENUGREEK (*TRIGONELLA FOENUM-GRAECUM*)
HELPS SUPPORT HEALTHY MILK PRODUCTION* · 500 MG

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Supplement Facts

Serving Size 2 Capsules
Servings Per Container 45

	Amount Per Serving	% Daily Value
Fenugreek (<i>Trigonella foenum-graecum</i>) (seed)	1000 mg	**

** Daily Value not established.

Other ingredients: Gelatin capsule (gelatin, purified water), croscarmellose sodium, magnesium stearate (vegetable grade).

Suggested Usage: 2 capsules 1–3 times per day or as directed by a health care professional.

Caution: Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

Contraindication: Theoretically, individuals who are allergic to plants of the *Fabaceae* family, including soybeans, peanuts, chickpeas, and green peas, might also be allergic to fenugreek.⁵ Fenugreek should not be used during pregnancy, in combination with anticoagulant medications, or by individuals with a history of bleeding disorders.⁶

Drug Interactions: Fenugreek might have additive effects when used with anticoagulant or antiplatelet drugs, although it is unclear if this is clinically significant. Fenugreek may reduce blood glucose levels and may be additive to anti-diabetes drugs. Monitor blood glucose levels closely. Fenugreek may reduce blood lipid levels and may be additive to lipid-lowering medication. Monitor lipid levels closely.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References

1. Khan T.M., Wu D.B., & Dolzhenko A.V. (2018). *Phytotherapy Research*, 32(3), 402-412.
2. Turkyilmaz C., Onal E., Hirfanoglu I.M., et al. (2011). *Journal of Alternative and Complementary Medicine*, 17(2), 139-142.
3. Yadav U.C., & Baquer N.Z. (2014). *Pharmaceutical Biology*, 52(2), 243-254.
4. Nagulapalli Venkata K.C., Swaroop A., Bagchi D., et al. (2017). *Molecular Nutrition & Food Research*, 61(6), 10.1002.
5. Patil S.P., Niphadkar P.V., & Bapat M.M. (1997). *Annals of Allergy, Asthma & Immunology*, 78(3), 297-300.
6. Shawahna R., Qiblawi S., & Ghanayem H. (2018). *Evidence Based Complementary and Alternative Medicine*, 2418673.



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