

# Supplement Facts

Serving Size 5 g (1 tea bag)

Servings Per Container 36

Amount Per Serving	% Daily Value	
Calories	18	
Carbohydrates	3 g	1%†
Fiber	2 g	8%†
Sugar	0.5 g	*
Protein	1 g	2%†
Fenugreek Seed whole	5 g	*
<i>Trigonella foenum graecum</i>		

\* Daily Value not established

† Percent Daily Values are based on a 2,000 calorie diet