

Fenugreek Extract

Fenugreek is a clover-like herb from the Fabaceae family, also known as *Trigonella foenum-graecum*. The leaves and seeds of fenugreek are commonly used in cooking to provide aroma and flavour. The plant is native to southern Europe and the Mediterranean region but is also grown in northern Africa and western Asia.

Viridian Fenugreek Extract is taken from the seed and standardised to the key active saponins. One capsule provides the equivalent of 4800mg of whole herb and provides 300mg of saponins. Fenugreek is rich in bioactive compounds called phytonutrients, which are naturally produced within the plant.

This spice is specially sourced from growers for its optimal potency and sustainable crop cultivation. The biodiverse process facilitates the replantation of harvested ingredients. Fenugreek can support a variety of areas including maintenance of normal blood glucose and the control of lipid metabolism. It is also known as a galactagogue, meaning it can support milk production and recovery after childbirth. Viridian Fenugreek Extract has a unique blend of high potency Fenugreek and Zinc, which contributes to the maintenance of normal testosterone levels in the blood.

Contains 100% active ingredients formulated by expert nutritionists with no artificial fillers and no nasties. Sourced according to Viridian's strict ethical criteria including no animal testing, GMO or palm oil.

Key Features:

- Standardised to 50% saponins
- A beneficial combination of fenugreek and zinc
- Provides a good source of phytonutrients
- Broad range of support for both men and women



Nutritional Information: one capsule provides:

Ingredient	Weight	% NRV
Fenugreek (<i>Trigonella foenum-graecum</i>) extract	600mg	
Standardised to 50% saponins		
Zinc (citrate)	5mg	50
Plant cellulose capsule		

Directions: As a food supplement take one to two capsules daily with food. Do not exceed stated dose unless recommended by your healthcare practitioner.

Ordering Information:

Code	Size	Description	Barcode
819	30	Fenugreek Extract Veg Caps	5060003598190

In stock and available to order. Call 01327 878050 or email info@viridian-nutrition.com