



## Fenugreek 85

### What Is It?

Fenugreek (*Trigonella foenum-graecum*) is a member of the legume family. It grows in parts of the world including India and the Mediterranean region and contains seeds rich in fiber. Studies suggest that fenugreek seeds help promote healthy glycemic control, lipid metabolism, and triglyceride levels.\*

### Features Include

**Clinically Studied:** FenuLife™ has been studied in two recent trials. In the first study conducted in Japan in July of 2002, FenuLife™ demonstrated the ability to support healthy glucose metabolism. The second study conducted at Glycaemic Index Testing, Inc., in Toronto, Canada, October 2002, demonstrated a positive effect of FenuLife™ on the glycemic response of healthy volunteers.\*

**Contains The Soluble Fiber Galactomannan:** Galactomannan is a specific type of soluble fiber that helps to maintain healthy glucose metabolism and promote satiety. The galactomannan found in FenuLife™ fenugreek has a unique molecular structure with a 1:1 ratio of galactose to mannose molecules.\*

**Deodorized, Tasteless And Concentrated:** FenuLife™ fenugreek is deodorized, tasteless and highly concentrated under a patented process (U.S. patent no. 5,997,877). FenuLife™ provides 85% total fiber and a minimum of 70% soluble fiber.\*

**Lower Dosage Requirements:** The soluble fiber content of FenuLife™ fenugreek is several times more concentrated than other fenugreek preparations. A typical amount of fenugreek used in studies includes 15 grams daily. FenuLife™ delivers the same benefits in just 3-5 grams per day.\*

### Uses For Fenugreek

**Supports Healthy Glucose Metabolism:** The fiber content of fenugreek extract plays a role in its ability to moderate

metabolism of glucose in the digestive tract. Specifically, galactomannan (a soluble fiber in fenugreek) becomes viscous and thickens the intestinal contents, helping to maintain healthy glucose absorption.\*

**Supports Healthy Lipid Metabolism And Triglycerides:** The fiber content of fenugreek extract also helps to moderate metabolism of lipids in the digestive tract. Fenugreek may also support healthy triglyceride levels.\*

**Supports Satiety And Weight Loss:** Due to the high fiber content of fenugreek, it may also be helpful for promoting satiety and for potential support of weight loss.\*

### What Is The Source?

Pure Encapsulations Fenugreek 85 contains FenuLife™, an odorless, tasteless and concentrated fenugreek extract that is a trademark of Acatrix, Inc. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation.

### Recommendations

Pure Encapsulations recommends 4-8 capsules per day (providing 3-6 grams concentrated fenugreek seed extract), in divided doses, with meals, with at least 8 oz water.

### Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. High doses of fenugreek seed have been shown in some individuals to cause gastrointestinal discomfort.

### Are There Any Potential Drug Interactions?

Fenugreek supplementation may be contraindicated for individuals taking Warfarin, Heparin, Glipizide or Ticlopidine.

*(continued)*

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

**Fenugreek 85**

**each vegetable capsule contains**



fenugreek extract (*Trigonella foenum-graecum* L.) (seed) ..... 750 mg.  
(standardized to contain 85% total dietary fiber)  
providing 70% soluble fiber (typical).....525 mg.  
vitamin C (as ascorbyl palmitate) .....15 mg.  
**4-8 capsules per day, in divided doses, with meals, with at least  
8 oz water.**