

Fen-Gre®

4300

Please Copy for Your Patients

Fen-Gre is a Special Combination Formula Containing a Wide Variety of Nutrients Derived From its Principal Ingredients of Fenugreek Seed Powder, Okra Powder, and Rice Bran

Fenugreek, *Trigonella foenum-graecum*, is a botanical that has been used by different ethnic groups since ancient times. The Greek physician Hippocrates considered fenugreek a valuable soothing herb. His countryman Dioscorides, an ancient Greek physician, pharmacologist, and botanist who wrote *De Materia Medica*, recommended fenugreek as well because of its botanical properties. Fenugreek contains a volatile (easily vaporized) oil, alkaloids, saponins, flavonoids, mucilage protein, vitamins A, B₁, and C, and a wide variety of minerals.†

How Fen-Gre Keeps You Healthy

Stimulates healthy function of the sinuses and the bronchial tubes

Fenugreek seeds act as a mucus 'solvent' having the ability to soften and dissolve hardened masses of accumulated mucus. The change in consistency helps the body expel mucus and phlegm from the bronchial tubes more easily.†

Fenugreek has been shown to promote regularity, to help maintain healthy blood sugar and cholesterol, and to have gastrointestinal soothing properties

Fenugreek seeds contain fiber, proteins, fats, carbohydrates, and steroidal saponins that produce many different effects—particularly in the inhibition of cholesterol absorption and synthesis in individuals with healthy cholesterol levels. The seeds are rich in dietary fiber, which may be the reason fenugreek can help maintain healthy blood-sugar levels and function as an intestinal stimulant.†



Introduced in:

1961

Content:

150 Capsules

Supplement Facts:

Serving Size: 3 capsules
Servings per Container: 50

| | | %DV |
|--------------------|-----|------|
| Calories | 6 | |
| Total Carbohydrate | 1 g | <1%* |

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Fen-Gre® 4300



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

Fen-Gre®

What Makes Fen-Gre Unique

Unique Product Attributes

This is a vegetarian product

Each capsule supplies 270 mg fenugreek seed powder and 70 mg okra powder

- All the benefits of whole foods in a convenient form

Unique Processing

Not disassociated into isolated components

- The nutrients in Fen-Gre are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products

- Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- Assures high-quality essential nutrients are delivered

Whole Food Philosophy

Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Each capsule supplies 270 mg fenugreek seed powder and 70 mg okra powder.

Proprietary Blend: Fenugreek (seed), okra, and rice (bran).

Other Ingredients: Gelatin, water, calcium stearate, and colors.

Suggested Use: Three capsules per meal with a full glass of water, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Sold to health care professionals.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Fen-Gre®.

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