

## TRIGONELLA HERBALS

- **Trigonella or Fenugreek** is an annual plant in the family Fabaceae, with leaves consisting of three small obovate oblong leaflets. It is cultivated worldwide as a semiarid crop.
- **Health Benefits:** Good for balance cholesterol, soothe upset stomach and digestive problems. Reduce menstrual cramps. Reduce appetite. Reduce fat mass. Maintain liver and kidney health. Soothe muscle pain and reduce fever.

### PACKING DETAILS

Pallet Capacity	<b>90 Box</b>
Pills in the box	<b>32 Pcs</b>
Packing Type	<b>Carton</b>
Available Packing	<b>25 Sachets</b>
Shelf-Life	<b>1 year</b>
Pack Language	<b>English &amp; Arabic</b>



### INGREDIENTS:

Trigonella Herbals

### NUTRITION FACTS:

Serving size 1 tea cup	
Calories	<b>30</b>
% Daily Value	
Total Fat 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0mg	<b>0%</b>
Potassium 240g	<b>7%</b>
Sodium 10mg	<b>0%</b>
Total Carbohydrates 4g	<b>1%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 0g	
Protein 4g	<b>8%</b>

### WAY OF USE:

Put a bag in a cup (150ml) then pour the pure boiled water and leave it from 3-5 minutes.

Can be drink either hot or warm

It is preferable to keep the bag within the glass even during drinking so as to get maximum concentration of active materials.

### STORAGE AND HANDLING

Store in cool and dry place.