

# Fen-Gre®

## Helps the Body Expel Mucous and Phlegm More Easily

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, B<sub>1</sub>, and C; and a 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

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

**Supplement Facts:**

Serving Size: 3 capsules  
Servings per Container: 50

	Amount per Serving	%DV
Calories	6	
Total Carbohydrate	1 g	<1%*

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

**Proprietary Blend:** 1,268 mg

Fenugreek (seed), okra (fruit), and rice (bran).

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

*Three capsules supply approximately:  
810 mg fenugreek seed powder and 210 mg okra powder.*

*Caution: If pregnant or lactating, consult your health care professional before using this product.*

**Sold through health care professionals.**

*Please copy for your patients.*

# Fen-Gre®

## What Makes Fen-Gre Unique

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### Product Attributes

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

- › All the benefits of whole foods in a convenient form

### Manufacturing and Quality-Control Processes

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 continually 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

Our founder, Dr. Royal 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 isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

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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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