

Fenugreek

Fenugreek's (*Trigonella foenum-graecum*) aroma and flavor have given rise to its popularity as a culinary spice. The seeds of the fenugreek plant – whose beneficial properties were first described by the ancient Egyptians in 1,500 B.C. – have long been esteemed for their traditional use to help support digestion.*

Alvita Fenugreek Tea is made with premium-quality, organic fenugreek seeds, and has a mildly bitter flavor with a hint of maple.

Supplement Facts

Serving Size: 1 tea bag

Amount Per Serving	% DV
Organic Fenugreek (seeds) 2g †	
† Daily Value not established.	

WARNING: Do not use if you are pregnant or nursing. If you are taking any medication, or have any medical condition, consult a health care professional before use. **KEEP OUT OF REACH OF CHILDREN.**

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

Distributed by:
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Certified Organic by QAI. Certified Gluten-Free by NSF.

ORGANIC

ALVITA[®]

Since 1922

Fenugreek

Herbal Supplement

Traditionally used to
help support digestion*



24 Tea
Bags
NET WT 1.69 OZ (48g)

Preparation

Place one tea bag in a cup and add 8 oz of boiling water. Cover and steep for 12 minutes. Gently squeeze tea bag and remove.

Directions for use:

We recommend 3 cups daily.

- ☞ Add sweetener if desired
- ☞ Naturally caffeine free

HOW TO BREW

Pour	Temp.	Steep
8oz	212°F	12 min
1	2	3

The Alvita Story...

In 1922, a new era for tea consumption began in America. The herb alfalfa, long known for its beneficial nutrients, was packaged in tea bags and sold to an emerging health food market. This product became known as Alvita and set the standard for future herbal teas. Today, Alvita represents more than forty single-ingredient teas, each one uniquely distinct, just like the individuals who drink them.

Alvita chooses only the highest quality organic, wild-crafted, or cultivated botanicals, perfectly prepared to provide you with the best Mother Nature has to offer. Historical and scientific literature is painstakingly studied to ensure that the correct traditional plant and most appropriate servings are used, delivering premium flavor and quality.

Herbs are gifts from the earth. Alvita takes its stewardship seriously by offering carefully harvested teas in earth-friendly packaging. Our beautifully illustrated boxes are made using recycled paperboard and our English, pillow style tea bags are oxygen bleached, not chlorine treated. You won't find a better product, with a cleaner package... anywhere.

*Alvita... brewed with confidence,
steeped in tradition.*

