

SUGGESTED INTAKE of FENUBER®

Stabilized Debittered Fat-free Plain FENUGREEK POWDER

Dose for Desired Results	Serving Size (1 Serving)	Frequency Per Day	Fiber (g) Per Serving	Protein (g) Per Serving	Time of Day	Effects Noticed
Supress Appetite	2 tsp (10 g) [20 capsules of 500 mg each]	2-3 Times	5g	3g	20 -30 min before meal	30 Minutes
Calorie replacement	2 tsp (10 g)	2-3 Times	5g	3g	With meal	Immediate
Regularity	1 tsp (5 g) [10 capsules of 500 mg each]	1 Time	2.5g	1.5g	Anytime	1 Day
Cholesterol Management	2 tsp (10 g) [20 capsules of 500 mg each]	2-4 Times	5g	5	Anytime	4-8 Weeks
Diabetes Management	2 tsp (10 g) [20 capsules of 500 mg each]	2-4 Times	5g	3g	Anytime	4-8 Weeks

Individuals having allergy to FENUGREEK products must avoid this product. The above are for information only.8KBC Inc USA1999. All Rights Reserved. Specific requirements must be decided by individuals in consultation with a competent certified professional. Recommended intake of dietary fiber : EACH serving must be taken with minimum 240 ml of non-alcoholic beverage. RDA: 20 to 30 g / 2000 Cal / day/ adult as per National Cancer Institutes, USA. 40 g per day per adult, as per W. H. O., Geneva.