

FENUGREEK

60 capsules : Used in Herbal Medicine as a galactagogue / lactagogue to help promote milk secretion.

90 capsules : Used in Herbal Medicine as a galactagogue to help promote milk secretion and as supportive therapy for the promotion of healthy glucose levels.

60 capsules 3 000 mg

VEGETARIAN | PESTICIDE FREE | GMO FREE NPN 80073488

90 capsules 500 mg

VEGETARIAN | PESTICIDE FREE | SANS OGM NPN 80001398

Galactagogue

These are substances that promote the secretion of milk in nursing mothers. A 2008 literature review examined all publications concerning the insufficiency of milk between 1996 and 2007, and concerned with the feedings of healthy infants born at term in a dozen countries, including Canada. A large percentage of breastfeeding mothers (35% to 44% according to most studies) reports the perception of insufficient milk as the main difficulty and the leading cause of premature weaning.¹

Health professionals

Fenugreek effect on lactation is not clearly explained. Lactation being stimulated by oxytocin, the plant may have a similar² effect. However, other modes of action are envisaged. Fenugreek may well simply stimulate milk production by providing a rich source of fatty essential acids.³ This assumption, however, explain a qualitative improvement more than quantitative. Another explanation is that fenugreek directly increases the amount of breast tissue and thus stimulates lactation. A component of the plant, diosgenin, is in effect considered as a stimulant of the growth of mammary tissue.^{4,5}



MEDICINAL INGREDIENTS

60 capsules
Fenugreek
(*Trigonella foenum-graecum*, (Seed))
..... 150 mg (20:1, QCE 3000 mg)

90 capsules
Fenugreek seed
(*Trigonella foenum-graecum*) 500 mg

NON-MEDICINAL INGREDIENTS

Cellulose and hypromellose

RECOMMENDED DOSE

60 capsules
Adult: 1 capsule 1 to 2 times a day, totaling 3000 mg a day. The recommended dosage is within the limits set by Health Canada (2-30g of seeds per day).⁹

90 capsules
Adult: 2 capsule 3 times daily with a glass of water.

PRECAUTIONS AND WARNINGS

- Consult a health care practitioner prior to use if you are pregnant.
- Consult a health care practitioner prior to use if you have diabetes.
- Consult a health care practitioner if symptoms persist or worsen.

CLASSIFICATION USDA¹

Règne : *Plantae*
Division : *Magnoliophyta*
Classe : *Magnoliopsida*
Ordre : *Fabales*
Famille : *Fabaceae*
Genre : *Trigonella L.*
Espèce : *Trigonella foenum-graecum L.*

One of fenugreek amino acids, 4-hydroxy-isoleucine, could help to regulate blood glucose levels. In several animal studies, this substance stimulated insulin production and improved the sensitivity of the organism to this hormone.^{6,7} By stimulating the endocrine secretion of the pancreas, the insulin tropic property allowed fenugreek to benefit from a renewed interest in the treatment of diabetes, due to the strengthening of the hypoglycaemic effect of galactomannans.⁸

Our Fenugreek in 60 capsules, also comes in 1500 mg vegetarian capsules of *Trigonella Foenum-Graecum* powder.

The recommended dose for the 60 capsules is 1 capsule, 1 to 2 times daily, for a total of 3000 to 6000 mg per day.

Because the product features a ratio of 20:1 of the active ingredient, you need to multiply 150 mg X 20 which provides you with a total dose of 3000 mg.

Fenugreek in the form of 90 vegetarian capsules containing 500 mg of fenugreek seed powder. Splitting of the dosage of 500 mg capsules nevertheless allows convenient use and simple adjustment of the dosage depending on each person.



LEO DESILETS

Léo Désilets Master Herbalist

is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

RÉFÉRENCES

¹ Gatti L. **Maternal perceptions of insufficient milk supply in breastfeeding.** *Journal of Nursing Scholarship.* 40:355-63. 2008

² Bingel AS, Farnsworth NR. **Higher Plants as Potential Sources of Galactagogues.** *Econ Med Plant Res* 1-54. 1991

³ Mowrey DB. **The Scientific Validation of Herbal Medicine.** New Canaan, CT: Keats. 1986

⁴ Duke JA. **The Green Pharmacy.** Emmaus, PA: Rodale. 1997

⁵ Duke JA. **Dr Duke's Phytochemical and Ethnobotanical Databases.**

<http://www.ars-grin.gov/duke/> (consulté le 18.08.2014)

⁶ Jetté L, Harvey L, et al. **4-hydroxyisoleucine : a Plant-Derived Treatment for Metabolic Syndrome.** *Curr Opin Investig Drugs.* 10(4):353-8. 2009

⁷ Narender T, Puri A, et al. **4-hydroxyisoleucine an Unusual Amino Acid as Antidyslipidemic and Antihyperglycemic Agent.** *Bioorg Med Chem Lett.* 16(2):293-6. 2006

⁸ Bidri M, Choay P. **Le Fenugrec : une Légumineuse aux Multiples Usages.** *Phytotherapie Europ.* 74:15-21. 2013

⁹ **Monographie Fenugrec - Oral.** Santé Canada

<http://webprod.hc-sc.gc.ca/nhp/nd-bdipsn/monoReq.do?id=84&lang=fra> (consulté le 18.08.2014)

