

## Whole fenugreek 100 g

EAN: 8435110840154 FABRICANTE: NATURLIDER



*Fenugreek is a herbaceous plant that is used as an infusion to lower blood sugar levels, for constipation, to stimulate appetite in case of loss of appetite.*

### DESCRIPTION

#### What is Fenugreek and what is it used for?

Fenugreek or scientifically called *Trigonella foenum-graecum* is a herbaceous plant, with trifoliate leaves and a petiole. The flowers are white-yellow papilionaceous. The fruit contains between ten and twenty yellow-brown seeds, divided by a groove.

#### What part of fenugreek is used?

The seeds are used.

#### What are the active ingredients of Fenugreek?

The active ingredients are:

- Simple sugars and oligosaccharides (45-60%).
- heterogeneous polysaccharides. Mucilages (25-45%) such as manogalactans in the endosperm of the seeds.
- Unsaturated lipids (8-10%) in the embryo: triglycerides mainly of linoleic, linolenic, oleic and palmitic fatty acids.
- Proteins (27-30%), very rich in tryptophan, with a very low lysine/arginine ratio, even lower than that of soy.
- Organic phosphorus: lecithin (1.2-2.5%) and calcium and magnesium inositol hexaphosphate.
- Steroidal saponins (1.2-1.5%): diosgenin, yamogenin, tigogenin, neotigogenin, gitogenin, smilagenin, yucagenin and their heterosides trigophoenosides A-G.
- Pyridine alkaloids: trigonelline (0.2-0.36%), gentianin, carpaine.
- Flavonoids: luteolin, orientin, isoorientin, quercitrin, saponaretin, vitexin and isovitexin.
- Essential oil (0.015%) that gives it the characteristic smell of spice, in which anethole dominates.(sesquiterpenes, hydrocarbons).
- Phytosterols: cholesterol and sitosterol.
- Mineral salts: calcium, iron and manganese.
- Vitamins: A, B1, C and P.



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- Fibers: cellulose, hemicellulose, lignin, gums and pectins.
- Enzymes: diastases and mannases.
- Others: choline, nicotinic acid, coumarins

### What are the pharmacological functions of Fenugreek?

Alhova infusions have many properties:

- They stimulate the appetite.
- They are antianemic.
- They are hypoglycemic, that is, they lower blood sugar levels.
- They lower high cholesterol levels.
- They are diuretic.
- laxatives
- Antimicrobial.

### What are the indications for a Alhova infusion?

- As a restorative in anorexia, weight loss, asthenia and convalescence.
- Anemias.
- Type II diabetes mellitus.
- Gastritis, gastroduodenal ulcer.
- Rickets and osteomalacia.
- Hepatitis.
- Constipation.
- Upper airway catarrh.
- Acne.
- Hypercholesterolemia, that is, to lower cholesterol levels.

### Does a fenugreek infusion have contraindications?

Fenugreek infusions are contraindicated in pregnancy and during lactation.

It is also contraindicated in cases of bronchitis, emphysema and asthma since it inhibits mucociliary transport.

Fenugreek infusions should not be taken in case of suffering from esophageal obstruction, intestinal



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obstruction since if the adequate amount of water is not ingested, these conditions can be aggravated.

Adequate fluid intake is recommended to avoid the appearance of gastrointestinal obstructions, since Fenugreek contains mucilage.

During the days that Fenugreek infusion is taken, it is recommended to control the level of sugar in the blood to avoid hypoglycemia.

### **Does Fenugreek interact with any medications?**

Fenugreek infusions can interact with insulin and oral antidiabetics, producing hypoglycemia.

The presence of mucilage can delay or reduce the absorption of other active ingredients, therefore, it is important to distance yourself from taking fenugreek infusions and other active ingredients.

