

# BlackCohosh

Female tonic



- Relieves symptoms associated with menopause
- Helps to relieve PMS
- Helps relax skeletal muscle and ease nervous tension

**ISO 17025**  
Accredited Laboratory



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# BlackCohosh



Black cohosh, used in various products (such as remifemin or black cohosh powder), is one of the best-selling herbs for menopausal symptoms. Some women see it as natural and prefer it to hormone replacement therapy. Black cohosh contains various glycosides such as actaeine, cimicifungin, racemosin, estrogenic substances, oleic and palmitic acid, phosphorus, tannins, triterpenes, vitamin A and vitamin B<sub>5</sub>.

It is considered to have a good antispasmodic property and it has a long historical use in treating female disorders. The part used is the root.

Most North American women will spend the last third of their lives post-menopause. During this time, chronically low levels of steroidal estrogens may lead to a number of short- and long-term medical sequels such as hot flashes, vaginal dryness, heart disease, and osteoporosis. While some physicians believe that demonstrated beneficial effects of estrogen, particularly on the cardiovascular and skeletal systems, warrant the taking of hormone therapy from menopause on, many women choose not to take estrogen replacement therapy (ERT) because of the alarming cancer rates from this therapy. They are increasingly exploring alternative approaches to ERT such as black cohosh.

It works on ovarian neuralgia, soothing and relieving pain and menstrual cramps. It is very helpful on the menopause process by stimulating circulation and sedating the nervous system. It is helpful for poisonous bites. It is useful for rheumatic and arthritic complaints. It improves blood circulation.

#### Each vegetable capsule contains:

Black cohosh ( <i>Actaea racemosa</i> ) root extract, 2.5% triterpene glycosides	40 mg
Black cohosh ( <i>Actaea racemosa</i> ) root	160 mg

**Other ingredients:** Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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#### Suggested use:

**Adults:** Take 1–3 capsules daily or as directed by your health-care practitioner.

Manufactured under strict GMP (Good Manufacturing Practices).

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