How to Print

Trust The Leaf™

Black Cohosh

Latin Name
Cimicifuga racemosa, Actea racemosa



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Description
Nature's Way Black Cohosh is harvested from the wild in the Appalachian mountains.

Usage
Black Cohosh is the most popular herbal supplement in Europe for women experiencing change-of-life(perimenopause) symptoms. Black Cohosh provides isoflavones and other constituents that help support a woman's health during this phase of her life*

Recommended Daily Dosage
Take one capsule three times daily, preferably with food.

The following list is for serving size of 1 capsule

Primary Ingredients	***Amount***	***USRDA***
Black Cohosh Root	515 mg	0%

Other Ingredients
Gelatin, Magnesium Stearate, Millet

Sizes & Suggested Retail Price
100 capsules - $8.49

Where to BUY?

Synergistic Products
Change-O-Life Formula
Evening Primrose Oil 500 mg
Fem-Mend Formula
Femaprin
PMS Formula
Soy Isoflavone, Extract

Additional Information

This rugged black root is a gift from Native American Cultures, it is an Indian word which means rugged black root.

Usage Warnings

Not recommended for use by pregnant or lactating women.

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.