Black Cohosh Root

This herb helps normalize the menstrual cycle and promote a healthy menopause.

Who would benefit from taking this supplement? Women experiencing the following problems may find this herb helpful: PMS, menstrual cramps, uncomfortable menopausal symptoms.

Black Cohosh is considered by herbalists to be a distinctive woman's remedy. It stimulates delayed menses as an emmenogogue while relaxing the muscles around the uterine area to help decrease menstrual cramps. It can help PMS symptoms and help to regulate a woman back into a more normal cycle. It can also help amenorrhea and dysmenorrhea. It is commonly combined with Chaste Tree Berry and Dong Quai Root.

It is also a famous remedy in menopause. German studies show that Black Cohosh will diminish the negative side effects of menopause by improving symptoms such as hot flashes, perspiration, heart palpitations, nervousness and irritability, sleep problems and depression. Research suggests estrogenic activity in the alcoholic extract, inhibiting LH but not follicle stimulating hormone. Some research refutes estrogen activity and suggests neurotransmitter interference. It either fools the pituitary from looking for leutinizing hormone or actually inhibits LH. This results in a decrease in the above-mentioned symptoms and exerts a most positive effect on menopause.

Each 30 drops of Phyto-Tech™ Black Cohosh contains 333 mg certified organic Black Cohosh Root.

Cautions: Pregnancy, Nursing. No known drug interactions. Since Black Cohosh is not actually estrogenic, it is NOT contraindicated in estrogen sensitive cancer.

Dosage: 15-30 drops 2-3 times per day or as needed in juice or water. Increase serving to 30-60 drops for acute cramping and lack of period during menses.

Complimentary Formulas: Phyto-Tech™ Chaste Tree Berries (to increase progesterone)
Phyto-Tech™ Menopause Complex (menopause formulas with black cohosh)
Phyto-Tech™ Menses Complex (PMS and cycle regulating formula with black cohosh)

1 fl oz - Product Code: 56969
List: $10.90 ~ Discount: $8.72

Suggested Use:
5-20 drops in water or juice,
2-3 times daily, or as needed.

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WARNINGS:
Do not take during pregnancy. Keep out of the reach of children.

Shake well before using.

Manufactured in a FDA registered, GMP compliant, NSF Certified facility

Plant # K-0001604

Manufactured For:
Willner Chemists
New York, NY 10017
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PARVE

WILLNER CHEMISTS Prescription Pharmacy Since 1911
Phyto-Tech™ Herbal Supplements

Professional Strength
Blue Cohosh 1:3

HERBAL SUPPLEMENT
1 fl oz (30 ml)

Supplement Facts
Serving Size 30 Drops (1 ml)
Servings Per Container 30

Amount Per Serving	% DV
Ethically Wild Harvested Blue Cohosh Root (Caulophyllum thalictroides)	333 mg*

* Daily Value (DV) Not Established

OTHER INGREDIENTS: Grain Alcohol (55-65% by volume), Deionized Water

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease. Specific medical conditions are mentioned only for information purposes--consult a physician.