Blue Cohosh 1:3

Blue Cohosh is similar to Black Cohosh in use. It is used for premenstrual conditions where a heavy bearing down sensation is felt. It is indicated for a feeling of fullness in the abdomen and legs, cramping onset of ones menses, irregular menses or lack of menses. It is anti-spasmodic and helps to relieve cramps. It has symptomatically helped some where endometriosis causes much discomfort and pain.

Blue Cohosh is a traditional herbal remedy, used by midwives, Native Americans and eclectic physicians of the early 20th century, for use only in the last 3 weeks of pregnancy to help ease a woman in to labor. Midwives still use it today, but only after a woman is term or after week 37. It may help to ease spastic cramping. Caution: Do not use Blue Cohosh during pregnancy unless under the supervision and direction of your physician.

Dosage: General: 5-20 drops, 2-3 times per day or as needed in juice or water.
Acute cramps: 10 drops every 10-20 minutes until pain subsides.
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: 57066
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
1-800-633-1106

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.