

Swanson®
**SUPERIOR
HERBS**

Black Cohosh

Standardized
Herbal Supplement



120 capsules • 20 mg

• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one capsule with water in the morning and one capsule with water in the evening.

WARNING: Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking any prescription medication or if you have a medical condition. Discontinue use if you experience gastrointestinal discomfort.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
Black Cohosh Complex	550 mg*
Black Cohosh Root Powder	530 mg*
(Cimicifuga racemosa)	
Black Cohosh Root Extract	20 mg*
(Cimicifuga racemosa) (standardized to	
minimum 5% triterpene glycosides calculated	
as 27-deoxyactein)	

*Daily Value not established.

Other ingredients: Gelatin, rice flour, magnesium stearate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148

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