

SUGGESTED USE

Adults take 1 capsule 2 times daily between meals.

Not for use during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before use. **Store away from children.** Use only as directed on label. Safety-sealed for your protection. Keep bottle capped at all times and store in a cool, dry place. Natural separation may occur. This does not affect product quality.

**VEGAN
GLUTEN-FREE
SOY-FREE**

Certified



Corporation



7 51063 40190 6

gaia
HERBS

WOMEN**Black Cohosh**

Single herb extract

60 VEGAN LIQUID PHYTO-CAPS®
HERBAL SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% Daily Value
Total Carbohydrate	<1g	<1%*
Organic Black Cohosh (<i>Actaea racemosa</i>) root extract	400 mg	†
Triterpene Glycosides	2 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Vegetable glycerin, sunflower lecithin, water and vegan capsule (hypromellose).
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

gaiaherbs.com
@gaiaherbs



This carton is made from 100% recycled paperboard, and is one example of how Gaia Herbs makes conscious choices to keep our planet healthy. To learn more about our sustainability efforts, please visit gaiaherbs.com/sustainability.

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Gaia Farm, Brevard, NC



Connecting Plants & People Since 1987

PURITY - Keep it Clean

All products are screened for pesticides, microbes & heavy metals.

INTEGRITY - Keep it Real

See the proof at meetyourherbs.com, the world's first herb traceability platform.

POTENCY - Keep it Strong

Concentrated plant extracts are delivered in our patented Phyto-Caps® technology.

Discover our Guiding Truths at:



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gaia
HERBS

NEW LOOK
SAME FORMULA

**WOMEN****Black Cohosh**

Traditionally for maintaining
balance during menopause*

Helps support women's
health, especially during
transitional states*

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* 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.

meetyourherbs.com

Gaia Herbs delivers unprecedented traceability by screening every product and sharing the results online. See for yourself, and learn more about your herbs, by entering the unique ID # below at meetyourherbs.com.

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