

HIGHER NATURE®

BLACK COHOSH MENOPAUSE RELIEF

30
film-coated
tablets

A traditional herbal medicinal product used for the relief of symptoms of the menopause, such as hot flushes, night sweats and temporary changes in mood, based on traditional use only.

**BLACK COHOSH ROOT
EXTRACT 6.5MG**

Traditionally
used for:

- ✓ Hot flushes
- ✓ Night sweats
- ✓ Mood swings
- ✓ Restlessness
- ✓ Nervous irritability

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HEBM030

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DOSAGE:

For oral use. For women experiencing menopausal symptoms, take one tablet daily. Tablets should be taken at the same time of day if possible (morning or evening). Swallow the tablet whole with some water or other liquid. Do not chew the tablets.

WARNING: DO NOT EXCEED THE STATED DOSE.

Do not use if you:

- are under 18 years
- are pregnant or breastfeeding
- are allergic to any of the ingredients
- have ever had an oestrogen dependent tumour
- have had liver or kidney problems

KEEP OUT OF SIGHT AND REACH OF CHILDREN

Please read the enclosed Patient Information Leaflet carefully before taking these tablets.

Black Cohosh may rarely cause liver problems. If you become unwell (yellowing eyes/skin, nausea, vomiting, dark urine, abdominal pain, unusual tiredness) stop taking immediately and seek medical advice.

As there is evidence that Black Cohosh may have hormone-like actions, it should only be used by women of child bearing potential if contraception is used.

STORAGE:

Do not store above 30°C.

Store in the original packaging. Expiry date: see base.

ACTIVE INGREDIENTS:

Each film-coated tablet contains:
6.5mg of extract (as dry extract) from Black Cohosh rhizome and root (*Cimicifuga racemosa* (L.) Nutt.) (4.5-8.5:1) (equivalent to 29.25-55.25mg of Black Cohosh).
Extraction solvent: ethanol 60% v/v.
This product contains lactose monohydrate.

Manufactured in Germany for
Higher Nature, Burwash Common,
East Sussex TN19 7LX
by the THR holder:
Schwabe Pharma (UK) Ltd
Marlow, Bucks SL7 1PD

THR 23056/0003



certification mark