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To assure optimal extraction of Blue Cohosh's bioactive compounds, the rhizome & roots are hand-harvested only in late autumn or winter, are carefully shade-dried, and are then thoroughly extracted.

We prepare our Blue Cohosh Extract from the rhizome & roots of *Caulophyllum thalictroides* plants which are Certified Organically Grown especially for us in their native Appalachian Mountains habitat.

LIQUID HERBAL EXTRACT

BLUE COHOSH

Caulophyllum thalictroides
Rhizome & Roots



HERBAL SUPPLEMENT

1 fluid ounce (29.6 ml)

Blue Cohosh Liquid Extract
Ingredients: certified organic grain alcohol (63-73%),
distilled water & Blue Cohosh extractives.

Dry herb / menstruum ratio: 1 : 5

SUGGESTED USE

SHAKE WELL BEFORE USING

Two to four times per day
take 30 to 40 drops in a little water.

**Caution: Seek expert medical advice
before taking during pregnancy.**

Keep Out of the Reach of Children

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