

SUGGESTED USE

Adults take 30-40 drops of extract in a small amount of water 3 times daily between meals.

Shake well before use. 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 at neck of bottle.

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Purity and potency levels are ensured.



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HERBS



WOMEN

Black Cohosh Root

Traditionally for healthy menopause*

4 FL OZ (118mL) HERBAL SUPPLEMENT

Supplement Facts

Serving Size 40 Drops (1.33 mL)

Servings Per Container About 89

Amount Per Serving

Organic Black Cohosh (<i>Actaea racemosa</i>) root extract	1.33 mL†
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† Daily Value not established.

Other ingredients: Alcohol USP (65-75%) and water.

Gaia Herbs, Inc., 101 Gaia Herbs Drive,
Brevard, NC 28712

1:2 Herb Strength Ratio

500 mg/mL Herb Equivalency

* THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.