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SUGGESTED USE

SHAKE WELL BEFORE USING

Take up to 40 drops in 2 oz. of water or juice, two to four times per day. Best taken between meals.

Caution: Seek expert medical advice before taking during pregnancy. **Keep Out of the Reach of Children**
Store away from heat & light

BLUE COHOSH

OPTIMAL WELL-BEING



HERBAL SUPPLEMENT

1 fluid ounce (29.6 ml)

Blue Cohosh Liquid Extract

Ingredients: certified organic alcohol (63-73%), distilled water & Certified Organic Blue Cohosh extractives. **GLUTEN-FREE**

Dry herb / menstruum ratio: 1 : 5

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.

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

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CERTIFIED ORGANIC BY ORGANIC CERTIFIERS