

Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®

 **Black Cohosh** (*Cimicifuga racemosa*) is a traditional herb for women with mild estrogen-like activity. It is especially helpful during menstruation and menopause.

Questions? Call 1-800-9NATURE or visit naturesway.com. Our Black Cohosh is carefully tested and produced to certified quality standards.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.



Recommendation: Take 1 capsule three times daily with food or water.

Caution: Do not use if you are pregnant, nursing or have a history of liver disorder. If taking prescription drugs, consult your healthcare practitioner prior to use.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

Amount Per Serving	% Daily Value
Black Cohosh (root) 540 mg	**

** Daily Value not established.

Other ingredients: Gelatin (capsule), Millet, Magnesium stearate

Did you know? Cohosh is a Native American word meaning "rough", which is descriptive of the herb's rugged black root.

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Springville, Utah 84663 USA

