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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

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BLUE COHOSH

OPTIMAL WELL-BEING



HERBAL SUPPLEMENT

4 fluid ounces (118.4 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