

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](http://naturesway.com). Our Black Cohosh is carefully tested and produced to certified quality standards.

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

LN15179-100  
(BLK8331)



PREMIUM

Nature's  
Way

HERBAL

# Black Cohosh

Root



100 Vcaps® / Certified 540 mg

DIETARY SUPPLEMENT

**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 professional 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: Plant-derived capsule, 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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