

As one of the leading herbs for women's health, Black Cohosh is famous for its ability to promote menopausal health.* Studies document Black Cohosh's ability to help support the physical changes that occur in a woman's body over time.*

Nature's Bounty's Guarantee: We use only the finest quality herbs and spices. Each is finely milled for quick release.

Nature's Bounty's preservative-free gelatin capsules contain pure milled herb powder.

Nature's Bounty's Natural Whole Herb products utilize ground plant parts to provide the natural components in the amounts found in nature.

 **Nutrition Questions or Comments?**
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Prod. No. 3511 B3510 080

NATURE'S  BOUNTY®

NATURAL WHOLE HERB

Black Cohosh

540mg

**Helps Alleviate
Hot Flashes,
Night Sweats and
Mild Mood Changes***



100 capsules

HERBAL SUPPLEMENT

DIRECTIONS: For adults, take one (1) capsule daily, preferably with a meal. Capsules may be opened and prepared as a tea.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Black Cohosh (<i>Cimicifuga racemosa</i>) (root)	540 mg **

**Daily Value not established.

Other Ingredients: Gelatin, Silica, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Carefully Manufactured by
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
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