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**Keep Out of the Reach of Children**  
Store away from heat & light

**Caution:** Seek expert medical advice

per day. Best taken between meals.  
2 oz. of water or juice, two to four times

SHAKE WELL BEFORE USING

**SUGGESTED USE**

009

# BLUE COHOSH

OPTIMAL WELL-BEING



HERBAL SUPPLEMENT

4 fluid ounces (120 ml)

## Blue Cohosh Liquid Extract

### Supplement Facts

Serving Size: 0.7 ml	Servings: about 168
Amount Per Serving	% DV
Blue Cohosh rhizome with rootlet ( <i>Caulophyllum thalictroides</i> ) Ⓢ extract 624 mg Ⓢ	†
† Daily Value (DV) not established	

Other Ingredients: certified organic cane alcohol (66-76%) & distilled water. **GLUTEN-FREE**

- Ⓢ Certified Organic
- Ⓢ Equivalent to approximately 140 mg of herb.

Dry herb / menstruum ratio: 1 : 5

We prepare our Blue Cohosh Extract from the rhizome with rootlet of *Caulophyllum thalictroides* plants which are **Certified Organically Grown** on our own farm or especially for us in their natural Appalachian Mountains habitat.

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