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### SUGGESTED USE

SHAKE WELL BEFORE USING

Add one full squeeze of the dropper bulb to 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**

# BLUE COHOSH

## OPTIMAL WELL-BEING



HERB PHARM®

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

(*Caulophyllum thalictroides*) 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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