

**DIRECTIONS: FOR ADULTS, TAKE ONE (1) CAPSULE DAILY, PREFERABLY WITH A MEAL.** Capsules may be opened and prepared as a tea. As a reminder, discuss the supplements and medications you take with your health care providers.

## 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.

**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.

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

Manufactured by REXALL SUNDOWN, INC.  
Boca Raton, FL 33487 USA

Sundown  
Naturals®

# Black Cohosh

540 MG

Natural  
Whole Herb ◇

Promotes Menopausal Health\*

100 CAPSULES HERBAL SUPPLEMENT

### Smart Facts

Black Cohosh is one of the leading herbs for women's health, especially during a woman's midlife years.\* Black Cohosh helps promote positive health by helping to relieve the occasional sleeplessness, mood changes and hot flashes associated with menopause.\*

\*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.

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.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.



Questions? Call toll free 1-888-VITAHELP (848-2435) or visit us at [www.sundownnaturals.com](http://www.sundownnaturals.com)



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