

**Black Cohosh** is traditionally used for symptoms of menopause. Standardized black cohosh may help with hot flashes associated with menopause and is a common supplement in natural hormone replacement therapy. Scientists have been studying black cohosh's ability to mimic the effects of the hormone estrogen on the body. Women who are pregnant should not consume black cohosh, except under the advice of a physician. We've reformulated this product using more of the extract than whole herb powder, allowing a smaller capsule size.†

The Ultimate Extract® process makes our Black Cohosh easier to digest and more available than plain herb powder, creating a premium Black Cohosh supplement.

**WE GUARANTEE OUR SUPPLEMENTS  
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

†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.

Ultimate Extract®  
**BLACK  
COHOSH**  
Menopause Support Supplement†  
Dietary Supplement  
100 VEGETARIAN CAPSULES



## Supplement Facts

Serving Size 1 Capsule

Servings Per Container 100

Amount Per Serving

% Daily Value

Black Cohosh Root

4:1 Extract (*Cimicifuga racemosa*)

(equivalent to 600 mg Black Cohosh Root) .... 150 mg \*

Black Cohosh Root Extract

(*Cimicifuga racemosa*) [guaranteed to contain 8%

total triterpene glycosides ..... 15 mg \*

\* Daily Value not established.

Other Ingredients: Cellulose, capsule (vegetable source), silica, magnesium stearate (vegetable source).

**SUGGESTED USE:** Take one capsule with food or a glass of water.

**CONTAINS NO** artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

**KEEP OUT OF REACH OF CHILDREN.**

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