

Health & longevity through the
healing power of nature—that's what
it means to Trust the Leaf.



Black Cohosh

(*Cimicifuga racemosa*)

is a traditional herb
for women with mild estrogen-like
activity. It is especially helpful during
menstruation and menopause.

Questions? Call 1-800-9NATURE
or visit naturesway.com. Our Black
Cohosh is carefully tested and
produced to certified quality standards.

SATISFACTION GUARANTEED. Freshness &
safety sealed with printed outer shrinkwrap
and printed inner seal. Do not use if either
seal is broken or missing. Keep out of
reach of children.

100 Capsules
LMT000001



PREMIUM

Nature's
Way

HERBAL

Black Cohosh

Root



100 Capsules / **Certified 540 mg**

DIETARY SUPPLEMENT

Recommendation: Take 1 capsule three
times daily with food or water.

Caution: Do not use if you are pregnant,
nursing or have a history of liver disorder.
If taking prescription drugs, consult your
healthcare practitioner prior to use.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

Amount Per Serving	% Daily Value
Black Cohosh (root)	540 mg **

**Daily Value not established.

Other ingredients: Gelatin (capsule), Magnesium
stearate

Did you know? Cohosh is a Native American
word meaning "rough," which is descriptive
of the herb's rugged black root.

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