

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 root is 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.



PREMIUM

Nature's
Way

HERBAL

Black Cohosh

Root



180 Capsules / Certified 540 mg

DIETARY SUPPLEMENT

Recommendation: Take 1 capsule three times daily, preferably with food.

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 180

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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Green Bay, WI 54311 USA

