

PLANETARY™

HERBALS

WILD YAM-  
BLACK COHOSH  
COMPLEX™

MENOPAUSE SUPPORT\*

740 MG • 60 TABLETS

HERBAL SUPPLEMENT

Formulated by  
Michael Tierra L.Ac, O.M.D

*Michael Tierra*

**Supplement Facts**

Serving Size 2 Tablets

Servings Per Container 30

	Amount Per Serving	%DV
Calcium	38 mg	4%
Iodine (as potassium iodide)	170 mcg	113%

<b>Proprietary Blend:</b>	1.48 g	†
Black Cohosh Root, Dong Quai Root Extract, Dong Quai Root, American Ginseng Root, Sarsaparilla Root, Licorice Root, Wild Yam Root Extract, Wild Yam Root, Ginger Root, Saw Palmetto Berry Extract, Saw Palmetto Berry, and Oregon Grape Root.		

†Daily Value not established.

Other ingredients: dibasic calcium phosphate, stearic acid, silica, modified cellulose gum, and magnesium stearate.

**Suggested Use:** 2 tablets twice daily between meals.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

Planetary Herbals **WILD YAM - BLACK COHOSH COMPLEX™** combines some of the most respected botanicals for supporting women through the hormonal transitions of menopause. Its primary ingredients, wild yam and black cohosh, are two rich sources of compounds commonly known as phytoestrogens. Chinese dong quai is the most respected female tonifier of Chinese herbalism.\*

**WARNING: DO NOT USE** if you are pregnant, may become pregnant, or breastfeeding.

**\*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.**

Manufactured for:  
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