



Category 1  
Liquid Special Formulas  
(E=Extract T=Tincture)



**GOODFORYOU**

GOOD FOR LIFE

**COHOSH PLUS (E)**  
**(Motor Nerve/Equilibrium) #11300**  
100 ml

**Description: COHOSH PLUS:** all of the herbs in this formula have antispasmodic properties, used for muscular spasms, convulsions and cramps. This combination of herbs helps to regulate the nervous system, and provides help for equilibrium problems. **Properties:** alterative, anticonvulsive, antiperiodic, antirheumatic, antiseptic, antispasmodic, aperine, astringent, carminative, diaphoretic, diuretic, emetic, emmenagogue, expectorant, febrifuge, hemostatic, nervine, rubefacient, sedative, spasmolytic, stimulant, stomachic, tonic, uterine tonic, vermifuge, vulnerary.

Contents / Ingredients	Traditional Therapeutic Action
<b>Black Cohosh</b> ( <i>Cimicifuga racemosa</i> )	<ul style="list-style-type: none"> <li>• sedative effect on the nervous system</li> <li>• a cardiac stimulant</li> <li>• viable expectorant for acute chronic pulmonary and bronchial infections</li> </ul>
<b>Blue Vervain</b> ( <i>Verbena hastata</i> )	<ul style="list-style-type: none"> <li>• a natural tranquilizer</li> <li>• antiperiodic for nervous problems</li> <li>• can be used for insomnia</li> </ul>
<b>Scullcap</b> ( <i>Scutellaria lateriflora</i> )	<ul style="list-style-type: none"> <li>• one of the best nerve tonics there is</li> <li>• quieting and soothing to the nerves</li> </ul>
<b>Blue Cohosh</b> ( <i>Caulophyllum thalictroides</i> )	<ul style="list-style-type: none"> <li>• antispasmodic properties that relax and quiets nerves and smooth muscles of arteries &amp; bladder</li> <li>• contains the following vital minerals: potassium, magnesium, calcium, iron, silicon and phosphorus</li> </ul>
<b>Lobelia</b> ( <i>Lobelia inflata</i> )	<ul style="list-style-type: none"> <li>• one of the most powerful relaxants known</li> <li>• enhances the effects of the other herbs in formulae</li> <li>• an antispasmodic</li> <li>• influences mucous, serous, muscular and nervous systems</li> </ul>
<b>Cayenne</b> ( <i>Capsicum annum</i> )	<ul style="list-style-type: none"> <li>• a powerful catalyst that carries other herbs to all parts of the body</li> </ul>

**COMPLEMENTARY SUPPLEMENTATION:** **Vitamin A & D** are supportive to the nervous system. **B-100 Formula** is also supportive to the nervous system and the adrenal gland. **Calcium Citrate Formula** is an excellent calcium source as well as being a calcium assimilation enhancer. **Vitamin E** is excellent for any type of nerve degeneration as it enhances the storage of vitamin A and influences the oxidation.

**SUGGESTED DOSAGE:** 1/2 teaspoon 3 times a day for maintenance purposes.

**CAUTION: Pregnancy & Lactation** - Use during last 5 weeks of pregnancy only if recommended by your qualified practitioner. An overdose will produce nausea and vomiting.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.