



Category 3
Single Herb
Tabs / Capsules



GOODFORYOU
GOOD FOR LIFE

BLACK COHOSH

(Women's Reproductive Health)

90 Caps #104607

Description: **BLACK COHOSH** - Primary uses of *Cimicifuga racemosa* are Menopause, Hormonal balancing, Menstrual complaints, and Arthritis.

Contents / Ingredients

Black Cohosh was introduced to American medicine by Native Indians who called it "**squaw root**", suggesting a rich tradition in **maintaining women's reproductive health**. Only in the last 50 years has menopause become a disease from the medical point of view, instead of an important life transition. In western countries, up to 78% of menopausal women experience hot flashes and 50% percent suffer from accompanying psychological disorders. Fortunately, scientific research now shows that **Black Cohosh** can be just as effective as HRT in addressing physical symptoms of menopause and is superior to drugs. Today more and

Traditional Therapeutic Action

Supplement Facts:

(Serving Size 2 Capsules; Servings per Container 45) Amount Per Serving

Black Cohosh (*Cimicifuga racemosa*) (root) 160 mg (*)
(Standardized to contain 2.5% total Triterpene Glycosides, calculated as 27-Deoxyactein (4 mg)

Licorice (*Glycyrrhiza glabra*) (root) 250 mg (*)
Dong Quai (*Angelica sinensis*) (root)

250 mg (*)

250 mg (*)

(*) Daily Value not established

Other ingredients: Rice powder, magnesium stearate.

Contains no milk, wheat, gluten, corn, yeast, sugar, salt or soy.

more women are rediscovering **Black Cohosh** and other herbs to ease the transition through the change of life. Clinical studies (1995) found that **Black Cohosh** was just as **effective** as a synthetic estrogen (Premarin) in reducing the physical symptoms of menopause in a randomized, open trial. In addition, **Black Cohosh** was comparable with both estrogen and diazepam (valium) in improving psychological complaints. In one study of 629 participants, they found that **Black Cohosh** was **effective in at least 80% of women** within 6 to 8 weeks.

The benefits of taking the **Black Cohosh** are numerous, some of the physical symptoms to be helped include **hot flashes, night sweats, headaches, heart palpitations, dizziness, vaginal atrophy, and tinnitus** (ringing in the ears), to name a few. It also relieves psychological symptoms of menopause, like **insomnia, nervousness, irritability, poor concentration and depression**.

In conclusion, it was found that **Black Cohosh** significantly reduced levels of neutrophils, cells that promote and regulate inflammatory reactions. Ferulic acid and isoferulic acid are the two constituents thought to be responsible for **Black Cohosh's** anti-inflammatory action. This is why it is believed to **help relieve many arthritic conditions**.

Drug Interaction & Precautions: **Black Cohosh** in conjunction with vasoconstrictors such as ephedrine, methoxamine, phenylephrine, or sympathomimetics, may cause severe hypertension. The topical application of the astringent herb **Black Cohosh**, in conjunction with the acne product tretinoin (retinoic acid, vitamin A), may adversely affect the skin. The tannin in **Black Cohosh** may potentiate the antibiotic activity of **Echinacea**. The tannin in tea made from this herb may be inactivated by the addition of milk or cream.

SUGGESTED DOSAGE: As directed on the bottle.

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.

CAUTION: Should not be used during pregnancy. Taking large amounts may cause nausea, vomiting, and dizziness. If you are taking a birth pill, are pregnant, lactating or are considering becoming pregnant, seek the advice of your physician prior to using this product. **Please discard the inedible freshness packet enclosed**