

# Black Cohosh 2.5

## Menopausal support and comfort<sup>†</sup>

### INDICATIONS

- Ages 18 and up

### BENEFITS

- Promotes comfort during menopause<sup>†</sup>

### FEATURES

- PureWoman™ product line

### VERIFIABLE SCIENCE

Black cohosh (*Cimicifuga racemosa*) is well known for promoting comfort during menopause.<sup>1</sup> Black cohosh functions by maintaining healthy levels of luteinizing hormone (LH), allowing for optimal comfort and physical well-being.<sup>2</sup> The herb also exhibits mild estrogenic activity by binding to estrogen receptors.<sup>3</sup> Black Cohosh 2.5 is standardized to contain 2.5% triterpene glycosides.<sup>†</sup>

### SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-2 times daily, between meals.

### STORAGE

Store in a cool, dry place.

### WARNING

Not to be taken by pregnant or lactating women. If you have any health condition, particularly a liver condition, or are taking any medication, consult your health professional before use. Your health professional may decide to monitor liver function while taking this product.

### SOURCE

- Black cohosh extract is derived from *Cimicifuga racemosa* root and standardized to contain 2.5% triterpene glycosides. This European black cohosh extract is developed using enhanced analytical methodology and provides a full range of 13 triterpene glycosides. Hypo-allergenic plant fiber is derived from pine cellulose

### NOTES

Size 0 caps

Bottle count 120

Order codes BLC1

Bottle size 190 cc

### REFERENCES

1. Mohammad-Alizadeh-Charandabi S, et al. *Chin Med*. 2013 Nov 1;8(1):20.
2. Shahin AY, et al. *Gynecol Endocrinol*. 2014 Jul;30(7):505-10.
3. Wuttke W, et al. *Menopause*. 2006 Mar-Apr;13(2):185-96.

### SUPPLEMENT FACTS

**1 capsule, 1-2 times daily, between meals.**

**Each (size 0) vegetarian capsule contains:**

Black cohosh (*Cimicifuga racemosa*) extract (root) 250 mg  
(standardized to provide 2.5% triterpene glycosides)

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)



Black Cohosh 2.5	Quantity	Order Code
	120	BLC1

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