



Black Cohosh

Nature's Harmony® Black Cohosh is a quality herbal product used to relieve the symptoms of PMS and menopause.

PRODUCT CODE: 400132

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Herbal remedy used to help premenstrual and menopausal symptoms.	Tablet	Take 2 tablets in the morning and 2 tablets in the evening. May be used for up to six months.

DESCRIPTION:

Black cohosh is a traditional herbal medicine used to relieve the unpleasant symptoms associated with PMS and menopause. The root of this perennial North American shrub is the part used for medicinal purposes.

Recommended Daily Allowance: N/A

Food Sources: None.

Causes of Deficiency: Hormonal changes, menopause, hysterectomy.

Symptoms of Deficiency: Hot flashes, night sweats, nervousness.

Complementary Nutrients: Vitamin C 500 mg with bioflavonoids, rose hips and rutin; vitamin E.

HOW IT WORKS:

Nature's Harmony® Black Cohosh relieves the symptoms of back and muscle pain, headache, tension, nervousness and water retention associated with PMS. It also helps to relieve hot flashes and nervousness associated with menopause.

Research has identified the active ingredients of black cohosh as triterpenes and flavonoids. Some of these substances appear to act on the pituitary gland to suppress the production of luteinizing hormone (LH). High levels of LH in the blood are believed to give rise to many of the unpleasant symptoms associated with menopause, specifically hot flashes. Decreased LH in the body reduces the blood flow to the skin.



DID YOU KNOW...

Black cohosh was originally used by Native American peoples in the treatment of many conditions, especially women's health problems.

Black Cohosh

RESEARCH:

The efficacy of black cohosh is supported by considerable scientific research. Clinical trials have shown black cohosh to be as effective as estrogen therapy in reducing the severity and frequency of menopausal hot flashes. It has also been shown to benefit vaginal dryness and mood changes. A recent study indicated that the herb may have positive effects on bone density. Clinical studies confirm that the use of black cohosh can significantly relieve hormone-related depression, and relieve the incidence/degree of vaginal atrophy (the reduction of vaginal tissue that can give rise to considerable discomfort during intercourse).

SIDE EFFECTS:

Higher doses may cause mild stomach upset and headache.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if pregnant or breastfeeding, or if you have a hormone sensitive condition such as endometriosis, uterine fibroids or cancer (breast, uterine, ovarian). If you have a history of liver problems, use under the supervision of a health care practitioner. Consult a health care practitioner if symptoms persist.

OTHER CONSIDERATIONS:


Do not exceed recommended dose except on the advice of a health care practitioner.

LABEL:



Actée à grappes noires
extrait de 40 mg
Aide à soulager les symptômes ménopausiques et prémenstruels

90 comprimés
NPN 80000016



Black Cohosh
40 mg extract
Helps Menopausal and Premenstrual Symptoms

90 Tablets
NPN 80000016

Usage recommandé: Remède phyto-thérapeutique utilisé pour aider à soulager les symptômes prémenstruels et ceux de la ménopause.

Dose recommandée (adultes): Prendre 2 comprimés dans le matin et 2 comprimés dans la soirée. Peut être pris pendant un maximum de six mois.

Ingédients médicinaux:
Chaque comprimé contient:
Extrait de racine d'actée à grappes noires (Cimicifuga racemosa) à 6:1 (équiv. à 240 mg de plante fraîche) 40 mg

Ingédients non médicinaux: stéarate de magnésium, cellulose microcristalline, dioxyde de silicium, cellulose, glycérine. Ce produit ne contient aucun ingrédient laitier, œuf, gluten, crustacés, soja, sulfites, blé, dérivés d'origine animale, ni colorants, arômes ou agents de conservation artificiels.

Information sur les risques: Ne pas utiliser si vous êtes enceinte ou allaitante, ou si vous souffrez d'un état hormonosensible tel qu'une endométriose, des fibromes utérins ou le cancer (sein, utérus, ovaires). À prendre sous la supervision d'un praticien de la santé si vous avez des antécédents de troubles du foie. Consultez un praticien de la santé si les symptômes persistent.

RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTEE DES ENFANTS.

Recommended Use: Herbal remedy used to help premenstrual and menopausal symptoms.

Recommended Dose (Adults): Take 2 tablets in the morning and 2 tablets in the evening. May be used for up to six months.

Medicinal Ingredients:
Each tablet contains:
Black cohosh (Cimicifuga racemosa) 6:1 root extract (equiv. to 240 mg raw herb) 40 mg

Non-medicinal Ingredients: Magnesium stearate, microcrystalline cellulose, silicon dioxide, cellulose, glycerin.

This product does not contain dairy, egg, gluten, shellfish, soy, sulfites, wheat, animal derivatives, or artificial colours, flavours or preservatives.

Risk Information: Do not use if pregnant or breastfeeding, or if you have a hormone sensitive condition such as endometriosis, uterine fibroids or cancer (breast, uterine, ovarian). If you have a history of liver problems, use under the supervision of a health care practitioner. Consult a health care practitioner if symptoms persist.

STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Actual Size
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.
NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.
www.naturesharmony.com
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