



## Black Cohosh Plus®

### Relief for Menopausal Mood Changes\*

**Form:** Tablets  
**Flavor:**  
**Size:** 60 Tablets

**Black Cohosh Plus** is a unique herbal formula designed to support women during the menopausal phase of life.\*

#### Benefits:

- Features black cohosh, an herb traditionally used by women during menopause for relief of menopausal symptoms, such as hot flashes/night sweats, short menstrual cycles, occasional irritability, mild mood swings, and occasional sleep disturbances\*
- Delivers lemon balm and motherwort, herbs traditionally used to ease tension and support relaxation\*

Ingredients	Amount Per Serving	Daily Value
Serving Size	1 Tablet	
Servings Per Container	60	
Black Cohosh ( <i>Actaea racemosa</i> ) <sup>†</sup> Root & Rhizome Extract [standardized to 2.5% (2 mg) total triterpene glycosides expressed as .27-deoxyactein]	80 mg	*
Motherwort ( <i>Leonurus cardiaca</i> ) Aerial Parts 4:1 Extract	100 mg	*
Lemon Balm ( <i>Melissa officinalis</i> ) Leaf 5:1 Extract	50 mg	*

**Other Ingredients:** Microcrystalline cellulose, croscarmellose sodium, silica, stearic acid (vegetable), and coating (hypromellose, medium-chain triglycerides, and hydroxypropylcellulose).

**Directions:** Take one tablet twice daily or as directed by your healthcare practitioner.

**This product is non-GMO, gluten-free, and vegetarian.**

**Caution:** Consult your healthcare practitioner before use if you are taking medication, have breast cancer or a history of breast cancer, or have a liver disorder or develop symptoms of liver trouble.

**Storage:** Keep tightly closed in a cool, dry place.

\*Daily Value not established.

<sup>†</sup>Also known as *Cimicifuga racemosa*.