



Name Black Cohosh

Caps

Code	Size	Duration
C16-54	54 Capsules	Usually lasts 18 days
C16-100	100 Capsules	Usually lasts 33 days

Area concerned

Hormones, nerves, joints and muscles

Ingredients

Black Cohosh 325mg minimum per capsule.

Description

A herb first used by native Americans, which has a strong reputation for helping women. Can help to maintain hormonal balance, both throughout the month, and at the time of the menopause. Also can help to support the nervous system as well as helping the joints and muscles to stay working smoothly.

Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion).

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

Cautions

Do not use if pregnant or nursing or if you have liver disease.

Department of Health warning: Black cohosh may rarely cause liver problems. If you become unwell (yellowing eyes/skin, nausea, vomiting, dark urine, abdominal pain, unusual tiredness) stop taking immediately and seek medical advice. Not suitable for patients with a previous history of liver disease.

Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; 90-day Nerve programme; Agnus Castus Capsules or Drops; Arth Capsules or Drops; Black Cohosh Drops; Dong Quai Capsules or Drops; Femarone 40+ Capsules or Drops; Fem Rep Tea; Motherwort Caps or Drops; Red Sage Caps or Drops

Caps

Drops

Code	Size	Duration
D38-50	50ml	Usually lasts 28 days
D38-100	100ml	Usually lasts 56 days

Area concerned

Hormones, nerves, joints and muscles

Ingredients

Black Cohosh fluid extract only

Description

A herb first used by native Americans, which has a strong reputation for helping women. Can help to maintain hormonal balance, both throughout the month, and at the time of the menopause. Also can help to support the nervous system as well as helping the joints and muscles to stay working smoothly.

Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

How long to take it for

Try taking daily for 3-4 months then as and when required. Gives good support when combined with **Femarone 40+** or the **90-day Menopause Programme**.

Cautions

Do not use if pregnant or nursing; or if you have liver disease. Also, see opposite.

Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; 90-day Nerve programme; Agnus Castus Capsules or Drops; Arth Capsules or Drops; Black Cohosh Capsules; Dong Quai Capsules or Drops; Femarone 40+ Capsules or Drops; Fem Rep Tea; Motherwort Caps or Drops; Red Sage Caps or Drops; Wild Yam 40+ Capsules or Drops

Drops

SHARING KNOWLEDGE TO PROMOTE 100% HEALTH