

Black Cohosh (100 capsules)  
Stock #: 80



Black cohosh has been valued by many societies for its nutritional support of the female reproductive system.

Black cohosh root is used by many women during and after menopause and is known to aid the structural and muscular systems.

A mild phytoestrogen, black cohosh offers health benefits for the female reproductive and glandular systems, providing help for the common symptoms associated with menopause.

Low estrogen levels have been linked to common female reproductive problems. Black cohosh possesses mild estrogenic properties (phytoestrogens) and helps balance female hormone levels by binding to estrogen receptor sites. Balanced hormone levels help ease common menopausal symptoms.

By supporting healthy hormone balance, black cohosh may help support a positive mood and help lift mild mood changes (so-called dark moods) that often accompany female discomfort.

Black cohosh also has antispasmodic properties and helps relax muscle spasms, including those associated with premenstrual and menstrual cycles and stages.

Black cohosh has been used by the Chinese for thousands of years. Traditional Chinese Medicine reveres this botanical for general health. Native Americans used black cohosh and shared its benefits with colonists who adopted its use and made it popular in Europe for women's health concerns. Black cohosh was also widely used by Americans in the 1800s for joint health.

#### Benefits:

- Supports the female glandular system
- Supports the reproductive health
- Promotes balanced hormone levels
- Calms premenstrual & menstrual symptoms
- Helps ease common symptoms of menopause V

#### Ingredients:

Black cohosh root.

#### Quality Assured:

Nature's Sunshine Quality Assurance staff sources the world's purest ingredients, no matter where they are grown, to ensure the active nutrients are delivered just as nature intended.

#### Recommended Use:

Take 1 capsule with a meal twice daily. Pregnant or lactating women should consult their health care professional prior to taking this supplement.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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