

# VITANICA® ~ BLACK COHOSH



Black Cohosh is one of the most well-researched and traditionally used herbs supporting relief for menopause symptoms. We utilize both the standardized extract and the whole dried root powder.

## Featured Ingredients:

- 1 capsule contains 40 mg of the most studied, standardized extract: **Black cohosh root and rhizome extract (2.5% total triterpene glycosides, 1 mg)**
- The synergistic benefit of the traditionally used part of the whole plant is also contained in each capsule: **185 mg - Black cohosh root**
- Collective findings on black cohosh suggest it is most supportive for the following menopause-related symptoms: hot flashes - day or night, mood swings, sleep disorders and body aches
- While this herb acts similarly to other phytoestrogens, it does not contain any phytoestrogens itself, making it a safe choice for all women in their perimenopausal and menopausal years

**Indications:** One of the safest and most researched herbs for menopause. Contains both the standardized extract and the whole root.

Suggested Use: 1-2 capsules, one to two times daily.

Size ~ 60 caps; UPC code ~ 7-08118-01076-7

Size ~ 120 caps; UPC code ~ 7-08118-01075-0

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