

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 capsule, once or twice daily; with or without food.

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

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

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 1 Capsule
120 Servings per Container

Amount per Serving	% Daily Value
Black cohosh (<i>Cimicifuga racemosa</i>) root and rhizome 185 mg	†
Black cohosh (<i>Cimicifuga racemosa</i>) root and rhizome extract (standardized to contain 2.5% total triterpene glycosides, 1 mg.) 40 mg	†

† Daily Value not established

Other ingredients: Vegan capsule (hydroxypropyl methylcellulose, water), calcium laurate.