

BLACK COHOSH

*Supports Healthy Function of the
Hormonal System**

ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

FORMULA	MG PER 2 CAPSULES
Black Cohosh root (<i>Actaea racemosa</i>)	80mg
WHOLE PLANT STANDARDIZATION PROCESS™ PROFILE	
Triterpene Glycosides	4 mg

DOSAGE

1 Liquid Phyto-Cap 2 times daily.

DURATION OF USE

3 months, or on an as-needed basis.

BEST TAKEN

Between meals, with a small amount of warm water.



HISTORY

A plant native to the eastern part of North America, black cohosh was used by Native Americans to help relieve female symptoms commonly associated with hormonal fluctuations. This prized herb was the main constituent in Lydia Pinkham's well-known "Vegetable Compound," a popular concoction drunk by women in the 1800's to relieve hormone-related symptoms and more specifically, for "all those painful complaints and weaknesses so common to our best female population." Women now use black cohosh to support healthy hormone balance during menopause and reduce the number of hot flashes they endure.*

Black cohosh contains many substances that play a role in its overall effect in alleviating symptoms associated with menopause including phytosterin; isoferulic acid; fukinolic acid; caffeic acid, salicylic acid; sugars; tannins; long-chain fatty acids; and triterpene glycosides, including acetin and 27-deoxyacetin. Of primary importance are the triterpene glycosides. The majority of clinical trials published to date on the effects of black cohosh have focused on an extract standardized based on the triterpene glycosides, indicating the clinical importance of maintaining sufficient levels of this constituent in a black cohosh herbal preparation.*

The bioactivity profile for Black Cohosh Liquid Phyto-Caps demonstrates an impressive 4 milligrams of the active triterpene glycosides per serving. Further, this product is standardized to its active constituents using the Whole Plant Standardization Process' which ensures that it maintains a full spectrum of the phytochemicals found in the herb while maintaining the exact concentration of the scientifically validated marker compound, the triterpene glycosides.*

HORMONE REPLACEMENT THERAPY AND MENOPAUSE

As a woman ages, she will naturally approach menopause and the cessation of ovarian function which is a time when black cohosh can become increasingly helpful to women. Menopause is not a disease. It is a natural transition in a woman's life, with black cohosh, a natural product, helping to ease the effects of this transition. Some women experience

negative symptoms when they are going through menopause. For example, women can experience:

- Hot flashes
- Headaches
- Depression
- Lack of concentration
- Anxiety
- Vertigo
- Joint pain
- Hair loss, and
- Sleep disturbances

BLACK COHOSH, MENOPAUSE AND HORMONE BALANCE

Clearly, women need options to support this natural transition in their lives and to reduce the number of hot flashes they experience. Black cohosh offers scientifically supported assistance to women looking for a way to alleviate symptoms normally associated with menopause.*

As women reach menopause, their bodies naturally secrete higher levels of luteinizing hormone (LH) and produce lower levels of estrogen. This is primarily due to a diminishing of the communication between the ovaries and the pituitary gland. Consequently, women experience hot flashes. Black cohosh helps to bring back hormonal balance and normalize levels of LH.*

Likewise, black cohosh supports healthy menstruation and eases the effects of natural hormone fluctuations associated with the menstrual cycle.*

COMPLEMENTARY HERBS/FORMULAS

Phyto-Estrogen Liquid Phyto-Caps

SAFETY EVALUATION/CONTRAINDICATIONS

Do not use during pregnancy or lactation. Women with hormone sensitive conditions such as breast, uterine or ovarian cancer, endometriosis, and uterine fibroids should consult a qualified healthcare professional before using this product due to its potential estrogenic effects. Occasional gastrointestinal discomfort may occur with this product.*

KNOWN DRUG INTERACTIONS

While there are no well-known drug interactions, concurrent use with hormone replacement therapy is not recommended due to possible potentiation of estrogen effects. Black cohosh may have synergistic effects with tamoxifen. Before using this product, talk with your healthcare professional if you take any medications.*

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.