



# Black Cohosh 2.5

INTRODUCED 1998

## What Is It?

Black cohosh is well known for promoting comfort during menopause. Research suggests that it promotes healthy estrogen metabolism and reduces hot flashes during menopause.\*

## Uses For Black Cohosh

**Menopause Support:** Black cohosh functions by maintaining healthy levels of luteinizing hormone (LH), allowing for optimal comfort and physical well being. The herb also exhibits mild estrogenic activity by binding to estrogen receptors.\*

## What Is The Source?

Black cohosh extract is derived from *Cimicifuga racemosa* root and standardized to contain 2.5% triterpene glycosides. This European black cohosh extract is developed using enhanced analytical methodology and provides a full range of all 13 triterpene glycosides. Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 1–2 capsules per day, in divided doses, between meals.

## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Black Cohosh has been associated with GI upset, rash, headache, breast tenderness or vaginal bleeding. Women taking estrogen therapy should consult a physician before taking this supplement. There have been case reports of hepatotoxicity, however most reports do not indicate that black cohosh is the probable or certain cause of the events. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Black Cohosh is contra-indicated with hepatotoxic medications and certain chemotherapy treatments. There has been one case report of elevated liver enzymes when combined with Atorvastatin. Consult your physician for more information.

### Black Cohosh 2.5

each vegetable capsule contains 

black cohosh (*Cimicifuga racemosa*) extract ..... 250 mg  
(standardized to contain 2.5% triterpene glycosides)  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

**Not to be taken by pregnant or lactating women.**

1–2 capsules per day, in divided doses, between meals.

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

For educational purposes only. Consult your physician for any health problems.