

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 60

	Amount per serving
Black Cohosh Root (Cimicifuga racemosa)	650 mg †
† Daily value not established	

Other Ingredients: Plant Cellulose (Capsule).

Manufactured and Distributed by:

Penn Herb Company, Ltd.,
Philadelphia, PA 19154-3293
www.PennHerb.com / 215-637-4372

Directions: Take 1 capsule, three times a day.

WARNING: Consult your physician before use if you are pregnant, nursing, using medication, or have any medical conditions.

Double Safety Sealed: Do not accept if either tear band on cap or inner freshness seal is damaged or missing.

Black Cohosh is popularly used to support hormonal balance and to help soothe menstrual and menopausal discomforts. But Black Cohosh is not just for women's health. The Cherokee, and other Native American groups also used it to support joint comfort, and to calm the nervous system.*

Common uses include:

- Supports menopausal health*
- Supports hormonal balance*
- Supports a healthy female cycle*
- Soothes joint and muscle discomforts*

Keep in a cool dry place with cap tightly closed.

Nature's Wonderland® Guarantee: This product is guaranteed for purity, freshness and labeled potency.

*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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