

Black Cohosh (Item #3001)

For Glandular Balance

Black Cohosh assists in relaxing tissues and organs thus allowing blood to flow more freely throughout the body. It is also used by men as a nerve tonic helping to alleviate stress and tension, especially in the muscles.

Black cohosh has a history of use for rheumatism (arthritis and muscle pain), but has been used more recently to treat hot flashes, night sweats, vaginal dryness, and other symptoms that can occur during menopause. It also helps promote hormonal balance during the menstrual cycle and is used to induce labor.

Black cohosh herb has many other benefits including the ability to balance fat metabolism. If excessive fat is consumed, taking black cohosh will aid the body in its processing. Taking the herb during a lung infection will help reduce the mucous being expelled. Some forms of migraine headaches respond well to black cohosh as well.

Dosage Take 3 capsules 3 times daily or as directed by a qualified health professional.

Ingredients Explained

Black Cohosh - The herb black cohosh, or *Actaea racemosa* (formerly named *Cimicifuga racemosa*), is native to North America. Herbalists know black cohosh lowers blood pressure, lowers cholesterol levels, and reduces mucus production. It helps cardiovascular and circulatory disorders; induces labor (pregnant women should not use until birth is imminent), menstrual cramps, morning sickness (1st and 2nd trimesters) and pain. In addition it acts as a mild anti-inflammatory to relieve irritation of the uterus, cervix, and vagina.

Black cohosh is a popular alternative to prescription hormonal therapy for treatment of menopausal symptoms such as migraine headaches, sleep disturbances, hot flashes, mood problems, perspiration, heart palpitations, and vaginal dryness.

Ordering Information

Black Cohosh (**Item #3001**) is priced at only: \$11.00 for 100 Capsules

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication
without first consulting your physician.**

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.

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