

## INGREDIENTS

Black Cohosh Extract *Cimicifuga racemosa* (root and rhizome) 200mg (Standardised to contain minimum 2.5% Triterpene Glycosides containing 27-Deoxyactein 1mg) Providing 5mg of Triterpene lactones, Equivalent to 3000mg of Herb Powder

Black Cohosh may rarely cause liver problems.

If you become unwell (yellowing eyes/skin, nausea, vomiting, dark urine, abdominal pain, unusual tiredness) stop taking immediately and seek medical advice. Not suitable for persons with a previous history of liver disease.

Manufactured to the GMP code of practice BS: EN 9001:2000 Quality Assured Certification  
Made in the UK.



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NATURESBOND 

# Black Cohosh

60 CAPSULES

3000 mg

FOOD SUPPLEMENT



## DIRECTIONS

Take one tablet a day with food.

## CAUTION

Not for use by pregnant or lactating women. If you are under medical supervision, please consult a doctor before use. Discontinue use and consult a doctor if adverse reactions occur. Not intended for use by persons under the age of 18.

## CONSUMER INFORMATION

Black Cohosh preparations are derived from the dark root of a plant (*Cimicifuga racemosa*) also known as black snakeroot, indigenous to North America.

[www.naturesbond.co.uk](http://www.naturesbond.co.uk)

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STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN. DO NOT EXCEED THE STATED DOSE. DO NOT TAKE SUPPLEMENTS AS A SUBSTITUTE FOR A VARIED BALANCED DIET.

WORKS IN HARMONY WITH YOUR BODY