

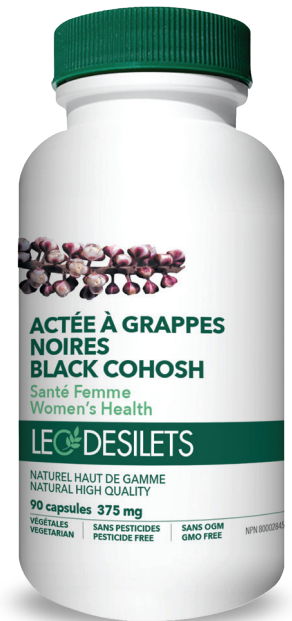
BLACK COHOSH

Used in Herbal Medicine to help relieve symptoms of menopause and premenstrual symptoms.

90 capsules 375 mg

VEGETARIAN | PESTICIDE FREE | GMO FREE

NPN 80002845



History²

Originating in Southeastern Canada and the Northeastern United States, Black Cohosh was used by Native Americans, who attributed many virtues to it and used it as a remedy for menstrual pains and pain during childbirth. Subsequently, it was adopted into the American Pharmacopoeia, and it was studied in depth by German doctors in the mid-20th century, who recommended it for the replacement of hormonal therapy for menopausal women. Its usage as an alternative treatment has increased in recent years following the publication of a large American study³ in 2002, which focused on over 16,000 women, comparing hormonal therapy with placebo. The study demonstrated that, among patients who followed hormonal therapy for more than 5 years, there was an increase in the prevalence of breast cancer and coronary diseases.

Menopause

The average onset for menopause in women is between the ages of 45 and 54, when there is a decline in ovarian function. Numerous vasomotor symptoms in addition to vaginal and psychological symptoms (e.g., hot flashes, vaginal dryness, loss of bone mass) accompany the decline in estrogen that is associated with menopause. Hormonal therapy, despite its efficacy, is today considered controversial due to significant associated risk factors, which entails an unfavourable cost/benefit ratio. Therefore, many women today opt for alternative therapies or substitutes, which has contributed to a growing demand for plant-based preparations.

Cimicifuga racemosa holds pride of place among alternative remedies due to its well-known effectiveness for treating menopausal symptoms, and it has been recognized by the German Commission E and the World Health Organization (WHO). Commission E has also noted a number of beneficial effects of Black Cohosh in treating premenstrual discomfort and menstrual pain.

MEDICINAL INGREDIENT

Black cohosh root
(*Cimicifuga racemosa*) 375 mg

NON-MEDICINAL INGREDIENT

Hypromellose

RECOMMENDED DOSE

Adult: 1 capsule 2 to 3 times daily with a glass of water.

WARNINGS

- Consult a health care provider if the symptoms persist or worsen.
- Consult a health care provider prior to use if you are breastfeeding.
- Consult a health care provider prior to use if you suffer from disorders of the liver or if symptoms of disorders of the liver appear.

CONTRAINDICATIONS

- Do not use if you are pregnant.

CIMICIFUGA RACEMOSA

USDA Classification¹
Kingdom: Plantae
Division: Magnoliophyta
Class: Magnoliopsida
Order: Ranunculales
Famiy: Ranunculaceae
Genus: Actaea L.
Species: Actaea racemosa L.

Cimicifuga racemosa

Léo Désilets Maître Herboriste has selected Black Cohosh as the natural medicinal ingredient to soothe discomfort related to symptoms associated with menstrual cycles and menstruation among women. Our product contains 375.0 mg of Cimicifuga racemosa in each capsule. For optimal effects, 1 capsule 2 to 3 times per day is recommended.



LEO DESILETS

Léo Désilets Master Herbalist is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

RÉFÉRENCES

¹ **Fiche Cimicifuga Racemosa L.** *United States Department of Agriculture.* Natural Resources Conservation Service. Plants Database. Available online at: <http://plants.usda.gov/core/profile?symbol=ACRAR> (accessed 27.01.2015)

² **Passeport Santé.** *Fiche BLACK COHOSH.* Available online at: http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=actee_grappes_noires_ps (accessed 27.01.2015)

³ **Rossouw JE, et al.** *Risks and Benefits of Estrogen Plus Progestin in Healthy Postmenopausal Women: Principal Results From the Women's Health Initiative Randomized Controlled Trial.* JAMA. 288(3):321-33. 2002

