

BLACK COHOSH

Cimicifuga racemosa

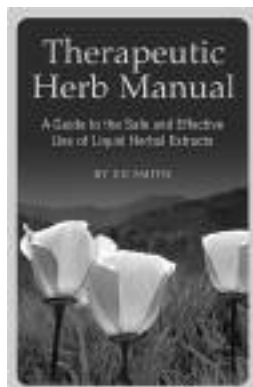
Liquid extract of dried rhizome with rootlets.

Actions: Antispasmodic and antirheumatic. Promotes effectual labor contractions, relieves false labor pains, and facilitates post-partum recovery.

Uses: Dull, aching, contractive muscle pains (especially rheumatic and myalgic pains). Low-estrogen conditions. Premenstrual syndrome (PMS); painful, weak, irregular or delayed menstruation. Menopause. Weak, irregular labor contractions; relief of false labor pains; post-partum uterine soreness.

Dose: Take 30 to 40 drops, 2 to 4 times per day. During labor take 30 to 40 drops in hot water every 20 to 30 minutes if needed.

Cautions: Consult a qualified midwife or physician before taking during pregnancy or labor. Excessive dosage may cause nausea and headache.



Excerpted from the *Therapeutic Herb Manual* by Ed Smith. The *Therapeutic Herb Manual* is available for purchase by calling Herb Pharm at: 1-800-348-4372.

**This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.*