

Product Profile

BLUE COHOSH

Caulophyllum thalictroides

Liquid extract of dried rhizome with rootlets.

Actions: Antispasmodic and antirheumatic. Uterine tonic. Promotes effectual labor contractions and averts premature labor; facilitates post-partum recovery.

Uses: Threatened miscarriage. Menstrual cramps and discomfort (especially “heavy legs”); excessive flow. Menopause pains and discomfort. Weak and irritable nervous system; nervous insomnia.

Dose: Take 30 to 40 drops, 3 to 4 times per day.

Cautions: Consult a qualified midwife or physician before taking during pregnancy or labor.



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.