

PRODUCT INFORMATION

Black Cohosh Extract

*Supportive for Menopause Including Hot Flashes**

*Promotes Healthy Female Function**

*Promotes Healthy Bone Structure and Function**

Standardized Extract



Confirming the findings of previous studies, a recent clinical trial in Obstetrics and Gynecology (2005; 105:1074-83) concluded that black cohosh extract was beneficial in relieving symptoms associated with menopause. Compared with placebo, black cohosh significantly relieved menopausal symptoms, particularly hot flashes. Black cohosh appears to be most effective during early menopause.

There were no relevant group differences in adverse events, laboratory findings or tolerability. These results suggest that black cohosh is a safe alternative to hormone replacement therapy for the treatment of menopausal symptoms. Other preliminary studies have found that black cohosh may also be useful for preventing age-related bone loss.

Based on HPLC analysis, Progena's Black Cohosh Extract is approximately 6 times the potency of Remifemin. These calculations compared one capsule of Progena's Black Cohosh Extract to one tablet of Remifemin.

References

Osmer R et al: Efficacy and safety of isopropanolic black cohosh extract for climacteric symptoms. *Obstet Gynecol* 2005; 105: 1074-83



90 Capsules

Supplement Facts

Serving Size: One (1) capsule

Each Capsule Contains:	%Daily Value	
Black Cohosh Extract	40 mg	**
Standardized to contain: 2.5% triterpene glycosides, calculated as 27-deoxyactein		

Black Cohosh Root	200 mg	**
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**Daily value not established.

Other Ingredients: Gelatin (capsule).

For Professional Use.

Specifically formulated nutritional product derived from ingredients quality controlled for consistent potency and safety. This product was manufactured in an NSF GMP Certified facility. Contains no starch, salt, artificial colors or flavors, and no corn, wheat, yeast, milk, soy, animal derivatives or gluten.

Recommended Dosage:

One capsule twice daily with food or as directed by your health care professional.

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any diseases.

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