

Black Cohosh

A highly potent extract of *Actaea racemosa*, designed to effectively manage hot flashes and night sweats associated with menopause. Sustainably sourced, traceable and GMO free.

Each capsule contains:

Black cohosh extract (root and rhizome, <i>Actaea racemosa</i>)	300mg
4:1, DHE 1200mg	



90 vegetable capsules



*PhytoProof® is a registered trademark of Euromed USA, Inc

Vegan. GMO, gluten, soy and dairy free.

Actaea racemosa, most colloquially known as black cohosh, has traditionally been used for its ability to treat menopausal related concerns. Although studies have been mixed in areas of cognition and anxiety related to menopausal changes, benefits are realized in subjective well-being and vasomotor symptoms such as hot flashes and night sweats. One study also found that black cohosh was capable of reducing vasomotor side effects related to tamoxifen use in breast cancer patients.

Black cohosh does not appear to alter estrogen hormone levels at all, but rather the mechanism of action appears to be strictly related to its thermoregulatory, anti-inflammatory

Key points

- 300 mg (4:1 extract; Dried Herb Equivalent [DHE] 1200mg) of *Actaea racemosa* root extract per vegetable capsule, standardized to contain a minimum of 2.5% triterpene glycoside content
- Designed to effectively manage hot flashes and night sweats associated with menopause
- A part of the Herbal Matrix series, containing sustainably sourced, traceable and GMO free herbs with potent therapeutic properties
- 90 vegetable capsules per bottle

and serotonergic effects. This makes *Actaea racemosa* an attractive option for individuals seeking non-hormonal therapy. Although there are many active ingredients in black cohosh, the beneficial health effects appear to be as a result of triterpene glycosides, which include compounds such as acteol, actein, cimigenol and cimicifugoside.

Black Cohosh from Cyto-Matrix contains a potent 300 mg of *Actaea racemosa* root extract per vegetable capsule, standardized to a minimum of 2.5% triterpene glycoside content. Each bottle of **Black Cohosh** contains 90 vegetable capsules.

Black Cohosh is a part of the Cyto-Matrix Herbal Matrix Series, containing sustainably sourced, traceable and GMO free herbs with potent therapeutic properties. Each herb is extracted and tested to ensure the standardization of active ingredients, ultimately leading to efficacious, predictable and reliable products. The Cyto-Matrix Herbal Matrix Series of herbal extracts is beneficial for both the health of individuals, and also the health of our planet and future generations.

Related products

Echinacea
Fem-Matrix
Ginkgo Biloba
Horse Chestnut
Panax Ginseng
Progest-Matrix
Saw Palmetto
St. John's Wort

Non-Medicinal Ingredients: Vegetable-grade magnesium stearate, microcrystalline cellulose, brown rice flour. Capsule: hypromellose.

Indications: Used in Herbal Medicine to help relieve symptoms associated with menopause, premenstrual symptoms, muscle and joint pain associated with rheumatic conditions and to ease nervous tension.

Contraindications: Do not use this product if you are pregnant.

Directions: Adults - Take 1 capsule, 1-2 times per day or as directed by a healthcare professional.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use, especially if you are breastfeeding, have a liver disorder or develop symptoms of liver trouble. Consult a healthcare professional if symptoms persist or worsen.



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