



# Black Cohosh

*Quest Black Cohosh is an exceptional herbal supplement that has been used for centuries by Native Americans for “women’s problems.” Black cohosh is helpful for menopausal symptoms, such as hot flashes, night sweats, and vaginal dryness, as well as menstrual irregularities and premenstrual syndrome (PMS).*



PRODUCT CODE: 338444

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
For the relief of hot flashes and other menopausal symptoms.	Tablets	Adults take 2 tablets in the morning and 2 tablets in the evening, or as directed by a health care practitioner.

## DESCRIPTION:

Each easy-to-swallow tablet of Quest Black Cohosh contains 240 mg black cohosh (*Cimicifuga racemosa*), provided by 40 mg P.E.\* 1:6 standardized to 2.5% triterpene glycosides. This product contains no artificial preservatives, colours, or flavours, or added sugar, starch, dairy, wheat, gluten, yeast, or animal products.

\*P.E. = powdered extract.

**Recommended Daily Allowance:** N/A

**Food Sources:** N/A

**Causes of Deficiency:** Menopause, hormonal imbalance.

**Symptoms of Deficiency:** Hot flashes, PMS.

**Complementary Nutrients:** A healthy diet and lifestyle.

## HOW IT WORKS:

Black cohosh has an effect similar to estrogen, the female hormone that regulates the menstrual cycle, without the side effects of hormone replacement therapy (HRT). Declining estrogen levels are responsible for hot flashes and other menopausal symptoms. It remains unclear whether black cohosh exerts its effect via estrogen receptors or through another mechanism.



## DID YOU KNOW...

*Black cohosh was widely prescribed by physicians in nineteenth century America, where it had a great reputation as an anti-inflammatory for arthritis and rheumatism, and played an important role for normalizing suppressed menses, painful or difficult menses, and to relieve pain after childbirth. It was also used for nervous disorders.*

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## RESEARCH:

Clinical trials with black cohosh have reported a significant improvement in hot flashes and mood swings in menopausal women treated with black cohosh. In one study with 629 patients, researchers found that after 6 to 8 weeks of treatment, 80% of patients had beneficial effects. In over 49%, there was dramatic relief, with a reduction of hot flashes, sweating, headache, vertigo, palpitation, and tinnitus, while over 39% reported significant reductions of these symptoms, along with a lessening of nervousness, irritability, and depression.

## SIDE EFFECTS:

Side effects are extremely uncommon at the recommended dosage. Sensitive individuals may experience headaches or stomach discomfort with high doses.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner if you are using any pharmaceutical or herbal medications for lowering blood pressure. Do not use for longer than 6 months without consulting your health care practitioner. Do not use if you have breast cancer.

## OTHER CONSIDERATIONS:

Do not use if you are pregnant or breastfeeding. Keep out of reach of children.

## LABEL:

 <p><b>Actée à grappes noire</b> 40 mg</p>  <p>NPN 80000016</p> <p><b>120 comprimés</b></p> <p>Aide à soulager les symptômes ménopausiques et prémenstruels</p> <p>Sans colorants, arômes ou agents de conservation artificiels</p> 	<p><b>Usage recommandé :</b> Remède phytothérapeutique utilisé pour aider à soulager les symptômes prémenstruels et ceux de la ménopause. <b>Dose recommandée (adultes) :</b> Prendre 2 comprimés dans le matin et 2 comprimés dans la soirée. Peut être pris pendant un maximum de six mois.</p> <p><b>Ingédients médicinaux :</b> Chaque comprimé contient : Extrait de racine d'actée à grappes noires (<i>Cimicifuga racemosa</i>) à 6:1 (équivalent à 240 mg de plante fraîche) ..... 40 mg</p> <p><b>Ingédients non médicinaux :</b> cellulose microcristalline, stéarate de magnésium, dioxyde de silicium, cellulose, glycérine.</p> <p><b>Information sur les risques :</b> Ne pas utiliser si vous êtes enceinte ou allaitante, ou si vous souffrez d'un état hormonosensible tel que l'endométriose, des fibromes utérins ou le cancer (sein, utérus, ovaire). À prendre sous la supervision d'un praticien de soins de santé si vous avez des antécédents de troubles du foie. Consultez un praticien de soins de santé si les symptômes persistent.</p> <p>Ce produit ne contient aucun ingrédient laitier, œuf, gluten, crustacés, soja, sulfites, blé ou dérivés d'origine animale.</p> <p>RANGER DANS UN ENDROIT SEC ET FRAIS. STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p>	 <p><b>Black Cohosh</b> 40 mg</p>  <p>NPN 80000016</p> <p><b>120 tablets</b></p> <p>Helps menopausal and premenstrual symptoms</p> <p>No artificial colours, flavours or preservatives</p> 	<p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.</p> <p>www.questvitamins.com 1-877-929-2548</p>  <p>SunOpta Inc. 6 Commerce Crescent Acton, ON L7J 2X3</p> <p>A Proud Canadian Company Une compagnie canadienne fière de l'être.</p>  <p>F.P.O. - 80% UPC CODE TO BE: 0 58371 21622 3</p> <p>338444-01-04</p>
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