

VITANICA® ~ BLACK COHOSH



Black Cohosh is one of the most well-researched and traditionally used herbs supporting relief for menopause symptoms. We utilize both the standardized extract and the whole dried root powder.

Featured Ingredients:

- 1 capsule contains 40 mg of the most studied, standardized extract: **Black cohosh root and rhizome extract (2.5% total triterpene glycosides, 1 mg)**
- The synergistic benefit of the traditionally used part of the whole plant is also contained in each capsule: **185 mg - Black cohosh root**
- Collective findings on black cohosh suggest it is most supportive for the following menopause-related symptoms: hot flashes - day or night, mood swings, sleep disorders and body aches
- While this herb acts similarly to other phytoestrogens, it does not contain any phytoestrogens itself, making it a safe choice for all women in their perimenopausal and menopausal years

Indications: One of the safest and most researched herbs for menopause. Contains both the standardized extract and the whole root.

Suggested Use: One capsule, once or twice daily; with or without food.

Size ~ 60 caps; UPC code ~ 7-08118-02076-6

Size ~ 120 caps; UPC code ~ 7-08118-02075-9

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 1 Capsule
60 Servings per Container

| Amount per Serving | % Daily Value |
|--|---------------|
| Black cohosh (<i>Cimicifuga racemosa</i>) root and rhizome extract (standardized to contain 2.5% total triterpene glycosides, 1 mg.) | 40 mg † |
| Black cohosh (<i>Cimicifuga racemosa</i>) root and rhizome | 185 mg † |

† Daily Value not established

Other ingredients: Vegan capsule (hydroxypropyl methylcellulose, water), calcium laurate.



Quality Control Statement

Vitanica is committed to maintaining the content and purity of our dietary supplements. We believe this is accomplished by focusing on the principles that contribute to well-designed products which will support health without contributing to toxicity, utilizing safe and effective ingredients.

Good Manufacturing Practices involve having policies in place to assure adequate and clean facilities, training of staff, verifying and tracking suppliers, raw material testing, clean and organized manufacturing and labeling lines, record keeping, finished product testing, clean and regulated warehousing, etc.

At Vitanica, we strive for excellence in these principles.

One way to assure quality is through third party certification via on-premise observation and analysis. At Vitanica, we are glad to say our dietary supplement manufacturing facilities are third-party certified, FDA registered and meet all regulation standards set forth by the FDA Dietary Supplement Health and Education Act as outlined in the code of Regulations, Title 21, part 111. In addition, we are a Silver Partner with Emerson Ecologics Quality Assurance Program.

All said, if products are well made, but not well designed, they may fail at supporting health. At Vitanica, we are proud to remind you our products are researched and designed by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

Vitanica works like a business, but with the heart of a healer. Vitanica began in 1994 with the dream of helping women. Every day, we want to impact women's health through education and healing. Quality assurance is an essential element of meeting our dream.