



Black Cohosh TINCTURE

IRRITABILITY – PMS - MENOPAUSE

Premenstrual pain and tension

NPN 80001799

50 ml

Each ml contains

Black Cohosh	fresh root	<i>Actaea racemosa</i>	1:4	235 mg	Organic
Alcohol 55% certified organic					

DOSAGE

INTERVENTION: 0.75 ml to 1 ml, 4 to 5 times per day.

TREATMENT: 1 ml, 3 times per day.

DIRECTIONS FOR USE

Shake well before using. Take in a mouthful of water 15 to 30 minutes before meals. For long-term treatment, use 6 days out of 7.

MODE OF ACTION

Black cohosh is used mainly during the premenstrual phase and menopause. It acts in three ways: it normalizes estrogen levels, it is antispasmodic and it calms nervous irritability. It is especially helpful for irritability due to hormone imbalance and it calms nervous troubles of PMS and menopause: irritability, anxiety, nervous tension, sleep disorder, migraines and symptoms of minor depression. Black cohosh is also a tonic of the uterus and reproductive organs. It reduces uterine cramps and normalizes scant menstrual flow.

Black cohosh is frequently used as a treatment complement for conditions that require a decrease of LH (luteinising hormone), such as cysts and PCOS (polycystic ovarian syndrome). Studies have shown that black cohosh's ability to reduce hot flashes is due to its inhibiting action on LH. It reduces vaginal dryness and helps reduce fibroids in post-menopausal women. Studies have also shown that black cohosh does not seem to have a proliferative effect on breast cancer cells and that it is safe to use for women with a history or a genetic predisposition to breast cancer.

Actaea racemosa is a cardio-vascular tonic. This makes it particularly interesting for cardiac troubles linked to menopause. It improves blood circulation, normalizes blood pressure and reduces heart palpitations. The antispasmodic action of black cohosh reduces spasms, muscle tension and bronchial spasms. It is antirheumatic, anti-inflammatory and analgesic. It is used to reduce tinnitus.

The main constituents of black cohosh are triterpene glycosides (actein, cimicifugoside, cimifugin, racemoside, cimracemoside A), acids (ferulic, isoferulic, salicylic, caffeic), flavonoids (biochanin A, kaempferol) fatty acids (oleic, linoleic, palmitic), tannins and carbohydrates.

HELPFUL ASSOCIATIONS

MENOPAUSIX for the discomforts of menopause.

HORMONIX for PMS, irregular periods, menopause.

HORMONATOP for symptoms of menopause, cysts, endometriosis.

YARROW or **CHASTE TREE** tincture for hot flashes during menopause.

MENSTRUIX for PMS, excess menstrual flow or painful period.

HAWTHORN for cardiac troubles during menopause.

ETHNOBOTANY

Female reproductive system: irregular periods, excessive blood flow, hormone imbalance, post-partum bleeding, premenstrual syndrome (PMS), dysmenorrhea, symptoms of menopause (hot flashes, vaginal dryness, insomnia, nervous tension).

Nervous and cardio-vascular systems: anxiety, nervous tension due to PMS and menopause, hypertension, palpitations.

Other: muscle spasms and muscle pain, joint pain, tinnitus, cough, bronchial spasms, whooping cough.

HISTORY

Black cohosh is indigenous to North America and was widely used in the medicine of the First Nations. The eastern tribes of North America such as the Cherokee, the Delaware, the Iroquois and the Mi'gmaq used black cohosh to relieve many conditions: insomnia, gynecological troubles, rheumatism and rashes. The herb was quickly adopted by the European settlers and included in the American pharmacopeia. It was first introduced to the medical community in 1844 by Dr John King who prescribed it for rheumatism and nervous troubles. In the middle of the 19th century, the American eclectic doctors used it to treat conditions of the female reproductive system such as dysmenorrhea, infertility, miscarriage and severe post-partum cramps. Today, it is one of the most widely used herbs by women for menopause.

CONTRA-INDICATIONS

Consult a health-care practitioner if symptoms persist or worsen, if breastfeeding, if you suffer from liver disorders or if symptoms of liver disorders appear. Do not use during pregnancy.

INTERACTIONS

None known.

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

