



NATURE'S SUNSHINE

Black Cohosh

GOOD FOR

Female Reproductive System

Endocrine System

Muscles

SIZE **100 Capsules**

ITEM # **80**

SERVING **1**

SUPPLY **50 days**

DIRECTIONS FOR USE Take 1 capsule with a meal twice daily.

— How the Key Ingredients Work

Black Cohosh is a time-honored North American herb that has been used for generations to support women's comfort and well-being, especially during the natural changes that come with menopause. Drawing on both traditional wisdom and modern research, it works gently with your body to help you feel more like yourself.

Black Cohosh Root — The heart of this formula, black cohosh has been trusted by Native American women for centuries and is now one of the most studied herbs for menopause support. Research shows it may help ease hot flashes and support a more comfortable, balanced transition through midlife changes.

Black Cohosh & Mood Support — Feeling anxious or a little low during menopause is more common than many people realize. Multiple clinical studies show that black cohosh may help reduce anxiety and lift mood during this time, making day-to-day life feel steadier and more manageable without the heaviness that hormonal shifts can bring.

Black Cohosh & Bone Wellness — Bone health becomes especially important as women move through midlife. Research suggests that black cohosh may support healthy bone formation, with studies pointing to measurable effects on markers that reflect how the body builds and maintains bone — a meaningful benefit for long-term strength and vitality.

Black Cohosh & Hormonal Comfort — Unlike some plant-based estrogen sources, black cohosh appears to work through its own unique pathways rather than acting directly like estrogen. This makes it a widely researched option for women seeking natural hormonal comfort and balance, particularly for the hot flashes and temperature changes that can disrupt daily life.

Black Cohosh & Emotional Balance — The mood-related challenges of perimenopause — from mild sadness to restlessness — are real and deserve real support. Black cohosh has been evaluated in clinical research for its potential to ease these emotional shifts, with evidence suggesting it may help smooth out the emotional ups and downs tied to hormonal changes.

Black Cohosh & Sleep Comfort — Hot flashes and night sweats can make restful sleep feel impossible. Because black cohosh has been shown in multiple studies to help reduce hot flash frequency and intensity, it may indirectly support better, more uninterrupted nights — helping you wake up feeling more refreshed and ready for the day ahead.

Black Cohosh & Women's Wellness Tradition — Long before modern research caught up, Native American communities relied on the roots and rhizomes of black cohosh for musculoskeletal comfort and women's health support. This deep traditional heritage, combined with today's clinical evidence, makes it one of the most trusted botanicals in natural women's wellness.

Black Cohosh & Menopausal Symptom Relief — A 2012 meta-analysis and numerous randomized controlled trials have looked closely at black cohosh for menopausal symptoms. The collective research supports its use as a natural option for reducing the frequency and discomfort of hot flashes — one of the most common and disruptive experiences of the menopausal transition.

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