

# Menoherb 40

Black Cohosh 40mg Capsule

Scientific Name: *Cimicifuga racemosa*



## **Composition:**

Each capsule contains Black Cohosh (*Cimicifuga racemosa*) 40mg dried powder.

## **Description :**

Black cohosh (*Cimicifuga racemosa*) is popular as an alternative to hormonal therapy in the treatment of menopausal (climacteric) symptoms such as hot flashes, mood disturbances, diaphoresis, palpitations and vaginal dryness.

## **Indication:**

Black Cohosh is indicated for the treatment of premenstrual syndromes (PMS) and menopausal syndrome. The herb has also been used traditionally for rheumatism and inflammatory conditions.

## **Dosages & administration:**

1-2 capsules daily or, as directed by the registered physician.

## **Side effects:**

Generally Black Cohosh is well tolerated. The adverse events associated with the use of Black Cohosh includes gastroenteritis, nausea and vomiting.

## **Contraindications:**

No significant contraindication is observed.

## **Precautions:**

Black cohosh should not be substituted for hormone replacement therapy with estrogen. There is no evidence that the herb contains protective effects against osteoporosis.

## **Use in pregnancy and lactation:**

The use of Black Cohosh is contraindicated during pregnancy due to an increased risk of spontaneous abortion. Breast-feeding is not recommended while using this drug.

## **Drug interactions:**

Concurrent use of Azathioprine & Cyclosporine with Black Cohosh may result in reduced immunosuppressive effectiveness.

## **Storage:**

Keep out of reach of the children. Keep away from direct sunlight. Store below 30° C in a dry place.

## **Packing:**

Each box contains 8x4's = 32 Capsules in alu-alu blister pack.