



## FACT SHEET



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| Product:                 | Cohplex™   |
| Suitable for:            | Women suffering from menopausal symptoms such as hot flush, irritability and anxiety.  |
| Ingredients:             | Black cohosh 200mg<br>microcrystalline cellulose<br>dicalcium phosphate<br>magnesium stearate  |
| Recommended dose:        | For adults only – 1 or 2 tablets per day. Do not exceed the stated dose.   |
| Contraindications:       | Cohplex™ should not be used by pregnant or breast feeding women. Cohplex™ is not recommended for prolonged use. If symptoms persist consult a doctor.  |
| Documented side effects: | Very large amounts (over several grams daily) of this herb may cause abdominal pain, nausea, headaches, and dizziness. A few cases have been reported in which severe liver failure has been linked to the use of black cohosh but it is not clear if black cohosh caused the problem. |
| Drug interactions:       | No interactions have been reported between black cohosh and prescription medications.  |

Always tell your health care providers about any complementary and alternative practices you use. Providing a full picture of what you do to manage your health will help ensure coordinated and safe care.

Further reading:

Huntley A. The safety of black cohosh (*Actaea racemosa*, *Cimicifuga racemosa*). *Expert Opin Drug Saf*. 2004 Nov;3(6):615-23.

McKenna DJ, Jones K, Humphrey S, Hughes K. Black cohosh: efficacy, safety, and use in clinical and preclinical applications. *Altern Ther Health Med*. 2001 May-Jun;7(3):93-100.

Huntley AL, Ernst E. A systematic review of herbal medicinal products for the treatment of menopausal symptoms. *Menopause*. 2003 Sep-Oct;10(5):465-76.

Borrelli F, Ernst E. Black cohosh (*Cimicifuga racemosa*) for menopausal symptoms: A systematic review of its efficacy. *Pharmacol Res*. 2008 Jun 8. [Epub ahead of print]

Gruenwald J. Standardized black cohosh (*Cimicifuga*) extract clinical monograph. *Quart Rev Nat Med* 1998;Summer:117–25.

Blumenthal M, Busse WR, Goldberg A, et al. (eds). *The Complete Commission E Monographs: Therapeutic Guide to Herbal Medicines*. Boston, MA: Integrative Medicine Communications, 1998, 90.