Risk Factors To Consider Before Using BLACK COHOSH

The safety of using black cohosh during pregnancy is not well-established.

The commercially available products may not contain the ingredients listed on their label.

FDA advises against the use of herbal supplements during pregnancy.

It is not recommended for individuals with liver disorders.

It may cause mild side effects such as stomach upset, headaches, and rashes.

There could be a risk of adverse effects due to its interactions with other medications.

Reference:
1. Black Cohosh; National Center for Complementary and Integrative Health

Source: https://www.momjunction.com/articles/black-cohosh-safe-induce-labor_0091278/