



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.

Typical values	100ml contains	250ml contains	%GDA
Energy	199kJ 47kcal	500kJ 120kcal	6% 2000kcal
Protein	0.5g	1.3g	
Carbohydrate	10.5g	26.3g	29%
of which sugars	10.5g	26.3g	
Fat	trace	trace	
of which saturates	trace	trace	
Fibre	trace	trace	
Sodium	trace	trace	
Salt equivalent	trace	trace	



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