Cimicifuga racemosa is not a phytoestrogen and has no other estrogenic properties. There is evidence for a significant beneficial effect on vasomotor symptoms in women presenting low to moderate climacteric symptoms, possibly through a non-estrogenic modulation of neurotransmitters and the opioid system. This effect is specific to certain well-defined standardized extracts of Cimicifuga racemosa. Other species of Cimicifuga have no activity on vasomotor symptoms.

It has been shown that Cimicifuga racemosa exerts a positive effect on bone remodelling. This activity on bone is significant, but weaker than the one of Estradiol. Its mechanism is still not clear. However, until today, no fracture data are available.

Cimicifuga racemosa has a non-significant positive effect on the vaginal epithelium. It does not stimulate the endometrium and the breast and does not affect the mammary gland density as determined by mammography. In vitro, Cimicifuga racemosa has no negative impact on breast cancer cell cultures. Therefore, the clinical use of black cohosh seems likely safe for breast cancer patients. However, further research is needed.

A prospective clinical trial in 87 women using CR showed no change of liver function or total hepatic blood flow. Overall, Cimicifuga racemosa presents an excellent safety profile.