



# Chaste tree (Vitex)

Introduced 2007



## What Is It?

Chaste tree, or Vitex, offers important support for maintaining healthy menstrual cycle duration and flow, healthy reproductive function, and breast comfort. The extract contains flavonoids, iridoid glycosides, and terpenoids.\*

## Uses For Chaste tree (Vitex)

**Menstrual Cycle Support:** Chaste tree has been associated with supporting breast comfort and positive mood during the menstrual cycle, as suggested by numerous randomized, double blind, placebo-controlled trials. It has also been associated with promoting healthy menstrual luteal phase length and menstrual regularity for some women, helping to maintain healthy reproductive system function.\*

## What Is The Source?

Chaste tree extract is derived from *Vitex agnus-castus* fruit. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 1 capsule daily, with or between meals, or as directed by a health professional.


## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Rare reported side effects include GI upset, headache, itching, rash, insomnia, weight gain or changes in menstrual cycle. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Chaste tree may be contra-indicated for individuals using hormone replacement therapy or oral contraceptives. Because of dopaminergic actions, there is concern that chaste tree may interfere with dopaminergic agonists and dopamine antagonists. Consult your physician for more information.

## Chaste tree (Vitex)

each vegetarian capsule contains 

chastetree(Vitexagnus-castus)extract(fruit) ..... 225mg

other ingredients: vegetarian capsule (cellulose, water)

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**1 capsule daily, with or between meals, or as directed by a health professional.**

‡These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.