

# Vitex



Recommended  
by  
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## DESCRIPTION

Vitex supplies 400 mg of Agnus castus standardized herb in each vegetarian capsule.

## FUNCTIONS

Agnus castus, also known as vitex or chastberry, is a traditional herb native to Central Asia and the Mediterranean region. It has been traditionally used to support healthy reproductive function in women.

Premenstrual tension (PMT), also called premenstrual syndrome, is a condition that affects many menstruating women one to two weeks before they begin menstruation. Symptoms may include abdominal bloating, cramping, breast tenderness and swelling, fatigue, irritability, anxiety, headache, and more. Research suggests that Agnus castus may play an important role in supporting a woman's natural response to PMT.

## INDICATIONS

Vitex may be a useful dietary adjunct for individuals wishing to supplement with this herb.

## SUGGESTED USE

Adults take 1 capsule daily between meals or as directed by physician. If digestive irritation occurs, take with meals.

## FORMULA (WW #10231)

### 1 Vegetarian Capsule Contains:

Vitex Agnus castus ..... 400 mg

(Chastetree berry)

Herbal Extract (berry)

Standardized to provide 2 mg agnuside  
and 1.6 mg aucubin

Other Ingredients: cellulose and vegetable stearate.

## SIDE EFFECTS

Warning: Stop use and consult your healthcare professional if allergic reactions occur.

Warning: If pregnant or nursing consult your healthcare professional before using this product.

## STORAGE

Store in a cool, dry place, away from direct light.

Keep out of reach of children.

## REFERENCES

Atmaca M, Kumru S, Tezcan E. Fluoxetine versus Vitex agnus castus extract in the treatment of premenstrual dysphoric disorder. Hum Psychopharmacol Clin Exp 2003;18:191–195.

Lauritzen CH, Reuter HD, Repges R, et al. Treatment of premenstrual tension syndrome with Vitex agnus castus: Controlled-double blind versus pyridoxine. Phytomedicine 1997;4:183-9.

Meier B, Berger D, Hoberg E, et al. Pharmacological activities of Vitex agnuscastus extracts in vitro. Phytomedicine 2000;7:373-81.

Prilepskaya VN, Ledina AV, Tagiyeva AV, Revazova FS. Vitex agnus castus: Successful treatment of moderate to severe premenstrual syndrome. Maturitas 2006;55 Suppl 1:S55-63.

Turner S, Mills S. A double-blind clinical trial on a herbal remedy for premenstrual syndrome: a case study. Complement Ther Med 1993; 1:73-77.

Manufactured For:

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