

Chaste Tree Extract



- Chaste Tree has been used for the reduction of Premenstrual, Dysmenorrhea (Menstrual pain) and Menorrhagia symptoms.
- Reduction of breast tenderness and pressure, headaches, bloating and fatigue have been reported.
- Chaste Tree has been used to stimulate breast milk production, and as treatment for infertility.
- It helps progesterone/estrogen balance.

Why Use Chaste Tree?

Chaste Tree has been used for menstrual difficulties for over 2500 years. It is useful for the reduction of premenstrual symptoms. Reduction of breast tenderness and pressure, headaches, bloating and fatigue. It helps progesterone/estrogen balance.

What it Does:

Chaste Tree contains flavonoids which act in a manner similar to progesterone. By acting on the pituitary, it normalizes the release of Follicle Stimulating Hormone (FSH) and Luteinizing Hormone (LH). There is no data that shows any decrease in libido when it is used.

Caution: avoid the use of Chaste Tree during pregnancy.

By John W Jones, MD, MPH
Nutritional Consultant for Nutrition Pure and Simple
www.jjconsulting.net

Supplement Facts: Serving Size: 1 Capsule, Servings per Container: 100 or 270

Each capsule contains 200 mg Chaste Tree (vitex agnus castus) berry extract 4:1 (equivalent to 800 mg whole berry)

Other ingredients: microcrystalline cellulose, magnesium stearate, gelatin (capsule).

Suggested Use:

- 2 caps 5 times per day for 5 days,
- 2 caps 4 times per day for 4 days,
- 2 caps 3 times per day for 10 days,
- 2 caps 2 times per day for 21 days.

Highest Quality HPLC Analyzed Plant Extract

How Chaste Tree is Supplied:

- VMCT-01 Bottles of 100 Capsules
- VMCT-02 Bottles of 270 Capsules

Related Products: Ultra Omega-Linic, Yucca



Phone: 888.953.5553
www.nutritionpureandsimple.com

*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*