

# Chaste tree (Vitex)

Wide range support for female reproductive health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Menstrual comfort and reproductive health support<sup>†</sup>

## BENEFITS

- Supports breast comfort and positive mood during the menstrual cycle<sup>†</sup>
- May promote healthy menstrual luteal phase length and menstrual regularity<sup>†</sup>
- May help to maintain healthy reproductive system function<sup>†</sup>

## FEATURES

- Part of the PureWoman™ product line
- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Chaste tree extract, also known as Vitex, contains flavonoids, iridoid glycosides and terpenoids. It has been associated with supporting breast comfort and positive mood during the menstrual cycle, as suggested by multiple randomized, double-blind, placebo-controlled trials.<sup>1,2</sup> 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.<sup>3†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 capsule daily, with or between meals, or as directed by a health professional.

## STORAGE

Store in a cool, dry place.

## WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

## 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

## NOTES

Size 3 caps

Bottle count 60, 120

Order codes CT6, CT1

Bottle size 75 cc, 120 cc

## REFERENCES

1. Berger D, et al. *Arch Gynecol Obstet.* 2000 Nov;264(3):150-3.
2. Halaska M, et al. *Breast.* 1999 Aug;8(4):175-81.
3. Milewicz A, et al. *Arzneimittelforschung* 1993, 43(7):752-6.

## SUPPLEMENT FACTS

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

**Each (size 3) vegetarian capsule contains:**

Chaste tree (*Vitex agnus-castus*) extract (fruit) 225 mg

Other ingredients: vegetarian capsule (cellulose, water)

**Not to be taken by pregnant or lactating women.**



Chaste tree (Vitex)	Quantity	Order Code
	120	CT1
	60	CT6

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