

DESCRIPTION

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

FUNCTIONS

Agnus castus, also known as vitex or chasteberry, 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.

FORMULA (WW #10231)

1 vegetarian capsule contains:

Vitex agnus castus(standardized) 400 mg

SUGGESTED USE

Adults take 1 capsule daily or as directed by a healthcare professional.

SIDE EFFECTS

No adverse effects have been reported.

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.

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