

VITEX (CHASTEBERRY)

What is VITEX?

Vitex agnus-castus, also known as chasteberry and monk's pepper, is the fruit of a shrub in the verbena family. It has been used medicinally for at least 2,500 years. It has been noted in the writings of Hippocrates and Pliny. Vitex contains several different constituents, including flavonoids, iridoid glycosides and terpenoids. Vitex does not contain hormones. The benefits of Vitex stem from its actions upon the pituitary gland—specifically on the production of a hormone called luteinizing hormone (LH). This indirectly increases progesterone production and keeps prolactin levels in check through effects on dopamine receptors. The ability of Vitex to decrease mildly elevated prolactin levels may benefit some infertile women. *

What are the benefits?

Vitex has historically been used to treat hangovers, flatulence, fevers and constipation. Today, Vitex is used primarily for women's menstrual difficulties. Studies have shown a 90% assessed effectiveness in the significant reduction in symptoms of women with PMS. This included irritability, mood swings, headache, cramping and breast tenderness and associated pain. Compared to vitamin B6, Vitex was superior in reducing mastalgia, premenstrual fluid retention, headache and fatigue. Acne associated with PMS was also reduced. Vitex has been used to regulate the menstrual cycle. It is a safe and effective treatment for heavy or too frequent menstrual periods; acyclic bleeding; suppressed menses; cases of infertility due to either prolactin excess or progesterone insufficiency and other conditions. Vitex is not a fast-acting herb so the emphasis must be on long-term balancing of a woman's hormonal system. It should not be taken by women on Hormone Replacement Therapy or by those who are pregnant. *

Supplement recommendation:

For the most effective benefits look for a product that has been naturally extracted and grown or wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Enhances progesterone production for women***
- **Safe and effective help for women's menstrual periods***
- **Provides relief for symptoms of PMS***
- **Helps to correct prolactin levels***
- **Helps to "level out" mood swings associated with PMS***
- **Relief for breast tenderness and associated pain***
- **Better than B6 in reducing fluid retention, headache and fatigue***

Supporting Research:

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* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.