



# Chasteberry

## Herbal Support for Menstrual Discomfort and Regularity\*

Chasteberry is a comprehensive herbal supplement formulated to provide support for menstrual regularity, menstrual discomfort, and healthy estrogen balance.\* The foundation ingredient of Chasteberry is chasteberry fruit extract, an ingredient that has been studied thoroughly for the support of gynecological problems, such as menstrual irregularity and hypermenorrhea.\*<sup>1,2</sup>

Chasteberry also contains black cohosh extract and ashwagandha extract to complement the primary benefits of this unique formula.\*

### How Chasteberry Works

Each serving of Chasteberry features an evidence-based dose (100 mg) of chasteberry fruit extract. Chasteberry, also known as chaste tree, is a small tree native to Asia and the Mediterranean region; the tree bears fruits that have been used since the Middle Ages for supporting gynecological issues.\*<sup>1</sup>

In modern clinical applications, chasteberry fruit extract is used for supporting menstrual cycle regularity and easing symptoms of PMS.\* A recent open study of 36 women with PMS showed that daily chasteberry fruit extract supplementation reduced physical PMS symptoms in 69% of the test subjects after three months of use; 80% showed a decrease in psychological symptoms.<sup>3</sup> The duration of the luteal phase also doubled.

Research suggests that chasteberry fruit extract works through several mechanisms, including inhibition of prolactin secretion, support for endorphin and dopamine function, and estrogenic effects.\*<sup>4,5,6</sup>

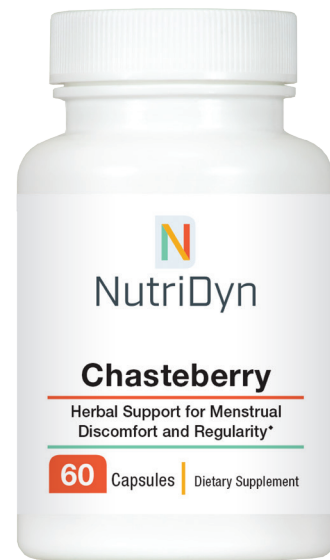
Chasteberry is complemented with black cohosh root and rhizome extract as well as ashwagandha root extract, two adaptogenic herbs that research suggests help support healthy stress response and ease climacteric symptoms, which in turn can support healthy libido and reproductive function in females.\*<sup>7,8</sup>

### Chasteberry Supplementation

The ingredients in Chasteberry are dosed in a manner that is congruous with what research suggests to be effective and safe, particularly for supporting menstrual regularity and discomfort.\*

Clinical evidence and research cited herein shows that the ingredients in Chasteberry may:

- Support healthy estrogen metabolism\*
- Support healthy menstrual cycles \*
- Support menstrual discomfort \*
- Support healthy stress response and mood\*



Form: 60 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
Chasteberry 10:1 Extract (fruit; <i>Vitex agnus-castus</i> )	100 mg	*
Ashwagandha Extract (root, stem, and leaf; <i>Withania somnifera</i> ; 5% withanolides)	60 mg	*
Black Cohosh Extract (root; <i>Actaea racemosa</i> ; 2.5% triterpene glycosides)	40 mg	*

#### Other Ingredients:

Microcrystalline cellulose, hypromellose, vegetable magnesium stearate, silica.

#### Directions:

Take one capsule twice daily or as directed by your healthcare practitioner.

**Caution:** *If you are pregnant, nursing, taking medication, or have a liver disorder, consult your healthcare practitioner before use. Keep out of reach of children.*



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A cGMP FACILITY

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## References:

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7. Dongre, S., Langade, D., & Bhattacharyya, S. (2015). Efficacy and safety of ashwagandha (*Withania somnifera*) root extract in improving sexual function in women: a pilot study. *BioMed research international*, 2015.
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