

# CHASTE TREE

*Vitex agnus-castus*

Liquid extract of dried mature berry.

**Actions:** Enhances natural production of progesterone and luteinizing hormone, and diminishes release of follicular stimulating hormone.

**Uses:** Menstrual and ovulation disorders due to corpus luteum insufficiency: amenorrhea, hypermenorrhea and polymenorrhea; excess prolactin levels; to induce ovulation in infertility; premenstrual syndrome (PMS); breast pain; normalize ovulation and menstrual cycle after quitting oral contraceptives. Cysts and fibroids of the breasts, ovaries and uterus. Menopausal depression and hypochondria. Galactagogue (promotes breast milk). Decreases abnormally strong libido in men.

**Dose:** Take 30 to 40 drops, 2 to 5 times per day.

**Cautions:** Discontinue or lower dosage if extract causes nausea, diarrhea or abnormal changes in menstrual cycle. Consult a qualified midwife or physician before taking during pregnancy.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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