

Vitex Chasteberry Extract

HELPS REDUCE THE SYMPTOMS OF PMS

WomenSense® is a line of products designed to help women reach their full health potential. Carefully and naturally formulated, these products support women from puberty to menopause and beyond for issues such as low thyroid, hormonal imbalance, stress, and fatigue. WomenSense products are free of common allergens and are non-GMO.



PRODUCT SUMMARY

Vitex Chasteberry Extract helps reduce symptoms of PMS. Each vegetarian capsule contains 80 mg of chasteberry extract standardized to 0.6% of aucubin, the herb's main active constituent. This is a popular supplement for women who want to take a plant-based approach to relieve the uncomfortable physical and emotional symptoms of their menstrual cycle.

BENEFITS

- Helps reduce the symptoms of PMS
- Used to restore hormone balance during the luteal phase of the menstrual cycle
- Provides relief from cramps, bloating, breast pain, irritability, and other PMS symptoms
- Contains an herbal alternative to conventional PMS therapies

RESEARCH

It is estimated that up to 70% of women experience from some degree of premenstrual syndrome (PMS) during their reproductive years (Seidlova-Wuttke & Wuttke, 2017). The temporary physical and emotional symptoms of PMS, including cramping, irritability, breast tenderness, and bloating, occur during the luteal phase of the menstrual cycle (Del Mar Fernández et al., 2019; Seidlova-Wuttke & Wuttke, 2017). Symptoms often take place alongside hormonal changes and increased oxidative stress levels in the body (Hashim et al., 2019). Although diet and lifestyle factors affect a women's susceptibility to PMS, some women are genetically predisposed to be more sensitive to hormonal changes (Del Mar Fernández et al., 2019; Hashim et al., 2019). For many women, the intensity of PMS symptoms can be severe enough to interfere with work, relationships, and day-to-day activities (Del Mar Fernández et al., 2019).

Chasteberry extract is made from the fruit of the chaste tree (*Vitex agnus-castus*) and has been used for centuries as a traditional remedy for both gynecological and psychological conditions (Souto et al., 2020). More recently, clinical evidence has shown that chasteberry extract is an effective herbal therapy for relieving uncomfortable physical symptoms of PMS, such as breast tenderness, fluid retention, and headaches, as well as related emotional symptoms (Rafieian-Kopaei & Movahedi et al., 2017).

Chasteberry contains multiple bioactive compounds and metabolites, most notably flavonoids and iridoids such as aucubin (Souto et al., 2020). Although the underlying mechanisms are not completely understood, some evidence shows that chasteberry's active components function through dopamine receptors to reduce the body's prolactin levels (Souto et al., 2020). Chasteberry is also thought to help restore progesterone and estrogen balance by influencing the release of luteinizing hormone (LH) and follicle-stimulating hormone (FSH) (Mirghafourvand et al., 2016).

In a meta-analysis of evidence from double-blind clinical trials, researchers confirmed the effectiveness of chasteberry as an herbal remedy for PMS. Researchers found that women who supplemented with chasteberry were 2.57 times more likely to experience a significant reduction in PMS symptoms compared to participants taking a placebo (Csupor et al., 2019).

In a double-blind, placebo-controlled study, individuals with PMS symptoms were supplemented with chasteberry extract cyclically for six months. It was found that taking chasteberry helped reduce PMS-related symptoms, including headache, nervousness, restlessness, low mood, and breast pain and swelling, significantly more than taking a placebo (Zamani et al., 2012). In another study, 66% of women supplemented with 40 mg of chasteberry per day for three months reported dramatic reductions in their typical PMS symptoms, while 26% reported mild reductions in symptoms (Ambrosini et al., 2013).

In a randomized, controlled trial, 53% of 18–45-year-old women with a history of premenstrual breast pain benefited from a reduced intensity of pain after two months of supplementing with chasteberry extract. In comparison, only 13% of women taking a placebo experienced a reduction in pain intensity (Mirghafourvand et al., 2016).

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Each vegetarian capsule contains:

Vitex (Chasteberry) Extract
(*Vitex agnus-castus*) (fruit) (0.6% Aucubin)80 mg

Non-medicinal ingredients: Microcrystalline cellulose, vegetarian capsule (carbohydrate gum, purified water), vegetable grade magnesium stearate (lubricant).

Recommended adult dose: 1 capsule daily with food or as directed by a health care practitioner. Use for a minimum of 3 months to see beneficial results.

Caution: Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are taking hormone-containing medications such as progesterone preparations, oral contraceptives, or hormone replacement therapy. Do not use if you are pregnant or breastfeeding. Keep out of reach of children.

This product does not contain artificial preservatives, colours, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans.

✔ Gluten-free ✔ Non-GMO ✔ Suitable for vegetarians/vegans



References

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