

Chaste Tree

M1190 / M1195

Quality is our Passion
Passion Flower (*Passiflora incarnata*)

Chaste Tree

The berry of *Vitex agnus-castus* (Chaste Tree) has a long history of use in Europe. Chaste Tree was known to affect the reproductive system of men and women. It was even used in the monasteries (and had the common name monk's pepper). Natural clinicians in the late 19th Century United States also saw these effects demonstrated. Since then scientific and medical studies have shed new light on this interesting herb, showing that it has many benefits.*

How MediHerb Chaste Tree Keeps You Healthy

Promotes a natural, healthy balance within the female endocrine system

Chaste Tree encourages a healthy menstrual cycle and eases discomfort associated with premenstrual syndrome. At least one of the ways Chaste Tree does this is due to its plant constituents – the diterpenes. This is explained next.*

Constituents interact with dopamine receptor

Top quality Chaste Tree helps keep the body's hormones balanced by interacting with a certain dopamine receptor (the D2 receptor). Constituents in Chaste Tree called diterpenes combine with D2 receptors leading to inhibition of prolactin release.¹ (Prolactin release is under the control of dopamine and is secreted by the dopamine neurons in the hypothalamus, into the blood vessels that connect the hypothalamus with the pituitary.) A normal prolactin release has a series of effects. Some of which include maintaining the healthy functioning of the ovaries and promoting healthy progesterone levels. One result of this is a normal menstrual cycle.*

Maintains healthy skin

Chaste Tree may also maintain healthy skin in men and women, in circumstances that require a healthy hormone balance.*

May assist normal sleep patterns (in men and women)

Clinical research suggests that Chaste Tree increases melatonin secretion, especially during the night.² (Melatonin is produced in the pineal gland, and helps control our awake and sleep cycles.) So by encouraging normal melatonin release at night, Chaste Tree may provide relief from occasional sleeplessness.*

Supplement Facts

Serving size:	1 tablet	
Servings per container:	40, 120	
Amount per Serving		%DV
Calories	2	
Calcium	60 mg	6%
Chaste Tree fruit 6:1 extract from <i>Vitex agnus-castus</i> fruit 500 mg	83.3 mg	†

† Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, hypromellose, magnesium stearate, silica and sodium starch glycolate.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Product No	Content
M1190	40 tablets
M1195	120 tablets



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Associate Professor Kerry Bone
 MediHerb Co-Founder and
 Director of Research and Development

A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

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

What Makes MediHerb Chaste Tree Unique

Chaste Tree from MediHerb is unique in the professional herbal products industry because:

- MediHerb regularly tests the quantity of agnuside (an iridoid glycoside) in Chaste Tree raw material

Unique Manufacture & Analytical Testing

Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Unique extraction method using cold percolation (protects the delicate plant constituents, ensuring a full range of constituents)
- Control of all stages of manufacture – from berry to tablet to you
- Raw materials and finished product are subjected to tough quality standards, including use of the latest and most relevant chemical analysis methods

References

¹ Wuttke W, Jarry H, Christoffel V et al. *Phytomedicine* 2003; **10**: 348-357

² Dericks-Tan JS, Schwinn P, Hildt C. *Exp Clin Endocrinol Diabetes* 2003; **111**: 44-46



Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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