

HIGHER NATURE®

# AGNUS CASTUS PMS RELIEF

30  
film-coated  
tablets

A traditional herbal medicinal product used to help relieve symptoms associated with premenstrual syndrome, based on traditional use only.

**AGNUS CASTUS FRUIT  
EXTRACT 4MG**

Traditionally  
used for:

- ✓ Premenstrual symptoms
- ✓ Bloating
- ✓ Mood swings
- ✓ Menstrual cramps
- ✓ Breast tenderness
- ✓ Irritability



HIGHER NATURE®  
AGNUS CASTUS  
PMS RELIEF

HEAP030

A traditional herbal medicinal product used to help relieve symptoms associated with premenstrual syndrome, such as irritability, mood swings, breast tenderness, bloating and menstrual cramps. This usage is based on traditional use only.

**DOSAGE:**

For oral use. For women experiencing premenstrual symptoms, take one tablet daily. The tablets should be taken at the same time of day if possible (morning or evening). Swallow the tablet whole with some water or other liquid.

**WARNING: DO NOT EXCEED THE STATED DOSE.**

Do not use if you are:

- allergic to any of the ingredients
- pregnant or trying to become pregnant
- breastfeeding
- under 18 years
- suffering from a pituitary disorder

KEEP OUT OF SIGHT AND REACH OF CHILDREN

Please read the enclosed Patient Information Leaflet carefully before taking these tablets.

**STORAGE:**

This medicinal product does not require any special storage conditions. Store in the original packaging. Expiry date: see base.

**ACTIVE INGREDIENTS:**

Each film-coated tablet contains:  
4mg of extract (as dry extract) from Agnus Castus fruit (*Vitex agnus castus* L.) (7-13:1) (equivalent to 28-52mg of Agnus Castus). Extraction solvent: ethanol 60% v/v.  
This product contains lactose monohydrate and liquid glucose.

Manufactured in Germany for  
Higher Nature, Burwash Common,  
East Sussex TN19 7LX  
by the THR holder:  
Schwabe Pharma (UK) Ltd  
Marlow, Bucks SL7 1PD

THR 23056/0002



certification mark