## EVIDENCE-BASED

Vitex Extract is unique because each capsule is standardized to provide 0.5% agnuside, chaste berry's most significant compound. Chaste tree berry extract is a source of phytoestrogens and a popular herb among women who need extra support during premenstrual and menstrual cycles.\* Vitex Extract is particularly beneficial for premenstrual stress syndrome.\*



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integrative

## VITEX

Relieves symptoms of PMS and improves menstrual comfort\*

60 VEG CAPSULES Dietary Supplement

## **Supplement Facts**

Serving Size 1 capsule

## Amount per capsule

Chaste Tree (Vitex agnus-castus) Berry Extract. standardized to contain 0.5% agnusides

225 mg\*\*

"Daily Value not established.

Other ingredients: vegetable capsule (modified cellulose), cellulose, magnesium stearate, and silicon dioxide.

Recommendations: Take 1 capsule twice daily.

If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use.

Contains no sugar, salt, yeast, wheat, gluten, corn, soy, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin. This product contains natural ingredients; color variations are normal.