

# Vitex 2000

Herbal Progesterone Support | VA-128

## Key Features:

- **Highly concentrated (12:1) *Vitex castus-agnus* (Chaste Tree) formula with each capsule equivalent to 2000 mg of dried herb.**
- Helps alleviate conditions associated with progesterone-deficiency, such as peri-menopause, menopause, PMS, and hyperprolactinemia.

## Description:

Chaste tree (*Vitex*) berry has long been used to support the reproductive system, especially that of women. It is known to help with premenstrual syndrome (PMS) and associated cyclic mastalgia, premenstrual dysphoric disorder (PMDD), lactation difficulties, low fertility, and peri-menopause-related complaints.<sup>1,2,3</sup>

## Normalize Prolactin & Progesterone Levels

There is evidence that premenstrual symptoms are often associated with latent hyperprolactinaemia (LHP) - the elevation of prolactin occurring either premenstrually or in response to stressful situations.<sup>5,6</sup>

Increased prolactin levels inhibit corpus luteal development, thereby indirectly reducing the secretion of progesterone in the luteal phase of the menstrual cycle.<sup>7</sup>

LHP has been associated with premenstrual mastalgia, benign breast cysts, and infertility.

**Prolactin is normally regulated by dopamine acting on dopamine-2 (DA-2) receptors of lactotrophs, cells that produce prolactin.**

**Vitex contains dopaminergic compounds belonging to the diterpenes, as well as essential oil, flavonoids, and iridoid glycosides.**

**The diterpenes help regulate prolactin via binding to DA-2 receptors<sup>4</sup>, and consequently, aid in restoring corpus luteum and progesterone levels.**

## Quantity: 84 capsules

### Ingredients (per capsule):

Chaste Tree Extract 12:1 (*Vitex agnus-castus*).....166.7 mg (fruit) (5% flavonoids)  
(equivalent to 2000 mg dried chaste tree berry)

**Non-medicinal Ingredients:** Certified organic apple fiber, silicon dioxide, L-leucine, pullulan/ hypromellose (capsule)

**Suggested Use:** Adults - Take 1 capsule daily, or as directed by a health care practitioner. Use for a minimum of 3 months to see beneficial effects.

## Clinical Applications

### PMS

In a double-blind, placebo-controlled RCT, 162 female subjects were administered with either Vitex extract or placebo for 3 menstrual cycles. The results showed significant improvement in symptoms, such as irritability, mood swings, anger, headache, bloating and breast tenderness.<sup>10</sup>

### Peri-Menopausal & Menopausal Symptoms

Vitex can help support progesterone levels in peri-menopausal and menopausal women and alleviate symptoms, such as low libido, fatigue, irregular periods, breast tenderness, anxiety, and depression.<sup>11</sup>

Serum prolactin levels have been linked to the severity of depressive symptoms in peri-menopausal women.<sup>9</sup> In a placebo-controlled RCT, Vitex, in combination with St. John's Wort, has been shown to alleviate depression and cravings in menopausal women.<sup>3</sup>



## Normalizing Sleep Patterns

Clinical data suggest that Vitex is able to increase melatonin secretion during the night.<sup>8</sup> Melatonin is a hormone produced by the pineal gland in our brain, controlling our circadian rhythm.

### Reference:

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9. Słopień R, Słopień A, Warenik-Szymankiewicz A. Serum prolactin concentration and severity of depression symptoms in climacteric women. *Clin Exp Obstet Gynecol*. 2015;42(6):749-51.
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### Caution:

Consult a health care practitioner prior to use if you are pregnant or breastfeeding; or if you are taking blood thinners. Hypersensitivity/allergy can occur, in which case discontinue use and consult your healthcare practitioner.

**For Education Purpose Only:** The entire contents are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this presentation. All statements in this article have not been evaluated by the Food and Drug Administration and are not intended to be used to diagnose, treat, or prevent any diseases.

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