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 and showing that it has many benefits.¹

**How MediHerb Chaste Tree Keeps You Healthy**

**Chaste Tree 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.²

**Chaste Tree 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.³ (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.³

**Chaste Tree maintains healthy skin**

Chaste Tree may also maintain healthy skin in men and women, in circumstances that require a healthy hormone balance.⁴

**Chaste Tree may assist normal sleep patterns (in men and women)**

Clinical research suggests that Chaste Tree increases melatonin secretion, especially during the night.⁵ (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.⁵

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¹ 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 tests the quantity of diterpenes 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 and ensuring a full range in the product)
- 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, Hill C. Exp Clin Endocrinol Diabetes 2003; 111: 44-46