



Chaste Tree

Strong support for hormonal balance*



Delivering Health Solutions That Work

MediHerb was co-founded in 1986 by world-renowned phytotherapist, Professor Kerry Bone. In his words, "Our passion at MediHerb is to unlock the healing power of plants by combining the time-honored wisdom of traditional knowledge with sound clinical experience and the rigor of scientific research. This quest can only be attained by the total commitment to quality and continuous improvement which permeates every aspect of our endeavors."

In over 25 years of operation MediHerb has not only demonstrated an unwavering commitment to quality in herbal products, we have redefined it. We believe our unique approach to quality sets a standard for herbal products that is unsurpassed in the world today.

Kerry Bone and over 20 health care professionals work within MediHerb while still maintaining their own clinical practices. We know from our experience 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 you health solutions that work.



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Natural Hormone Balance



Chaste Tree



Chaste Tree – Promotes Natural, Healthy Hormonal Balance

Used traditionally for over 2,500 years, Chaste Tree (*Vitex agnus-castus*) has always been valued for its extensive beneficial effects on female hormones.*

Originally from the Mediterranean region, Chaste Tree was introduced to America in the early nineteenth century. Also known as Monk's Pepper, Italians still follow the old custom of strewing Chaste Tree flowers on the ground in front of novices as they enter the monastery.

Modern research supports historical wisdom, and Chaste Tree is widely used today to help maintain healthy hormonal balance.*

Give yourself the natural hormonal support you need with MediHerb's Chaste Tree.*

What is Chaste Tree?

MediHerb's Chaste Tree is an effective herbal tablet, made from top quality Chaste Tree berries, using MediHerb's proprietary manufacturing techniques.

The active components in Chaste Tree help re-establish a normal hormonal balance. For women with premenstrual syndrome (PMS) and other menstrual symptoms, hormone balance is crucial. Studies show that the active components in Chaste Tree can help regulate the balance of prolactin and progesterone during the menstrual cycle.^{1*}

Who Needs Chaste Tree?

Women of any age needing hormonal support could benefit from taking Chaste Tree. It is the ideal support for premenstrual syndrome, normalizing the menstrual cycle and restoring balance and function to the female reproductive system.*

Chaste Tree can help both men and women maintain healthy skin where hormonal support is required.*

Clinical research shows this natural remedy may also help restore normal sleeping patterns.^{2*}

How is MediHerb's Chaste Tree Unique?

Our herbal manufacturing expertise means you can have complete confidence in Chaste Tree tablets.

MediHerb's Chaste Tree is a superior quality supplement with each tablet containing the equivalent of 500 mg of Chaste Tree berries.*

We source only the highest quality Chaste Tree berries, testing them extensively to assess the true levels of a range of constituents including the diterpenoids. MediHerb has developed specialized analytical techniques to detect these important constituents. This thorough analysis ensures optimal quality, and most importantly, optimal results.*



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Compelling Benefits

Chaste Tree is a high quality herbal supplement containing a range of compounds that work in synergy to:

- Promote a natural, healthy balance within the female endocrine system (particularly in relation to supporting normal progesterone levels)
- Encourage healthy menstrual cycling
- Ease discomfort associated with premenstrual syndrome
- Support women's normal reproductive function
- Maintain healthy skin, for both men and women, where a normal hormone balance is required
- Ease temporary feelings of tension associated with the menstrual cycle*

Ask your health care professional today about Chaste Tree. They can advise whether it is the right hormonal support for you. They will also be able to inform you of any cautions to be aware of when taking this product.*

¹ Mills S, Bone K. *Principles and Practice of Phytotherapy: Modern Herbal Medicine*. Edinburgh: Churchill Livingstone, 2000.

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

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

You Can Rely on Chaste Tree