



Chaste Berry Tincture

Vitex agnus-castus

NPN: 80023345

Size: _____

Lot: _____

Expiry Date: _____

Indications:

Used in Herbal Medicine to help relieve premenstrual symptoms. Used in Herbal Medicine as a hormone normaliser to help stabilize menstrual cycle irregularities. Used in Herbal Medicine to help relieve symptoms associated with menopause, such as hot flashes.

Recommended dose (adults):

Take 1 tsp, once daily. Dilute in hot water and take before meals, or as directed by your health care practitioner.

Risk information:

Cautions and Warnings:

Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are taking hormone-containing medications such as progesterone preparations, oral contraceptives or hormone replacement therapy.

Medicinal ingredients:

Each 1 ml contains *Vitex agnus-castus* (Chaste Tree) extract 1:3, equivalent to 0.33 grams of berry.

Non-medicinal ingredients:

Water, Ethanol.

Store at room temperature away from sunlight and heat. Keep out of reach of children. Do not use if seal is broken.

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