



Chasteberry Plus®

Supports Menstrual Regularity, Relieves Menstrual Discomfort*

Form: Tablets

Flavor: no flavor

Size: 60 Tablets

Chasteberry Plus® combines chasteberry and black cohosh to help support menstrual regularity, ease menstrual cramps, and support reproductive health. Ashwagandha, an herb traditionally used to support healthy aging and libido, completes this special women's formula.*

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Tablet	
Servings Per Container	60	
Chasteberry (<i>Vitex agnus-castus</i>) 10:1 Fruit Extract	100 mg	*
Black Cohosh (<i>Actaea racemosa</i> [†]) Root & Rhizome Extract [standardized to 2.5% (1mg) total triterpene glycosides expressed as 27-deoxyactein]	40 mg	*
Ashwagandha (<i>Withania somnifera</i>) 15:1 Root Extract [containing withanolides]	60 mg	*

Ingredients: Microcrystalline cellulose, croscarmellose sodium, silica, stearic acid (vegetable), and coating (hypromellose, medium-chain triglycerides, and hydroxypropylcellulose).

Directions: Take one tablet twice daily or as directed by your healthcare practitioner.

This product is non-GMO, gluten-free, and vegetarian.

Warning: Do not use if pregnant or nursing.

Caution: Consult your healthcare practitioner before use if you are taking medication or have a liver disorder or develop symptoms of liver trouble. Keep out of the reach of children.

Storage: Keep tightly closed in a cool, dry place.

*Daily Value not established.

[†]Also known as *Cimicifuga racemosa*.