



Chasteberry Plus®

Support for Reproductive and Menstrual Health

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.

Why Chasteberry Plus?

- May help support the metabolism of progesterone, a hormone important to ovarian function and overall reproductive health
- Relieve PMS-related water retention, cramping, breast tenderness, and mild mood swings
- Supports a regular menstrual cycle
- Maintain a healthy hormonal balance throughout child-bearing and menopausal years
- Promotes relaxation and a healthy stress response

Form: 60 Tablets
Serving Size: 1 Tablet

Ingredient	Amount Per Serving
Chasteberry (Vitex agnus-castus) 10:1 Fruit Extract	100 mg
Black Cohosh (Actaea racemosa ¹) Root & Rhizome Extract [standardized to 2.5% (1 mg) total triterpene glycosides expressed as 27-deoxyactein]	40 mg
Ashwagandha (Withania somnifera) 15:1 Root Extract [containing withanolides]	60 mg

Other 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.

¹Also known as Cimicifuga racemosa.

Certain persons, considered experts, may disagree with one or more of the foregoing statements, but the same are deemed, nevertheless, to be based on sound and reliable authority. No such statements shall be construed as a claim or representation as to Metagenics products, that they are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease.