



Botanical Name: *Vitex agnus-castus*

Family: Lamiaceae

Energetics: Warming, hormone-modulating

Taste: Bitter, slightly aromatic

Actions: Hormone modulator, uterine tonic, reproductive support, mild sedative



Vitex, or Chaste Tree Berry, is traditionally used to support female reproductive health, regulate hormonal balance, and ease menstrual discomfort. It works gently to modulate pituitary and reproductive hormones.



Internal Uses

- Supports menstrual cycle regulation
- Hormone-balancing for PMS or perimenopause
- Uterine tonic
- Mild calming effect on nervous system

External Uses

- Rarely used externally; sometimes in infused oils for skin



Medication Interactions

- May interact with hormone therapies, contraceptives, or dopamine-related medications
- Monitor hormone-sensitive conditions



Contraindications

- Pregnancy and breastfeeding: avoid medicinal doses unless guided
- Children: not recommended
- Allergy to Lamiaceae family

Caution & Safety

- Moderate doses recommended
- Effects may take 3-6 months to manifest internally
- Monitor for hormonal changes or allergic reactions

Herbal Pairings

Blends Well With

- Raspberry Leaf (uterine support)
- Red Clover (hormonal and nutritive support)
- Chamomile (calming and uterine support)

Avoid Combining With

- Hormone therapies or contraceptives without guidance

Possible Side Effects

- Mild digestive upset
- Rare allergic reactions
- May alter menstrual cycle timing in some individuals

Forms & Dosage

Tea / Infusion

- 1-2 tsp dried berries per cup water
- Steep 10-15 minutes
- 1-2 cups daily

Tincture (1:5)

- 2-4 mL, 1-2 times daily

Capsules / Powder

- Follow manufacturer instructions (commonly 400-500 mg daily)



Vitex is a warming, hormone-modulating herb ideal for reproductive health, menstrual regulation, and mild nervous system support. Best used in teas, tinctures, or capsules over long-term periods.

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