



**Botanical Name:** *Vitex agnus-castus*

**Family:** Lamiaceae

**Energetics:** Warming, hormone-modulating

**Taste:** Bitter, slightly aromatic

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

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## Overview

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.

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## Uses

### 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
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## Medication Interactions

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

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

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

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

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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