

**Full Spectrum™ Vitex Extract****500 mg, 60 tablets**

Item Catalog Number: 12618

Planetary Formulas Full Spectrum™ Vitex Extract combines a standardized extract of chaste tree berries, concentrated to 0.5% agnusides, with whole berries. Vitex modifies the effect of the hypothalamus and pituitary glands. This helps regulate and balance female hormone production.\* Combining the extract with the whole berry insures that the full spectrum of vitex compounds are included.

Lifestyle Recommendations: To support normal female hormone levels, eat well, include soy products in your diet, and get sufficient rest and exercise.\*

**Supplement Facts**

Serving Size 1 tablet

Servings Per Container 60

**Amount Per Serving**

Calcium	48 mg
Chaste Three Berry	375 mg
Chaste Three Berry Extract (0.5%)	125 mg

Yielding minimum 625 mcg Agnusides

Other ingredients: dibasic calcium phosphate, stearic acid, microcrystalline cellulose, colloidal silicon dioxide, modified cellulose gum, and magnesium stearate.

**Dosage and Use**

- One tablet twice daily, or as recommended by your health care professional.
- Take throughout the month, except during menstruation.

**Caution**

Not for use during pregnancy or breastfeeding.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.