Vitex Berry

What is it?
Vitex Berry is an herbal extract made from the berry of the tree Vitex agnus-castus. It is also called Chasteberry. It is a plant native to Mediterranean regions and has a long history of traditional use. Currently, it's most common use is for PMS, painful periods, and breast tenderness.

How much should I take?
The typical dose is 250-500mg daily. Read the label on the back of the bottle to learn how much is in a capsule or serving size. (Note, for this GAIA product, there are 500mg / 2 capsules... so there is 250 mg in each capsule!)

Is it safe?
Quality is very important when choosing over the counter supplements or herbs.

The product chosen by UCSC Student Health Center is high quality and uses Good Manufacturing Practices.

If you are on a psychotropic medication like Seroquel or Risperidal please consult your provider before starting. Also, because Vitex is used to help hormonal conditions, it may have some effect on birth control pills; therefore you should use condoms as well or consider alternative birth control methods.

If you have further questions, please talk to one of the Pharmacists or schedule an appointment with a provider. We are dedicated to your health and wellbeing!!!