PERFECT HERBS

Herb Monograph Latin Name: Vitex agnus-castus

Common Name: Chasteberry, Man Jing Zi

Primary Action	endocrine modulator
Secondary Actions	antiandrogenic
System Affinities	female endocrine
Conditions Treated	dysmenorrhea, PCOS
Constituents	diterpenes, flavonoids, iridoid glycosides, volatile oils
Tincture Daily Dose	6 mL to 15 mL
Tea Daily Dose	4 g to 6 g
Parts Used	fruit
Can Be Substituted With	N/A
Pairs Well With	Schisandra sinensis and Paeonia lactiflora (alba) in female hormone balancing formulas



Disclaimer: This information is provided for educational purposes only.