

CHASTE TREE FRUIT DRY EXTRACT

(*Vitex agnus-castus* L.)

BOTANICAL DESCRIPTION:

Whole, ripe, dried fruit of *Vitex agnus-castus* L. (small reddish black drupe).⁽³⁾

Accurate selection and identification of Chaste tree Fruit according to current monograph of European Pharmacopoeia: "2147: Agnus castus fruit".



EXTRACT INFORMATION:

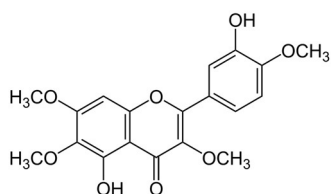
CHASTE TREE FRUIT DRY EXTRACT is obtained from the fruit of *Vitex agnus-castus* L. by hydroalcoholic extraction.

INCI Name: VITEX AGNUS CASTUS EXTRACT

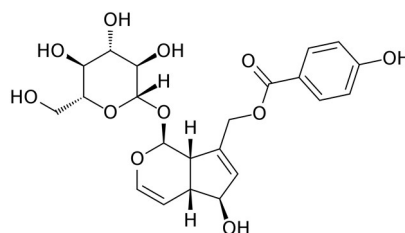
CAS: 91722-47-3

EINECS: 294-446-5

ANALYTICAL MARKER: Casticin and Agnuside.



Casticin



Agnuside

Select Botanicals Extracts comply with the requirements of any relevant monograph in the European Pharmacopoeia and/or European Directives applicable to the end use of the extract.

Select Botanical, S.L. manufactures Highest Quality Extracts following strictest Quality Management System in compliance with the "Good Manufacturing Practices" (GMP) requirements, carrying on the last manufacturing steps in classified areas (Clean Rooms).

PHYTOTHERAPY INDICATIONS:

- Indicated in the treatment of menstrual cycle disorders such as polymenorrhoea, oligomenorrhoea or amenorrhoea.⁽⁸⁾
- Herbal medicinal product for the treatment of premenstrual syndrome.⁽⁷⁾
- Traditional herbal medicinal product for the relief of minor symptoms in the days before menstruation (premenstrual syndrome).⁽⁷⁾

ACTIVITIES AND PHARMACOLOGICAL STUDIES:

- **Dopaminergic and prolactin Activity:** Several available publications describe the effects of extracts of fruits of *Vitex agnus-castus* L. on prolactin secretion and dopaminergic effects in vitro and in vivo. ⁽¹⁰⁾ The effects of Chaste Tree have been described as similar to those of the corpus luteum. The mechanism of action may also be related to modulation of stress induced prolactin secretion via dopamine, without directly affecting luteinising hormone or follicle stimulating hormone. ^(5,6,7,8)
- **Oestrogenic Activity:** The oestrogenic compounds of CHASTE TREE EXTRACT were identified as the flavonoids penduletin and apigenin. A methanol extract stimulated the expression of the progesterone receptor but oestrogen dependent alkaline phosphatase activity was induced. ⁽⁹⁾

DOSAGE AND ADMINISTRATION:

Dosage and administration:

The recommended dosage and administration are indicated in the European Union herbal monograph on *Vitex agnus-castus* L., fructus **EMA/HMPC/606742/2017**. ⁽⁷⁾

Undesirable effects:

There are no reported toxic effects or intolerance phenomenon to normal use doses.
Cases of allergic reactions have been reported. ^(4,7,8)

Precautions/Contraindications:

Chaste tree Extract should not be used during pregnancy and lactation without medical advice. ^(7,8)
Patients who are using dopamine agonists, dopamine antagonists, oestrogens and antioestrogens should consult their doctor before using *Vitex agnus-castus* ⁽⁷⁾
Agnus castus fruit is thought to act on the pituitary axis and therefore patients with history of a pituitary disorder should consult a doctor before use. ⁽⁷⁾
In cases of prolactin secreting tumours of the pituitary gland the intake of agnus castus fruit can mask symptoms of the tumour. ⁽⁷⁾

BIBLIOGRAPHY AND OTHER REFERENCE SOURCES:

1. Fitoterapia. Vademecum de prescripció. Masson, S.A. 3ª Ed. Barcelona 1998
2. Russo, M., Galletti, C. *Medicinal properties and chemical composition of Vitex agnus castus L.*. Instituto di Microbiologia e Tecnologia Agraria e Forestale. Università di Reggio Calabria. Italia.
3. Blumental. The Complete German Commission E Monographs. Therapeutic Guide to Herbal Medicines. American Botanical Council. Austin, Texas 1998.
4. Blumental/Goldberg/Brinckmann. Herbal Medicine. Expanded Commission E Monographs. 2000.
5. Schellenberg, R. "Treatment for the premenstrual syndrome with agnus castus fruit extract: prospective, randomised, placebo controlled study." BMJ. Volume 322. 20-January-2001.
6. Meier, B., Berger, D., Hoberg, E., Sticher, O. "Pharmacological activities of *Vitex agnus-castus* extracts in vitro". Phytomedicine, Vol. 7 (5), pp. 373-381.
7. European Union herbal monograph on *Vitex agnus-castus* L., fructus EMA/HMPC/606742/2017.
8. ESCOP Monographs. Second edition. 2003.
9. Assessment report on *Vitex agnus-castus* L., fructus EMA/HMPC/606741/2017

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Version 02/April 2021