

Progesto-Mend™

[Formulated by Dr. Joseph J. Collins, N.D., R.N.]†

Progesto-Mend™ is a combination of natural plant extracts including chasteberry specifically designed to normalize hormones to help stabilize menstrual cycle irregularities.

Chasteberry extract (*Vitex agnus-castus*) contains active constituents that play a role in hormone activity, including dopaminergic compounds that suppress the release of prolactin. This is important as excess prolactin may inhibit progesterone secretion during the second half of the menstrual cycle. High prolactin and low progesterone levels during this phase are both associated with premenstrual symptoms, such as breast tenderness. Supplementation with chaste berry extract has been shown to relieve common premenstrual symptoms, including mood, headache, bloating, and breast fullness. Progesto-Mend™ also contains herbs used in traditional Ayurvedic and Chinese medicine, including forskohlii, passionflower, crampbark, Di huang and white peony.

Indications

- Premenstrual symptoms

Suggested Usage: Adults: Take 1 capsule 3 times per day in divided doses with food or as directed by a healthcare professional. Consult a healthcare professional for use beyond 6 months.

Each Capsule Contains[‡]

Chasteberry (fruit) standardized extract (0.4% Aucubine/0.5% Agnuside) (<i>Vitex agnus-castus</i>)	40 mg
Chinese thoroughwort root 5:1 extract (<i>Bupleurum falcatum</i>)	85 mg
Crampbark bark (<i>Viburnum opulus</i>)	60 mg
Di huang root 7:1 extract (<i>Rehmannia glutinosa</i>)	100 mg
Forskohlii leaf standardized extract (10% forskohlin) (<i>Coleus forskohlii</i>)	50 mg
Passionflower herb top standardized extract (3.5% vitexin) (<i>Passiflora incarnata</i>)	75 mg
<i>Selinum striatum</i> rhizome 10:1 extract	110 mg
White peony root standardized extract (10% Paeoniflorin) (<i>Paeonia lactiflora</i>)	130 mg
Wild yam root standardized extract (10% diosgenin) (<i>Dioscorea villosa</i>)	70 mg

Formula

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Size

120 Capsules