

Dried Vitex Berries

Traditional women's wellness berry support for balance and cycle routines.

Official Botanical Name: *Vitex agnus-castus*

Brief Description: Vitex berries, also known as chaste tree berries, are traditionally used in women's wellness herbal routines and cycle-support formulas.

Benefits

- Traditionally used in women's wellness routines
- Popular in cycle-support herbal formulas
- Supports balanced wellness practices
- Aromatic botanical berry support
- Traditionally associated with hormonal wellness

Ways to Use

- Tea or decoction
- Capsules
- Tinctures
- Women's wellness blends

Instructions

- Lightly crush berries before steeping.
- Use consistently over time for traditional use.
- Store away from moisture and heat.

Suggested Adult Use: Use according to label directions or moderate tea use.

Medication Warnings & Safety Notes: Use caution with hormone-sensitive conditions, fertility treatments, birth control, pregnancy, breastfeeding, Parkinson's medication, or hormone therapy.

Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before using herbal products if pregnant, nursing, taking medication, or managing a medical condition.