

Wild Yam & Chaste Tree

100 capsules, Herbal combination, Stock No. 1108-7

Wild Yam & Chaste Tree is an herbal formula designed to balance the glandular system with a special focus on female hormone activity.

The combined benefits of Wild Yam & Chaste Tree may be helpful for treating numerous female complaints associated with a woman's reproductive system, whether from over- or under-active glandular function.

Did you know?

Wild yam contains a compound called diosgenin, which is similar to the hormone progesterone.

The diosgenin in wild yam (approximately 40%) mimics progesterone's effect upon the body and has become increasingly popular in the treatment of PMS symptoms.

Progesterone buffers the negative effect of elevated estrogen levels.

A recent study published in *The American Journal of Natural Medicine* found that chaste tree berries exhibit significant effects on hypothalamus and pituitary functions, reducing prolactin secretion and the estrogen to progesterone ratio, as well as normalizing the secretion of other hormones.

NSP Advantage

100 capsules. Herbal combination.

Ingredients: wild yam (*Dioscorea villosa*) root and chaste tree (*Vitex agnuscastus*) berries concentrate.

Other Ingredients: magnesium stearate, stearic acid. The herbs in this formula contain naturally-occurring amounts of chromium, manganese, and zinc.

Recommendation: Take one to two capsules with a meal twice daily.

Features & Benefits

- Helps balance the female hormones by stimulating progesteronic activity.
- May help to alleviate female disorders including PMS and menopause-related symptoms.
- Chaste Tree has been used traditionally to help treat infertility and prevent miscarriage, and also to alleviate postpartum depression.
- Wild Yam is a traditional antispasmodic and has been used in the treatment of nausea of pregnant women.
- Chaste Tree has been traditionally used to relieve muscle spasms and pain.