



# PROGEST-FIX (PROSTOMEND) 120VCAPS



**Ingredients:**

- Per 2 capsules:
- White Peony 4:1 .....250mg
- Rehmannia 4:1..... 200mg
- Coleus Forskohlii 10%..... 150mg
- Wild Yam 6%..... 150mg
- Bupleurum Falcatum 4:1..... 125mg
- Vitex 0.5%..... 125mg
- Passion Flower 4:1..... 100mg
- Cramp Bark 10:1..... 25mg

**Non-Medical Ingredients:**

Base of microcrystalline cellulose

**Progest-Fix (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.

**Progest-Fix** also contains herbs used in traditional Ayurvedic and Chinese medicine, including forskohlii, passionflower, crampbark, Di huang and white peony.

**Indications**

Premenstrual symptoms. A useful dietary supplement for individuals wishing to support healthy progesterone production and function.

**Recommended Dose:** 2 capsules 1-2x daily or as directed by a health care practitioner.