

Progest Matrix

An evidence-based blend of herbs and nutrients to increase endogenous progesterone, support fertility and encourage a healthy menstrual cycle.

Each capsule contains:

Mixed tocopherol concentrate	89 mg
Vitamin B6 (pyridoxal-5-phosphate)	12.5 mg
Vitamin C (ascorbic acid)	187.5 mg
Chasteberry extract (fruit, <i>Vitex agnus-castus</i>) 10:1, DHE 500mg	50 mg

120 vegetable capsules

Vegan. GMO, Gluten, soy and dairy free.



Progesterone is primarily responsible for thickening the uterine lining in order to prepare the female body for implantation of a fertilized egg, but it plays many other roles. For example, low levels of progesterone can lead to mood changes, poor sleep, weight gain, irregular menstrual cycles and symptoms of premenstrual syndrome (PMS), ultimately leading to greatly reduced quality of life. Fortunately, there are natural options to support healthy progesterone levels in women.

Vitex agnus-castus, commonly known as either Chastetree or vitex, has long been used for female menstrual irregularities, PMS, and women's health concerns. Diterpene compounds and flavonoids found in *vitex* have been demonstrated to exhibit dopaminergic action, thereby reducing prolactin levels and increasing endogenous progesterone

levels. *Vitex* has also been shown to stimulate melatonin secretion in a dose-dependent matter, perhaps providing a mechanism for sleep support. Collectively, these actions would explain why clinical research has found that *vitex* can improve menstrual cycle regularity, PMS symptoms of bloating, breast tenderness and mood, and perimenopausal symptoms of low libido and fatigue.

Research has shown that **Vitamins C and E**, alone and in combination, are capable of increasing blood levels of progesterone in women. **Vitamin E** has been shown to be capable of reducing breast tenderness in PMS sufferers, while the combination with **vitamin C** has been demonstrated to lower inflammatory cytokines and reduce chronic pelvic pain in women with endometriosis.

Key points

- Indicated for improving health concerns associated with low progesterone levels in women, including premenstrual syndrome, irregular menstrual cycles, polycystic ovarian syndrome, peri-menopause, hyperprolactinemia, insomnia and infertility
- Provides a highly concentrated 10:1 extract of *Vitex agnus-castus* with vitamin C and a mixed tocopherol blend, sourced from GMO free rapeseed oil, to support healthy progesterone levels
- Pyridoxal-5-phosphate (P-5-P), the biologically active form of vitamin B6, is added for the efficient conversion of 5-HTP into serotonin and the production of other neurotransmitters

Finally, neurotransmitter imbalances appear to play a role in numerous PMS symptoms. **Vitamin B6** is one nutrient that can help to balance these pathways. The conversion of 5-HTP into serotonin and the synthesis of GABA and dopamine all require **vitamin B6** as a cofactor. This is thought to explain why **vitamin B6** as a standalone treatment has shown to be beneficial in treating premenstrual symptoms such as breast tenderness, premenstrual dysphoric disorder and certain causes of nausea.

Progest Matrix combines these 4 evidence-based ingredients into one formula in order to provide support for a wide range of women's health concerns. *Vitex agnus-castus* is delivered in a highly concentrated 10:1 extract for

increased biological activity.

Vitamin B6 is delivered in the active form of **Pyridoxal-5-Phosphate (P5P)** which is immediately ready to be used within the nervous system after absorption from the digestive tract. **Vitamin E** is delivered in a mixed tocopherol blend, sourced from GMO free rapeseed oil, and combined with vitamin C for more comprehensive antioxidant activity.

Collectively, Progest Matrix is indicated for improving health concerns associated with low progesterone levels in women, including premenstrual syndrome (PMS), irregular menstrual cycles, polycystic ovarian syndrome, (PCOS), peri-menopause, hyperprolactinemia, insomnia and infertility.

Related products

Cyto C

Estro Matrix

I-3-C

Prenatal Formula

Testo Matrix

Women's Multi

Fem-Matrix

Non-Medicinal Ingredients: Vegetable-grade magnesium stearate, microcrystalline cellulose, rice hull powder, tapioca starch. Capsule: hypromellose.

Indications: Used in Herbal Medicine as a hormone normaliser to help relieve premenstrual symptoms, stabilise menstrual cycle irregularities and relieve symptoms associated with menopause, such as hot flushes.

Directions: Adults - Take 1 capsule, 2 times per day or as directed by a healthcare professional.

Duration of Use: Use for a minimum of 3 months to see beneficial effects.

Warnings: Do not use if safety seal is broken. Consult a health care professional prior to use, especially if you are taking hormone-containing medications such as progesterone preparations, oral contraceptives, birth control pills or hormone replacement therapy. Consult a healthcare professional if symptoms persist or worsen.



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