

# Progest Matrix

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

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- 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

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 manner, 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.

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), perimenopause, hyperprolactinemia, insomnia and infertility.

### Each capsule contains

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

### Non-Medicinal Ingredients

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

### Recommended Use Claim

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 of Use

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

### Cautions and 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.

### Duration of Use

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

### Storage Conditions

Do not use if safety seal is broken.