



NATURE'S SUNSHINE

# Wild Yam & Chaste Tree

GOOD FOR

Female Reproductive System

Endocrine System

Ovaries

SIZE **100 Capsules**

ITEM # **1108**

SERVING **1-2**

SUPPLY **25-50 days**

**DIRECTIONS FOR USE** Take one or two capsules with a meal twice daily. Drink one glass (8 ounces) of water with the capsules.

## — How the Key Ingredients Work

Wild Yam & Chaste Tree brings together two time-honored botanicals that have long been used to support a woman's natural hormonal rhythm. Together they work to help the body maintain balance, ease everyday discomfort, and promote a sense of overall well-being.

**Wild Yam (*Dioscorea villosa*)** — A North American root with a long history of traditional use, wild yam is valued for the natural compounds it contains. Research suggests it may help support the body's antioxidant defenses, and it has been studied for its role in promoting healthy cholesterol levels and overall hormonal wellness in women.

**Wild Yam – Antioxidant Support** — A small clinical study found that supplementing with *Dioscorea* extract was associated with antioxidant activity and raised HDL (the 'good' cholesterol) in older adults. Compounds found in wild yam have also been shown in lab studies to help reduce markers of oxidative stress, supporting the body's natural defenses.

**Wild Yam – Healthy Cholesterol** — Compounds in wild yam have been studied in animal models for their ability to help reduce total and LDL cholesterol while raising HDL cholesterol, partly by supporting healthy cholesterol absorption. A small human trial also noted a rise in HDL levels among older adults taking a *Dioscorea* extract.

**Wild Yam – Blood Sugar Balance** — Certain natural compounds found in wild yam tubers have shown blood-sugar-supporting activity in animal studies. While human research is still early, these findings suggest wild yam may play a helpful role in supporting the body's ability to maintain healthy blood sugar levels as part of a balanced lifestyle.

**Wild Yam – Comfort & Inflammation** — Wild yam contains naturally occurring compounds that have been studied in preclinical research for their ability to help the body manage everyday inflammation. An animal study published in *BMC Complementary and Alternative Medicine* confirmed that wild yam extract showed meaningful comfort-supporting activity, pointing to its traditional use for physical ease.

**Chaste Tree (*Vitex agnus-castus*)** — Native to the Mediterranean, chaste tree — also called vitex or chasteberry — has been used for centuries to support women's hormonal health. Today it is one of the most researched botanical ingredients for supporting a healthy menstrual cycle, balanced hormones, and overall female well-being throughout different life stages.

**Chaste Tree – Hormonal Balance** — Chaste tree works by gently influencing the pituitary gland, which helps regulate key hormones involved in the menstrual cycle. Clinical trials have documented that it can help support healthy estrogen and progesterone levels, contributing to a more balanced hormonal environment without acting as a direct hormone itself.

**Chaste Tree – Women's Fertility Support** — Multiple clinical trials have found that chaste tree may help support healthy luteal-phase hormone levels and normal menstrual cycles in women experiencing hormonal irregularities. A well-known placebo-controlled trial found improved outcomes for women with amenorrhea and luteal insufficiency, suggesting meaningful support for reproductive wellness.

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