



PATIENT & CAREGIVER EDUCATION

Chasteberry

This information describes the common uses of Chasteberry, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is it?

There is evidence to suggest that chasteberry helps improve premenstrual symptoms, but more studies are needed.

Chasteberry is used widely to treat infertility and premenstrual syndrome (PMS). Lab studies show chasteberry contains substances that can prompt hormonal changes in the body. Various studies in humans suggest chasteberry can help reduce breast pain and other PMS symptoms, but not menopause symptoms.

Because chasteberry has phytoestrogenic properties, patients with hormone-sensitive cancers should consult their physicians before using it.

What are the potential uses and benefits?

- To ease difficult and painful menstruation

A few studies support this use in women aged 20–40 whose ovarian function was not greatly impaired and who had no other hormone imbalances.

- **To prevent premenstrual symptoms**

A few studies support this use in women aged 20–40 whose ovarian function was not greatly impaired and who had no other hormone imbalances.

- **To treat breast pain**

A few clinical trials support this use for breast pain associated with menstruation.

- **To prevent menopausal symptoms**

One study that evaluated chasteberry taken with [St. John's wort](#) determined it did not help relieve menopausal symptoms.

What are the side effects?

Nausea, headache, GI disturbances, menstrual disorders, acne, itching, redness/rash

What else do I need to know?

Do Not Take if:

- You are taking **CYP2C19** or **CYP3A4** substrate drugs: Lab studies suggest chasteberry may increase the risk for side effects with these drugs. Clinical relevance has yet to be determined.
- You are taking **psychiatric drugs** such as **chlorpromazine**, **haloperidol**, or **prochlorperazine**: Lab studies suggest chasteberry may interfere with their effectiveness or enhance their side effects. Clinical relevance has yet to be determined.
- You are taking **medicines for Parkinson's disease**: Chasteberry may interfere with their effectiveness or enhance their side effects.
- You are taking **hormonal medications** such as **birth control pills**: Lab studies suggest chasteberry may interfere with their effectiveness. Clinical relevance has yet to be determined.
- You are **pregnant or nursing**.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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