

¹ Schellenberg, R., Treatment for the premenstrual syndrome with agnus castus fruit extract: prospective, randomised, placebo controlled study. *BMJ*, 2001. 322: p. 134–7.

² Schellenberg, R., et al. Dose-dependent efficacy of the Vitex agnus-castus extract Ze 440 in patients suffering from premenstrual syndrome. *Phytomedicine*, 2012. 19(14): 1325–31.