

Are there herbs to help raise progesterone levels?

Here are 5 herbs to increase progesterone:

**Consult with your healthcare provider before beginning herbal supplements*

1. CHASTEBERRY OR VITEX

Another one of the herbs to increase progesterone naturally is called Chasteberry. Chasteberry is an herb that has been used in traditional medicine, most particularly for women's health and menstrual issues. Other names include vitex, chaste tree berry, and vitex agnus-castus. It comes from a shrub-like tree native to the Mediterranean and Central Asia. Chasteberry, is used to treat a variety of different conditions, such as PMS, infertility, acne, and more. It is an ideal herb to balance female hormones. It works by decreasing levels of prolactin, which in return balances out estrogen and progesterone. Due to the effect chasteberry has on the pituitary gland, increasing the release of luteinizing hormone (LH), this promotes ovulation and raising progesterone levels. This is why chasteberry is another one of the herbs to increase progesterone.

Source: [Alternative Medicine Review, 1497442](#)

2. EVENING PRIMROSE OIL

Evening primrose oil comes from a plant native to North America though it does grow in parts of Europe too. It is one of the herbs to increase progesterone. Evening primrose oil has both omega 3 and omega 6 fatty acids which are types of healthy fats because they are unsaturated. This is one of the only foods that contain optimal amounts of both omega 3 and omega 6 fatty acids. Due to this, the healthy fat composition in primrose oil is the main mechanism for how it can increase progesterone naturally. It has been found to be beneficial in managing PMS symptoms which are tied to lower progesterone levels. This is why evening primrose oil is one of the herbs to increase progesterone.

Source: [31497576](#)

3. RHODIOLA

Rhodiola is another one of the herbs to increase progesterone. This herb grows at high altitudes in the arctic mountains, so it is relatively rare to find naturally, but it is useful as a natural medicinal remedy. Rhodiola is an adaptogenic herb that can indirectly help to increase progesterone by managing the stress response. Stress can reduce progesterone levels due to cortisol release. When cortisol is released our body suppresses ovulation as a protective mechanism (it does not deem it safe to bring a child into the world right now), so as a response, we decrease progesterone secretion. Rhodiola helps supporting the stress response, which explains why it can be an herb to increase progesterone.

Source: [30393593](#)

4. ASHWAGANDHA

Ashwagandha is another one of the herbs to increase progesterone naturally. This herb is found in the middle east and is scientifically proven to have many health benefits including properties such as anti-inflammatory, neuro-protective, adaptogenic, memory-enhancing, hematopoietic, and sleep-inducing. Additionally, studies have shown the beneficial effects it has on stress levels. Ashwagandha can decrease the stress response in the body. This is the mechanism for why ashwagandha is great to increase progesterone because it decreases cortisol secretion.

Source: [32021735](#)

5. SCHISANDRA

Schisandra has a long history of being used in Chinese medicine. The fruit of this plant has been studied to have many health benefits and has properties such as anti-inflammatory, antioxidant, supports detoxification, supports the immune system, antiviral, and anti-cancer activities. Due to schisandra's antioxidant properties, it can be used to decrease stress levels. As mentioned, the decrease in stress can indirectly help to increase progesterone. This is why schisandra is one of the herbs to increase progesterone.

Source: [30720717](#)

FINAL THOUGHTS

There are several herbs that may help increase progesterone levels.

While we chatted through lots of different options, remember that every body is unique and it's about determine what works best for *your* body.

Remember: simple shifts build to make a big impact over time!