



MEDI  HERB®

Product Catalog

Quality is our passion



“MediHerb® was born out of my desire for efficacious herbal products. This continues to underpin every aspect of our company from raw material sourcing, manufacturing, quality assurance and research through to our world-class education programs.”

A handwritten signature in black ink, appearing to read 'Kerry Bone'. The signature is fluid and cursive, written over a white background.

PROFESSOR KERRY BONE
MEDIHERB® CO-FOUNDER AND DIRECTOR
OF RESEARCH & DEVELOPMENT



Table of Contents



Tablets and Capsules

| | | | |
|--|----|--|----|
| Adrenal Complex  | 24 | Gymnema  | 49 |
| Albizia Complex | 25 | Hawthorn | 49 |
| Andrographis Complex  | 25 | HerbaVital  | 50 |
| Artemisinin Complex | 26 | HiPep | 51 |
| Astragalus Complex | 26 | Horsechestnut Complex | 51 |
| Bacopa Complex | 27 | Kava Forte  | 52 |
| Bilberry 6000mg | 28 | LivCo®  | 53 |
| Bone Complex | 29 | Livton® Complex | 54 |
| Boswellia Complex  | 29 | Myrrh Forte | 55 |
| Broncafect® | 30 | Nervagesic | 55 |
| Burdock Complex | 30 | Nevaton® Forte  | 56 |
| Chaste Tree | 31 | ProstaCo | 56 |
| ChelaCo | 32 | PulmaCo | 57 |
| Colax | 33 | Rehmannia Complex | 57 |
| Coleus Forte | 34 | ResCo® | 58 |
| Crampex | 35 | Rhodiola & Ginseng Complex  | 59 |
| Cranberry Complex | 36 | Rhodiola & Schisandra  | 61 |
| DermaCo | 36 | Saligesic | 62 |
| DiGest Forte  | 37 | Silymarin | 64 |
| Echinacea Premium  | 38 | Sinus Forte | 65 |
| Eleuthero | 41 | St John's Wort 1.8g | 66 |
| Evening Primrose Oil | 41 | Thyroid Complex  | 67 |
| FemCo | 42 | Tribulus  | 67 |
| Ganoderma & Shiitake | 43 | Tumeric Forte | 68 |
| Garlic Forte  | 44 | Valerian Complex | 69 |
| Ginkgo Forte  | 45 | Viranon | 70 |
| Golden Seal 500mg | 46 | Vitanox®  | 71 |
| Gotu Kola Complex  | 47 | Wild Yam Complex | 72 |
| Gut Flora Complex  | 48 | Withania Complex | 74 |
| | | Wormwood Complex  | 75 |

Phytosynergist® Liquid Complexes

| | |
|-------------------------------------|----|
| Adrenal Tonic Phytosynergist® | 76 |
| Broncafect Phytosynergist® | 77 |
| Capsella Complex Phytosynergist® | 78 |
| DiGest Phytosynergist® | 79 |
| Fe-Max Iron Tonic Phytosynergist® | 80 |
| Herbal Throat Spray Phytosynergist® | 81 |
| ResCo Phytosynergist® | 82 |
| UriCo Phytosynergist® | 82 |

Indexes

| | |
|--------------------------------|-----|
| Category Index | 105 |
| Core Products and Body Systems | 18 |
| Excipient Glossary | 123 |
| Index of Botanical Names | 119 |
| Index of Common Names | 121 |
| Index of Component Herbs | 112 |

Resources

| | |
|------------------------------------|-------------------|
| Contact Us | Inside Back Cover |
| Health Care Professional Resources | 124 |
| Herb-Drug Interaction Chart | 129 |
| Herbal Reference Text Books | 127 |
| How to Read a MediHerb® Label | 22 |
| MediHerb® Philosophy | 3 |



Products with this logo are part of the **Kerry Bone's Essentials** range

Table of Contents

Liquid Extracts

| | | | | | |
|--|----|---|-----|--------------------------------|-----|
| Albizia 1:2 | 85 | Ginger 1:2 | 94 | Uva Ursi 1:2 | 103 |
| Ashwagandha 1:1 (Standardized) | 85 | Ginkgo 2:1 (Standardized) | 94 | Valerian 1:2 | 103 |
| Astragalus 1:2 | 85 | Globe Artichoke 1:2 | 94 | White Peony 1:2 | 104 |
| Bacopa 1:2 | 86 | Golden Seal 1:3 (QA) [†] | 95 | Wild Yam 1:2 (QA) [†] | 104 |
| Black Cohosh 1:2 (QA) [†] | 86 | Gotu Kola 1:1 (Standardized) | 95 | Wormwood 1:5 | 104 |
| Black Walnut Hulls 1:10 | 86 | Gymnema 1:1 | 95 | | |
| Bugleweed 1:2 | 87 | Hawthorn Leaves 1:2 | 96 | | |
| Bupleurum 1:2 | 87 | Horsetail 1:2 | 96 | | |
| Burdock 1:2 | 87 | Korean Ginseng 1:2 (Standardized) | 96 | | |
| Calendula 1:2 | 88 | Licorice 1:1 | 97 | | |
| California Poppy 1:2 | 88 | Licorice High Grade (QA) [†] | 97 | | |
| Celery Seed 1:2 (QA) [†] | 88 | Marshmallow Root 1:5 Glycetract | 97 | | |
| Chamomile 1:2 | 89 | Milk Thistle 1:1 | 98 | | |
| Chaste Tree 1:2 | 89 | Motherwort 1:2 | 98 | | |
| Cinnamon Quills 1:4 | 89 | Nettle Leaf 1:2 | 98 | | |
| Cleavers 1:2 | 90 | Nettle Root 1:2 | 99 | | |
| Coleus 1:1 (QA) [†] | 90 | Oregon Grape 1:2 | 99 | | |
| Damiana 1:2 | 90 | Poke Root 1:5 | 99 | | |
| Dandelion Leaves 1:1 | 91 | Red Clover 1:2 | 100 | | |
| Dandelion Root 1:2 | 91 | Rehmannia 1:2 | 100 | | |
| Dong Quai 1:2 | 91 | Sage 1:2 (QA) [†] | 100 | | |
| Echinacea Premium 1:2 (QA) [†] | 92 | Saw Palmetto 1:2 | 101 | | |
| Echinacea Purpurea 1:2 (QA) [†] | 92 | Schisandra 1:2 | 101 | | |
| Echinacea Purpurea 1:3 Glycetract | 93 | Skullcap 1:2 | 101 | | |
| Eleuthero 1:2 (Standardized) | 93 | St John's Wort 1:2 (QA) [†] | 102 | | |
| Eyebright 1:2 | 93 | St John's Wort High Grade 1:2 (QA) [†] | 102 | | |
| | | Turmeric 1:1 | 103 | | |

[†](QA) = Quantified Activity Extract



The MediHerb® Philosophy

“MediHerb® was born out of my desire for efficacious herbal products. This continues to underpin every aspect of our company from raw material sourcing, manufacturing, quality assurance and research through to our world-class education programs.”

Professor Kerry Bone, MediHerb® Co-Founder and Director of Research and Development

At MediHerb® we have redefined quality in herbal supplements and our commitment to exceeding this means we are the first choice for many health care professionals in the United States, Australia, New Zealand, South Africa and the United Kingdom. We have engaged the right mix of passionate people to meet the challenge of addressing quality and understanding the key phytochemicals in each herb and how they work in the body in a complex, interactive way. It is a philosophy that we have always stood by, remains integral to our future focus, and is always supported by our values and commitments.



Exclusive United States Distributor of MediHerb®

MediHerb® is extremely proud to partner with Standard Process Inc. as our exclusive United States distributor for the MediHerb® line of quality herbal products. With a mutual commitment to product quality, a strictly monitored manufacturing process and rigorous product testing, Standard Process mirrors our devotion to providing solutions for good health. Like us, Standard Process also recognizes the importance of patient education, and that is why our products are available exclusively through qualified health care professionals. Together we strive to uphold our belief that whole food supplements and herbal products are natural complements for optimal health.*

*** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

Our values

We proudly come to work every day to provide high-quality solutions that deliver on the needs of our patients and yours. We are continually motivated and energized to help empower people to be healthier in the most natural way. This is emphasized through our knowledge, our relationships and our vision.

Our knowledge

From discovering adulteration in Skullcap raw materials and developing a method to identify the correct species, to undertaking research with herb growers and agronomists for the best growing, harvesting and drying requirements for herbs; we are always investing in our knowledge base to share the latest developments with the industry in our quest for quality, safety and efficacy. We are a team of practicing natural health care professionals and scientists whose thought leadership has seen us partner with like-minded groups to drive herbal research, innovation, authenticity and safety.

Our relationships

The long-term relationships we have fostered with reputable growers ensure we always obtain optimal quality materials. Since the beginning, we have actively supported herb growers, and provide them with technical support and information on varietal selection, climatic and soil requirements, time of harvest, harvesting techniques, drying parameters, storage requirements, post-drying and feedback on herb quality. In addition, we collaborate closely on groundbreaking research projects to support our quest for quality, safety and efficacy. Our research partners (current and past) are part of leading Australian and international institutions, including the University of Queensland, Griffith University, Southern Cross University, the University of New England, Swinburne University of Technology, the University of Western Sydney, the University of Wisconsin, Oregon Health and Science University, the University of Pisa and the University of Modena and Reggio Emilia.

Our vision

MediHerb® was established by practitioners for practitioners, and from day one we have been passionate about investing in the future of natural herbal supplements and delivering innovative health care solutions. We will continue to facilitate the mainstream acceptance of the professional natural herbal supplements industry as a significant contributor to health globally. We are excited about the discoveries to come and to continue to advance knowledge and excellence through the latest scientific evidence and centuries of traditional wisdom. Most of all, we look forward to continuing to partner with you, our network of passionate practitioners, to give your patients natural health care solutions that work and make a difference in their lives.



Our commitment

MediHerb® was co-founded in 1986 by Professor Kerry Bone; one of the world's most inspiring herbal practitioners, scientists and academics whose reputation is cemented by his significant contribution to education, research and advocacy for the profession.

Today the genuine passion of our team continually upholds the values and commitment of our founder and drives our benchmark of quality, safety and efficacy in natural health care. This is supported by our focus to combine the time-honored wisdom of traditional knowledge with sound clinical experience, the rigor of scientific research and power of education to ensure we continue to deliver unparalleled quality in our products.

Every day patients worldwide will experience the MediHerb® way in natural health—our unique manufacturing processes, unrivaled testing regimes, focus on research; and commitment to our practitioners, growers and suppliers; herb sourcing expertise, clinical formulations and of course, the passion of our people.

To quality

Our unique approach to quality is unsurpassed in the world today. It is paramount to everything we do and evident across our entire business. Herbal products in Australia are regulated by the Australian government's Therapeutic Goods Administration (TGA), a body similar to the U.S. Food and Drug Administration (FDA).

The TGA also applies the same standards to pharmaceutical manufacturing in Australia. There is a vast difference between the U.S. Current Good Manufacturing Practice (CGMP) for dietary supplements, and Australia's pharmaceutical GMP (which is equivalent to the U.S. FDA drug CGMP). As an exporter to the United States and a manufacturer in Australia, we comply with both.

At MediHerb®, we rigorously source and test all raw materials in our TGA-certified laboratories, and research and develop herb active constituents and clinical applications. Our precisely engineered manufacturing and extraction processes are revolutionary while our unique "Quantified Activity" (QA) system ensures consistent quality extracts with guaranteed minimum levels of active constituents. Only when all quality aspects of raw materials are confirmed does the manufacturing process begin.



Skullcap: championing authenticity in herbs

Our stringent testing regimes are renowned for guarding against substitution of species, adulteration of herbs and poor quality. It is of paramount importance to us that the herbs approved for use in MediHerb® products are of the correct species and plant part, have the legitimate active constituent profile and are free from contamination. Due to our rigorous testing processes, we have found many issues relating to quality over the years.

One of our most notable discoveries was the substitution of *Scutellaria lateriflora* (Skullcap) with other *Scutellaria* spp. and *Teucrium* spp. We also identified that the substitution of *Stephania tetrandra* by *Aristolochia* spp. has the potential to cause kidney failure. Amongst many other examples we also found that *Crataegus monogyna* (Hawthorn), *Vitex agnus-castus* (Chaste Tree) and *Turnera diffusa* (Damiana) extracts were adulterated with rutin, and samples of *Vaccinium myrtillus* (Bilberry) contained a coloring agent used to imitate anthocyanins (the compounds responsible for the ripe blue color of the berries).



Bilberry: changing global safety standards

In 2003, we received samples of *Vaccinium myrtillus* (Bilberry fruit extracts), which showed differing behaviors. Using the industry standard method (spectrophotometric assay) to determine the anthocyanin (color quality marker) content, we found that two extracts had 25% levels as claimed by the manufacturers, but when we applied our high-performance liquid chromatography (HPLC) testing, one extract was found to contain just 9%.

Further testing identified the addition of an adulterant—amaranth, which is a synthetic dark red dye. The testing also revealed that when deliberate adulteration occurs in an extract, a spectrophotometric assay is inadequate to accurately determine the levels of compounds such as anthocyanins. One of our proudest achievements is that this work was published and led to a change in global regulatory testing standards for Bilberry.

Our commitment

To safety

Safety is paramount in every aspect of our operations and stringent testing regimes to guard against substitution, adulteration and poor quality. Our quality assurance process tests herbs for species identity, plant part, color, aroma, texture, content of specified actives, microbial levels, amount of extraneous matter, pesticides and herbicides, heavy metals and aflatoxins. Strict standards are predetermined to ensure only quality materials from reputable sources are used and every ingredient goes through thorough assessment.

To efficacy

As practicing health care professionals ourselves, we fully understand the necessity for efficacious products that meet a genuine health need. This is reflected by our diligence towards research and ability to select herbs phytochemically as nature intended. Based on the latest credible evidence, our team of naturopaths, scientists and herbal experts carefully collaborate to formulate every product with the highest quality ingredients. We are committed to the development of efficacious herbal products with a focus on meeting patient needs, validating the efficacy of herbal formulas through clinical trials and *in vitro* research and researching the phytochemistry of herbal plants. By combining phytochemical, biochemical, clinical and traditional herbal knowledge, we can continue to produce high-quality products to meet changing health care needs.

[See diagram on page 7](#)

Echinacea: the MediHerb® “Quantified Activity” (QA) Program

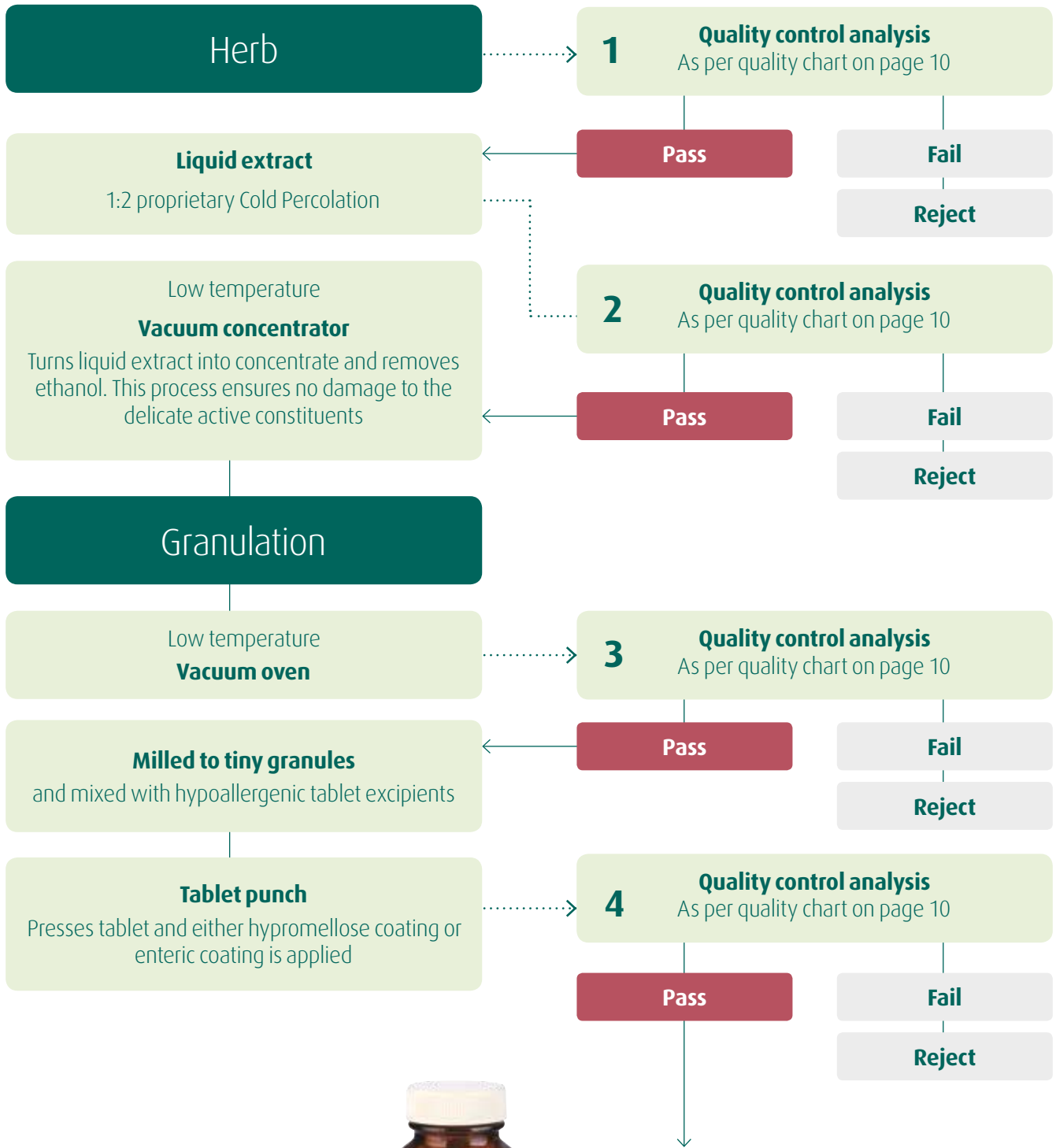
Our QA program is unique to MediHerb® and uses the latest research and clinical experience underpinned by batch consistency to define stringent guidelines to produce consistent quality extracts with guaranteed minimum levels of active constituents. To date we have quantified the activity of over 70 herbs through this program—a world first.

Representing the most up-to-date scientific knowledge available, the process of developing QA extracts is complex, however, once constituents are selected and QA levels are set, we focus on ensuring the supply of consistent quality raw materials and the retention of the constituents throughout the manufacturing process. QA extracts are carefully selected whole herbs manufactured using our 1:2 Cold Percolation process to contain the active constituents from the raw herb. Our program links together all possible parameters that can affect product and extract quality, guaranteeing a high quality, efficacious extract every time.

Our commitment to guarantee supply of authentic Echinacea led to the development of our QA program, as the herb was suffering from global confusion over what constituted authentic Echinacea. This was due to another herb’s uncanny physical root similarity. We adopted sophisticated analyses to compare Echinacea’s chemical fingerprint with a certified reference sample from the correct species. We also investigated methods to quantify the herb’s alkylamides and other important compounds, resulting in our high performance liquid chromatography (HPLC) methodology. Armed with these stringent testing processes, we worked with Echinacea growers to determine appropriate growing conditions and handling parameters, and internally we established protocols to ensure optimum retention and stability of alkylamides during all phases of the production process. This allowed us to establish our standard for acceptance of Echinacea raw material based on alkylamide content.



MediHerb® unique tableting process when using our liquid extracts



Bottled for sale
Total process takes
1 month

Our commitment

To manufacturing

After testing, all herbs are transferred to our temperature-controlled warehouse to preserve the herbs before undertaking our unique 1:2 Cold Percolation manufacturing process. Extensive scientific testing proves that this is unlike any other herbal extraction method and is the benchmark for producing the highest quality extracts using no heat or concentration. It ensures herbal constituents remain intact with only ethanol or purified water (and occasionally glycerol).

Each liquid variety is processed using specific ethanol percentages for optimum extraction. Our extraction equipment is built from stainless steel, and we use pharmaceutical-grade filtering units. All process water is purified by reverse osmosis, and our experience with developing specific ethanol percentages for each herb helps us maximize quality. Our internal benchmarks for each herb must be met or exceeded for acceptance into manufacturing.

Our unique tablet manufacturing process also uses our 1:2 Cold Percolation liquid extracts to ensure potency equivalent to the original galenical liquid extract. It has also been subject to extensive research and development to ensure that the finished tablet is as efficacious as the liquid extract, and that the full phytochemical profile has been retained.

[See diagram on page 11](#)



Tableting: benchmarking quality

Our research has proven that the optimal method of herb processing for tableting involves the evaporation of the ethanol and water at low temperatures under vacuum. This important step minimizes the exposure of the delicate chemicals in the herbal matrix to the damaging effects of heat and oxidation.

Our tableting process takes this one step further to actually specify the optimal parameters employed during the evaporation and drying processes for each of the active constituents of the final tablet. As with our liquid herbal extracts, our tablets are manufactured to pharmaceutical standards. Each batch is tested for disintegration, friability, weight uniformity and for active constituents. Our tablets are required by the TGA to disintegrate in less than 30 minutes for maximum efficacy.

To testing

Herbs are naturally complex and not all are grown, harvested, dried or stored in the same way. We use the latest technology, invest in the best equipment, and employ and train the best scientific talent who understand the complexities of phytochemistry in order to undertake highly detailed testing throughout all stages of the sourcing and manufacturing process. This guarantees validation of species and plant parts and efficacy of active ingredients and phytochemical profiles. Our tests include:

- **High Performance Thin Layer Chromatography (HPTLC)** is a high resolution thin layer chromatography separation technique where liquid extract is precisely spotted onto a high-resolution silica gel plate and exposed to solvent to separate the extract into a series of molecules characteristic to the plant based on sample interactions with the plate and the solvent. HPTLC is the next generation of thin layer chromatography (TLC) as it is quicker and more sensitive. This means that the separation provides more detailed information allowing lower levels of adulteration to be detected. HPTLC may also be able to quantify compounds whereas TLC can only identify presence. HPTLC also features an auto sampler to eliminate any variation from different technicians setting up the sampling manually, which can happen under the TLC process.
- **Gas Chromatography (GC)** is a separation technique performed in the gas phase for volatile components such as essential oils. Samples can be introduced either as a liquid or a gas (headspace injector) using an inert carrier gas into a hot injector block. The volatilized constituents then pass onto a heated capillary column separating the gaseous constituents based predominately on their boiling point and the interaction with the column chemistry. The constituents are moved into a flame and the resultant by-products pass through electrodes to generate a signal (detection can also be done by Mass Spectrometry).



- **Ultra High Performance Liquid Chromatography (UHPLC)** is a separation technique performed in the liquid phase. Liquid samples are injected into a solvent stream under high pressure at an extremely rapid flow rate, which is carried onto a high resolution packed column and separated into individual constituents based on the interaction between the solvent and column chemistry. Constituents are detected and quantified by Photo-Diode Array (PDA), which measures the absorption spectrum of each chemical constituent at an extremely rapid acquisition rate (Mass Spectrometry can also be used). UHPLC offers a three times higher pressure rate than HPLC and is much faster and more sensitive. Notably, it allows us to gain more detailed information about the breakdown of various peaks and marker compounds for a more accurate identification. In addition, the use of less solvent is a great environmental benefit. UHPLC allows us to establish our own test methods for compounds creating a greater understanding of phytochemistry.
- **Mass Spectrometry (MS)** is an extremely specific and sensitive technique that volatilizes, ionizes and filters molecules in complex mixtures. It can be used to identify molecular weights of molecules or for quantification purposes. They can be connected to most separation techniques to detect the eluting molecules from the column. MS is used routinely with GS and UHPLC testing.
- **Ultraviolet/Visible Detector (UV-vis)** is a quantitative technique that exposes the sample to light and measures how the molecule interacts in the Ultraviolet/Visible region (electron excitation spectra). It can also be useful in elucidating molecular structure and can be attached to a UHPLC as a detection technique (i.e. photo diode array). UV-vis is a sensitive technique used to measure the spectrum of each phytochemical as it passes the detector (diode array) and depending on the herb being tested, is connected to UHPLC.

- **Fourier Transform Infrared Spectrometry (FTIR)** is an identification technique that exposes the sample to light and measures how the molecule interacts in the infrared region (molecule vibrational spectra). This testing is useful in elucidating molecular structural information by identifying samples and quantification. FTIR is the next generation UV-vis. It is more sensitive and more detailed and useful for delivering unknown compounds as it gives detailed information about the functional groups attached to the molecule.

We hold all our suppliers to our benchmark testing standards, and before any herb is purchased, we analyze a batch sample to ensure compliance with our strict quality criteria. The purchased batch is also sampled and subjected to the same battery of tests. Only if the herb passes this second set of tests is the batch accepted into the factory for further processing. Our stringent testing processes reveal any quality issues from substitution of species to adulteration or simply a poor quality plant. All herbs approved for use in our products are the correct species, plant part, active constituent profile and are free from contamination.

[See diagram on page 10](#)

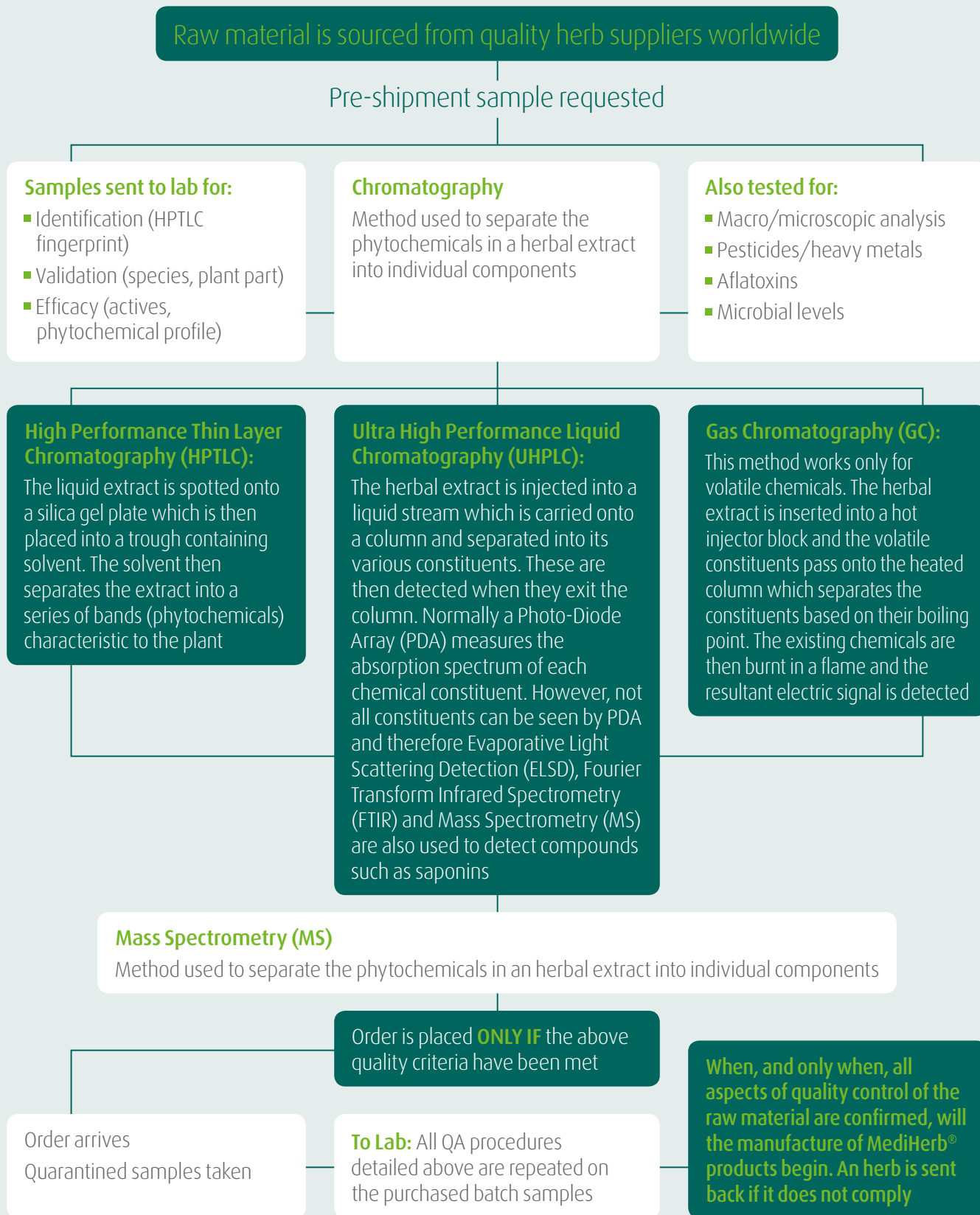


Golden Seal: identifying substitution issues

Golden Seal (*Hydrastis canadensis*) is very expensive and has always been in short supply; thus it is commonly substituted with cheaper herbs that greatly affect efficacy. These cheaper species do not contain hydrastine; rather they contain only berberine and berberine-related compounds. They do, however, produce an extract of the same color as Golden Seal. Berberine is a potent antibacterial agent, but it is the hydrastine that is believed responsible for the unique trophorestorative effects of Golden Seal upon mucous membranes.

Similarly, the hair roots of Golden Seal, which have lower levels of hydrastine than the rhizome, are sold as the root and rhizome, which provides lower efficacy. The presence of hydrastine and the differentiation of adulterants are easily determined by UHPLC, and, therefore, we only purchase cultivated Golden Seal as it is now considered endangered.

MediHerb® quality assured sourcing of herbs



MediHerb® manufacturing processes & quality control for herbs

Cool room storage of herbs for quality assurance
Minimizes degradation of actives, control of insects, ideal storage condition for raw materials whose actives can degrade

Raw material milled under cryogenic conditions
so no heat can affect the phytochemicals

Proprietary Cold Percolation

A unique slow process over 7–10 days known ONLY to MediHerb®, developed by Kerry Bone, to extract the full spectrum of compounds of the herb without causing damage or degradation

Liquid extracts

The majority of our liquid extracts are made as 1:2 liquid extracts as this is the most effective method to extract the full phytochemical profile in a convenient dosage unit. However we also make liquid extracts with other ratios depending on the optimum extraction of the individual herb

Samples sent to the QA Laboratory where they are analyzed for phytochemical profile, level of actives, consistency, verification of original herb with no deterioration or degradation. This is the third round of testing performed. **When the extract meets all criteria**

Bottled for sale



Our commitment



Echinacea: the landmark research project

The most well-known herbal support for the immune system is Echinacea, yet it is both misunderstood and underestimated. There are many Echinacea products available, which differ according to plant species, plant part (root, leaves, seeds or a combination), quality markers and dosage. In 2003, MediHerb® began an extensive research project designed to identify the bioavailable components of Echinacea Premium and how they exert an effect on the immune system. MediHerb® research results made a substantial contribution to a new understanding of lipophilic extracts of Echinacea, which conclude that alkylamides must be used as the markers of quality and activity, the root of Echinacea is the preferred plant part given its high levels of alkylamides and the preferred species of Echinacea are *E. angustifolia* and *E. purpurea* since they contain high levels of alkylamides. In addition, our research has proven that Echinacea must be extracted using an alcohol percentage sufficiently high to efficiently extract the alkylamides.*

To research

We are a global leader in herbal scientific knowledge and often partner on research projects to advance quality and efficacy with reputable establishments. Our outstanding team of scientists and health care professionals drive our research, development and quality control practices. We also collaborate with health care professionals for real-time patient feedback. Significant innovations include our revolutionary process of manufacturing herbal tablets from liquid extracts and 1:2 Cold Percolation manufacturing process. Our Research and Development team combine experience in food and herbal products, university research, drug analysis in hospitals, pharmaceuticals, quality assurance, technical writing, clinical nutrition and work *in situ* with our own herbalists and naturopaths, along with a board of leading American, Australian and other international herbalists. This ensures we can combine the best of science, traditional knowledge and current clinical knowledge to produce the most efficacious herbal and nutritional solutions.

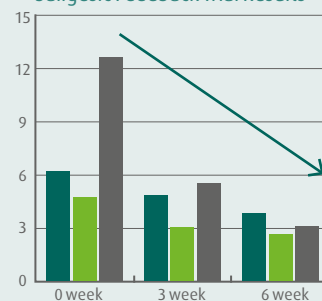
To innovation

Innovation is the lifeblood of our business and supports our culture of excellence. We undertake a rigorous new product development process to ensure that appropriate steps are undertaken when investigating the introduction of a new product. This allows us to develop a shortlist of key herbs that are then subjected to closer analysis. This involves detailed examination of the clinical outcomes, phytochemistry and biological activity, analytical methodology, continuity of supply, economic sustainability, synergy of the final formula, cost to the patient and practicality of final dose formulation. Once the prototype formulation is agreed upon, we may then undertake a human feedback trial to prove the efficacy and safety of the product and regularly supply product to support other industry research projects.

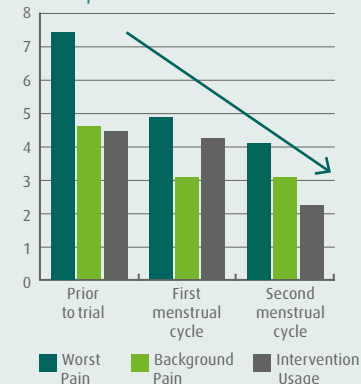
Saligestic and Cramplex: working together on clinical feedback trials

Our clinical feedback trials involve our network of health care professionals in the development and validation of new products prior to launch. By working together, we are able to gather valid clinical data in a timely and cost-effective manner. Feedback trials completed for Saligestic (a highly potent Willow Bark product for exercise-related lower back pain) and Cramplex (a formulated product for the relief of mild discomfort associated with menstruation) prior to their launch helped us clearly demonstrate their efficacy.*

Saligestic Feedback Trial Results



Cramplex Feedback Trial Results



To professional supplements

We are committed to actively support natural health care professionals and passionately advocate for quality, efficacy and safety to benchmark natural supplements to the highest of standards. In particular, our founder, Kerry Bone, was integral in establishing professional standards of the industry, including leading MediHerb® discovery of the adulteration of a commonly available Bilberry extract—the catalyst for a global change in testing regulations. We invest significantly in our profession by funding clinical trials. Our reputation for scientific knowledge means we often collaborate on projects investigating herbal applications, so we apply stringent criteria to assess viability. The trial must fit with our philosophy of superior quality, innovative, and holistic herbal solutions, and must be conducted at a reputable research establishment. We do not fund or involve ourselves with research that utilizes animals as human models. As practicing clinicians, we also regularly conduct professional seminars for health care professionals and are dedicated to being a key source of knowledge for the natural health care profession. Through our website, mediherb.com we also provide extensive clinic and reference tools, library resources and webinars.

To ingredients

We handle and process raw materials with the utmost of care. As the largest purchaser and processing plant of herbs in Australia, we assist growers with support on varietal selection, climatic and soil requirements, time of harvest, harvesting techniques, drying parameters and storage requirements. Where possible, we source organically grown and wild-crafted herbs, including internationally where conditions and handling requirements are the optimum. For example, Cat's Claw from Peru. We work with growers to help cultivate endangered species and our unique system of identifying and classifying any threat allows us to immediately find alternatives or reduce that threat. Our commitment to efficacy has also uncovered examples of substitution including Echinacea, commercial Wild Yam, Cat's Claw and Golden Seal. If any herb does not meet our standards, we go out of stock rather than supply an inferior product, so you can always be confident in consistent results with patients from batch to batch.

Wild Yam: identifying quality issues

There are around 600 species of Yam, many of them wild species that flourish in damp woodlands and thickets. *Dioscorea villosa* (also known as Colic Root or Wild Yam) is a twining, tuberous vine native to eastern North America. The roots initially taste starchy, but soon after are bitter and acrid—nothing like the taste of Yam or Sweet Potato. Commercial Wild Yam extracts available for use as raw materials are often from *Dioscorea opposita* (Chinese Yam Root), which has a different phytochemical profile. It is widely misconstrued that *Dioscorea villosa* contains diosgenin and many products have this as a statement on their labels. However it does not contain diosgenin, but rather the diosgenin precursors. Unfortunately, the phytochemical profile of Wild Yam is poorly defined and based on outdated scientific literature, so we undertook a project in conjunction with Associate Professor James De Voss from the University of Queensland Australia to investigate its phytochemistry.

Commercially available *Dioscorea villosa* is in the form of dried roots, usually harvested at the end of summer or fall when the plant is dying back to its rootstock. It was found that these roots contained only very small amounts of dioscin, not the predominance as previously thought. The major saponin found in the fall-harvested roots were in fact the furostanol-based saponins, methylparvifloside, and methylprotodeltonin, while the spirostanol-based saponins, Zingiberensis saponin I and deltonin, were the major saponins for samples harvested in summer. The storage saponins from the fall differ from the summer saponins by the presence of an extra glucose molecule. The two main compounds found in commercial material—harvested in the fall—are significantly different as they contain extra glucose residues.

Dioscorea villosa



Our commitment

To sustainability

In addition to working with domestic growers, we also source herbs from abroad and recognize the importance of supporting indigenous communities in quality and sustainability standards. As these communities depend on the income of the herb crops for their well-being, it is particularly important that they understand quality issues and are educated as to how to best grow or sustainably harvest the herb. Working together, we can ensure that they will sell their crops and provide income for their community. In addition, we have a documented process to avoid using herbal plants that are on the brink of becoming classified as endangered species. We have developed a system of identifying and classifying the “threat” to particular herbs. “Threatened” is not an official classification; rather it is determined by us based on information received from independent, reliable sources such as CITES (Convention on International Trade in Endangered Species of Wild Fauna and Flora), TRAFFIC (Wildlife Trade Monitoring Network) and United Plant Savers. When a wild-crafted herb is classified as “threatened” by us, steps are taken immediately to find alternatives to overcome or reduce the threat.

Guidelines: MediHerb® commitment to endangered species

1. Where the threatened status of an herb is specific to a region or country, we do not acquire the herb from that region or country.
2. We use cultivated herb sources of threatened herbs.
3. Where no cultivated source is available, we seek to establish cultivation in conjunction with herb growers.
4. If 2 and 3 are not options, we then investigate the wild crafting techniques and protocols to ensure they are conducted sustainably and ethically.
5. In certain cases, substitution of the threatened herb with a clinically similar interchangeable species will be possible. This option requires technical and Research and Development involvement.
6. We actively promote the use of alternate herbs in place of endangered herbs by educating health care professionals.
7. Where a threatened or endangered herb is part of a tablet or liquid formulation, we will reformulate the product to include a different herb.
8. When an herb is listed in the CITES Appendix II and a cultivated source is not available, we cease to use that herb and delete the product from the range, for example Pygeum.



“We want to deliver products as authentic as nature intended. Plants produce phytochemicals, which deliver health benefits, so the art of understanding them is a scientific endeavor. One thing that sets us apart is our desire to make sure that the phytochemistry is just right.”

LEE CARROLL
MEDIHERB® INTERNATIONAL BUSINESS
& EDUCATION SPECIALIST



Our people

Our passionate team includes practicing natural health care professionals and scientists. We have a proud history of seeking out people with the right expertise to further our mission of providing you with the best possible products that deliver on the needs of you and your patients.

Meet our leaders



Kerry Bone
BSc (Hons), Dip Phyto FNIMH, FNHAA, AHG, MCPP, FANTA

Kerry is recognized internationally as a pre-eminent herbal practitioner, scientist and academic with a reputation cemented by his significant contribution to excellence in education, research and advocacy. Kerry's passionate commitment to product development, research, writing, education and clinical practice positions him as a pioneer in the international herbal industry. He is the founder of MediHerb®, author of six books, contributor to over 100 articles on herbal knowledge to peer-reviewed journals around the world and has remained dedicated to his practice for over 30 years.



Hans Wohlmuth
PhD (Pharmacognosy), BSc (Biology)

Hans is MediHerb® Research and Development Manager. During his 16 years at Southern Cross University, Hans taught Pharmacognosy and Complementary Medicine. He also established the Medicinal Plant Herbarium and co-founded the Herbal Authentication Service. Hans is an active researcher and has published more than 50 scientific articles on herbal plants, natural products and complementary medicine. He is a member of the TGA Advisory Committee on Complementary Medicines and serves on the Advisory Board of the American Botanical Council. He also has editorial roles with several journals including the "Australian Journal of Herbal Medicine" and "Advances in Integrative Medicine".



David Leach
BSc (Hon), PhD, MRACI, CChem

David is MediHerb® Senior Research and Development Chemist, an Adjunct Professor at the University of Western Sydney and one of Australia's most respected phytochemists. David has more than 30 years of experience in the field of herbal plant and natural product chemistry. His far-ranging expertise includes herbal supplements, native Australian plants and natural, plant-derived insecticides. David has also co-authored more than 100 scientific publications in international peer-reviewed journals and is an inventor of three patents on phytochemicals. He has given numerous presentations at conferences around the world and is a member of the Australian Standards Association's Essential Oil Committee.



Michelle Morgan
BSc (Chemistry), DHM

Michelle is a qualified herbalist and has worked in the scientific field as a laboratory technician for many years including more than three as a Quality Assurance Chemist. Since 1995, Michelle has worked at MediHerb® as a Technical Writer responsible for information gathering and organizing technical publications. Michelle assisted in the research and writing of several herbal textbooks including the award-winning "The Essential Guide to Herbal Safety" published by Elsevier in 2005.



Amanda Williams
BBus, Adv Dip Nat, Dip Bot Med

Amanda is an experienced naturopath with more than 18 years clinical experience. Since 2000, Amanda has worked with MediHerb® in international business development and was instrumental in the U.S. partnership with Standard Process. A popular speaker who can convey the technical complexity of herbalism in an easy to understand and clinically relevant manner, Amanda has traveled across the U.S. delivering seminars to health care professionals and in Australia to the general public.



Lee Carroll
BSc, BHSc (WHM)

Lee is a practicing herbalist with more than 25 years of experience with MediHerb® and 16 years with Standard Process. Working alongside Professor Kerry Bone, Lee has developed a unique insight into the clinical application of modern herbalism and travels extensively throughout the U.S. conducting informative and practical seminars on the clinical application of Western herbalism for health care professionals.



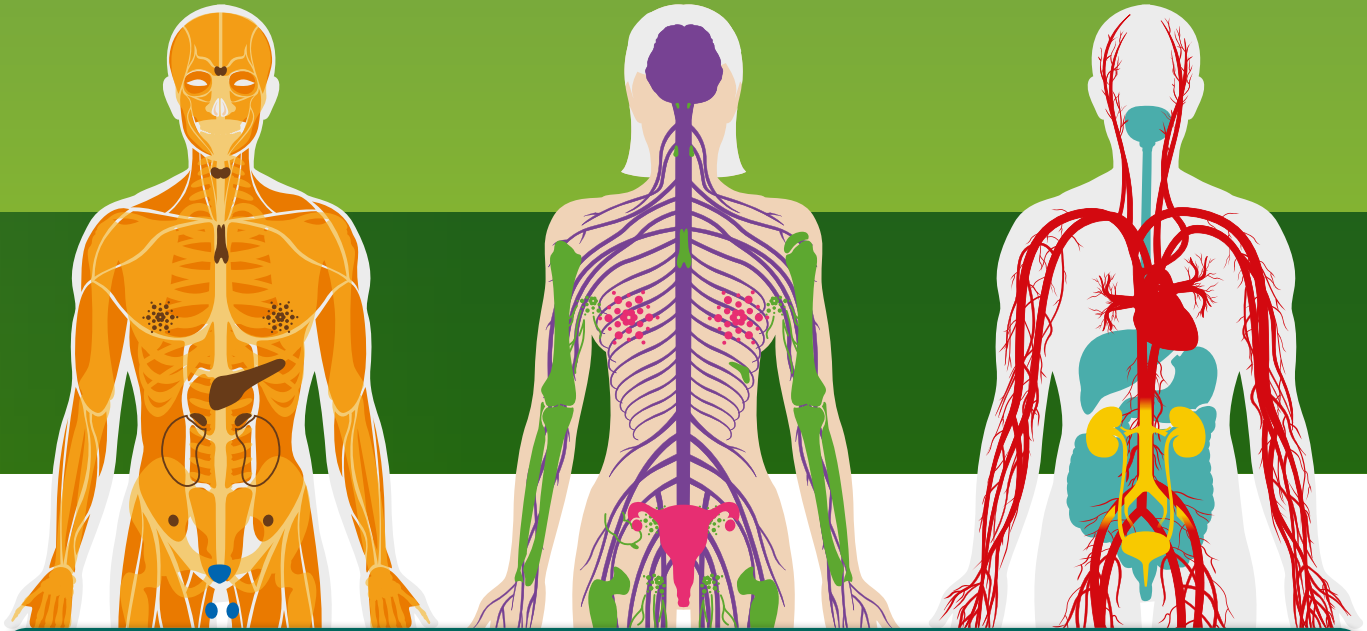
Berris Burgoyne
BHSc, ND, Dip Herb

Berris is a renowned naturopathic clinician with more than 26 years of clinical experience. She owns and runs a highly successful naturopathic clinic in Brisbane, Australia and is a senior member of the MediHerb® team as a technical writer and educator. Berris was one of Kerry Bone's first herbal students and regularly lectures alongside him in Australia and New Zealand. She has also lectured extensively in the U.S., Canada, the UK and South Africa.



Joanne Boyd
Adv Dip HSc (Nat), Adv Dip HSc (HerbMed), Dip (Nut)

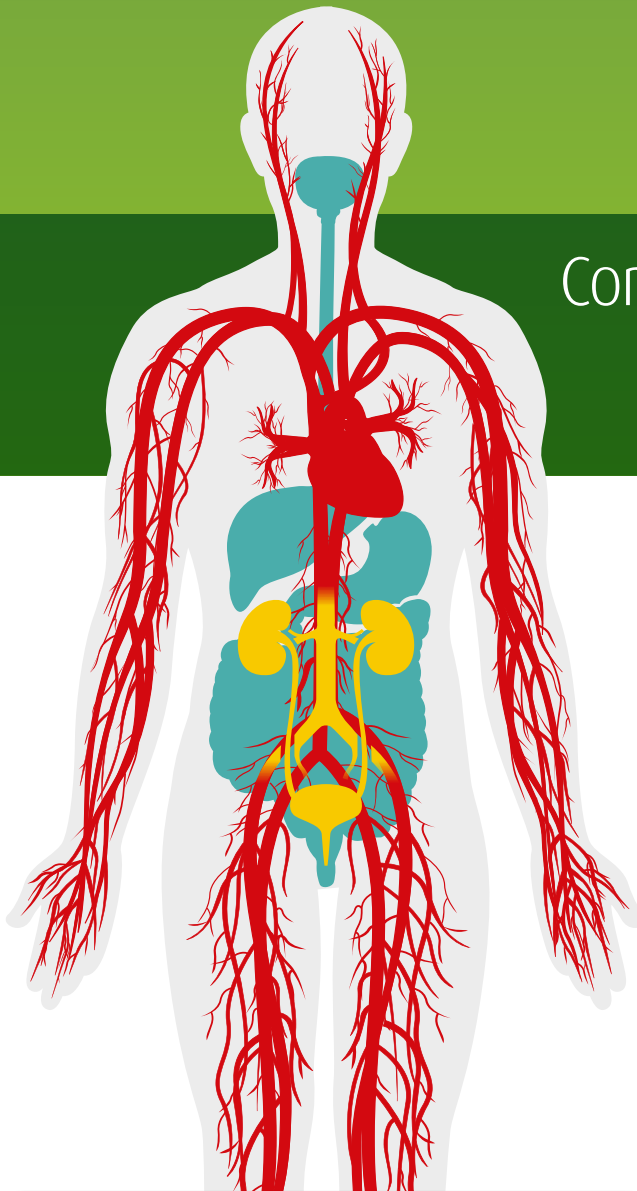
Joanne is an Australian-trained naturopath who has worked in various areas of the Complementary Medicine industry for more than 18 years. She has lectured at several colleges in Australia teaching herbalism, nutrition, and naturopathic clinical skills. Joanne has been a part of the MediHerb® team for more than 14 years and provided education and support for sales representatives and clinicians in Australia, the U.S., Canada and the UK.



Core Products

| | | |
|----------------------------|-------------------------------------|---|
| Adrenal Complex | Stress Response Support |     |
| Andrographis Complex | Short-Term Immune System Support |    |
| Boswellia Complex | Joint Support |  |
| DiGest Forte | Core Digestive Support |  |
| Echinacea Premium | Immune System Safeguard |    |
| Garlic Forte | Unique Garlic Formulation |    |
| Ginkgo Forte | Mental Clarity |    |
| Gotu Kola Complex | Tissue & Capillary Integrity |      |
| Gut Flora Complex | Balancing Gut Flora |     |
| Gymnema | Blood Sugar Metabolism |  |
| HerbaVital | Essential Support for Healthy Aging |    |
| Kava Forte | Naturally Relaxing |   |
| LivCo® | Liver Cleansing Support |    |
| Nevaton® Forte | Core Nervous System Support |   |
| Rhodiola & Ginseng Complex | Enhance Vitality & Stamina |    |
| Rhodiola & Schisandra | For the Challenges of Everyday Life |     |
| Thyroid Complex | Superior Thyroid Support |   |
| Tribulus | Maintaining Healthy Hormones |   |
| Vitanox® | Natural Cellular Defense |    |
| Wormwood Complex | Healthy Intestinal Flora |  |

Core Products & Body Systems



Digestive System

Upper GIT

| | |
|-----------------------|-------------------------------------|
| ChelaCo | Environmental Cleansing |
| Coleus Forte | Promote Healthy Digestion |
| DiGest Forte | Core Digestive Support |
| Gymnema | Anti-Sweetness Activity |
| HiPep | Healthy Stomach Acid |
| LivCo® | Liver Cleansing Support |
| Livton® Complex | Digestive Liver Support |
| Rhodiola & Schisandra | For the Challenges of Everyday Life |
| Silymarin | Core Liver Support |

Lower GIT

| | |
|---------------------|------------------------------|
| Artemisinin Complex | GIT Cleansing |
| Colax | Intestinal Motility Support |
| Garlic Forte | Immune System Support |
| Golden Seal 500mg | GIT Immune System Support |
| Gotu Kola Complex | Tissue & Capillary Integrity |
| Gut Flora Complex | Balancing Gut Flora |
| Myrrh Forte | GIT Immune System Support |
| Turmeric Forte | Healthy Digestion Support |
| Vitanox® | Natural Cellular Defense |
| Wormwood Complex | GIT Cleansing * |

Cardiovascular System

Heart Health

| | |
|--------------|------------------------------------|
| Coleus Forte | Support Cardiovascular Health |
| Garlic Forte | Support Healthy Normal Cholesterol |
| Ginkgo Forte | Microcirculation Support |
| Hawthorn | Normal Heart Function Support |
| HerbaVital | Anti-aging Support |
| Vitanox® | Natural Cellular Defense |

Circulation

| | |
|-----------------------|------------------------------------|
| Bilberry 6000mg | Healthy Eye Support |
| Garlic Forte | Support Healthy Normal Cholesterol |
| Ginkgo Forte | Microcirculation Support |
| Gotu Kola Complex | Tissue & Capillary Integrity |
| HerbaVital | Anti-aging Support |
| Horsechestnut Complex | Venous Support |
| Vitanox® | Natural Cellular Defense * |

Endocrine

Adrenal

| | |
|----------------------------|-------------------------------------|
| Adrenal Complex | Stress Response Support |
| Bacopa Complex | Nervous System & Adrenal Support |
| Eleuthero | Adaptive Adrenal Support |
| Rhodiola & Ginseng Complex | Enhance Vitality & Stamina |
| Rhodiola & Schisandra | For the Challenges of Everyday Life |
| Withania Complex | Calming Stress Support |

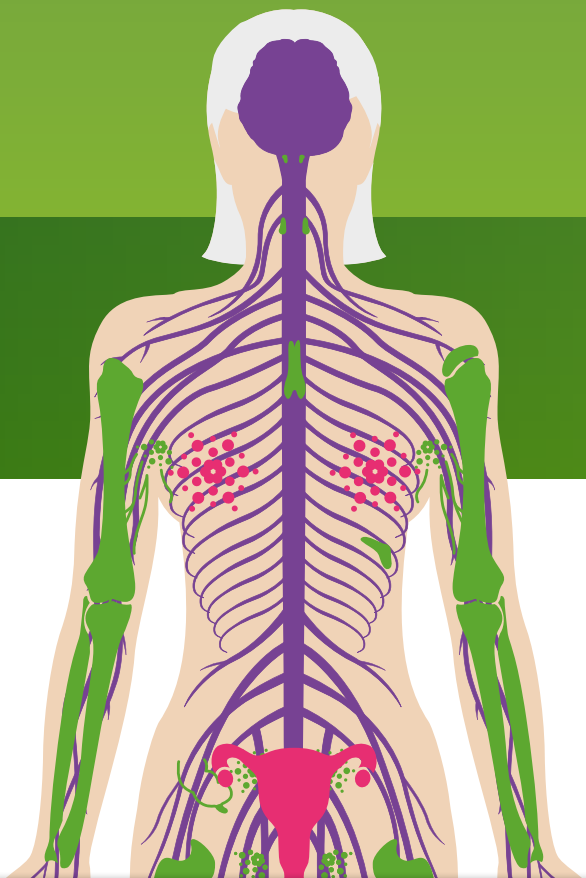
Pancreas

| | |
|-------------------|------------------------------|
| Bilberry 6000mg | Healthy Eye Support |
| Ginkgo Forte | Microcirculation Support |
| Gotu Kola Complex | Tissue & Capillary Integrity |
| Silymarin | Core Liver Support |

Thyroid

| | |
|-----------------|----------------------------|
| Adrenal Complex | Endocrine Balance Support |
| Thyroid Complex | Superior Thyroid Support * |

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Body Systems Legend

| | |
|-----------------------|-----------------|
| Cardiovascular System | Musculoskeletal |
| Digestive System | Nervous System |
| Endocrine | Respiratory |
| Female Health | Skin |
| Immune System | Urinary System |
| Male Health | |

Female Health

Menstruation/PMS

| | |
|----------------------|-----------------------------|
| Chaste Tree | Natural Hormone Balance |
| Cramplex | Antispasmodic Support |
| Evening Primrose Oil | Healthy Prostaglandins |
| FemCo | Female Vitality |
| LivCo® | Liver Cleansing Support |
| Nevaton® Forte | Core Nervous System Support |

Child Bearing Years

| | |
|----------------------|------------------------------|
| Adrenal Complex | Stress Response Support |
| Chaste Tree | Natural Hormone Balance |
| Evening Primrose Oil | Healthy Prostaglandins |
| FemCo | Female Vitality |
| LivCo® | Liver Cleansing Support |
| Thyroid Complex | Superior Thyroid Support |
| Tribulus | Support Healthy Sex Hormones |

Menopause

| | |
|------------------|------------------------------|
| Adrenal Complex | Stress Response Support |
| Bone Complex | Bone Tissue Support |
| Eleuthero | Adaptive Adrenal Support |
| HerbaVital | Anti-aging Support |
| Thyroid Complex | Superior Thyroid Support |
| Tribulus | Support Healthy Sex Hormones |
| Valerian Complex | Sleep Support |
| Wild Yam Complex | Core Menopause Support * |

Immune System

Short-Term

| | |
|----------------------|----------------------------------|
| Andrographis Complex | Short-Term Immune System Support |
| Garlic Forte | Immune System Support |
| Golden Seal 500mg | GI Immune System Support |

Long-Term

| | |
|----------------------|------------------------------------|
| Astragalus Complex | Convalescent Immune System Support |
| Burdock Complex | Cleansing Immune System Support |
| Echinacea Premium | Immune System Insurance |
| Eleuthero | Adrenal Support |
| Ganoderma & Shiitake | Mushroom Immune System Support |
| Garlic Forte | Immune System Support |
| Gut Flora Complex | Balancing Gut Flora |
| Viranon | Healthy Immune System Function * |

Male Health

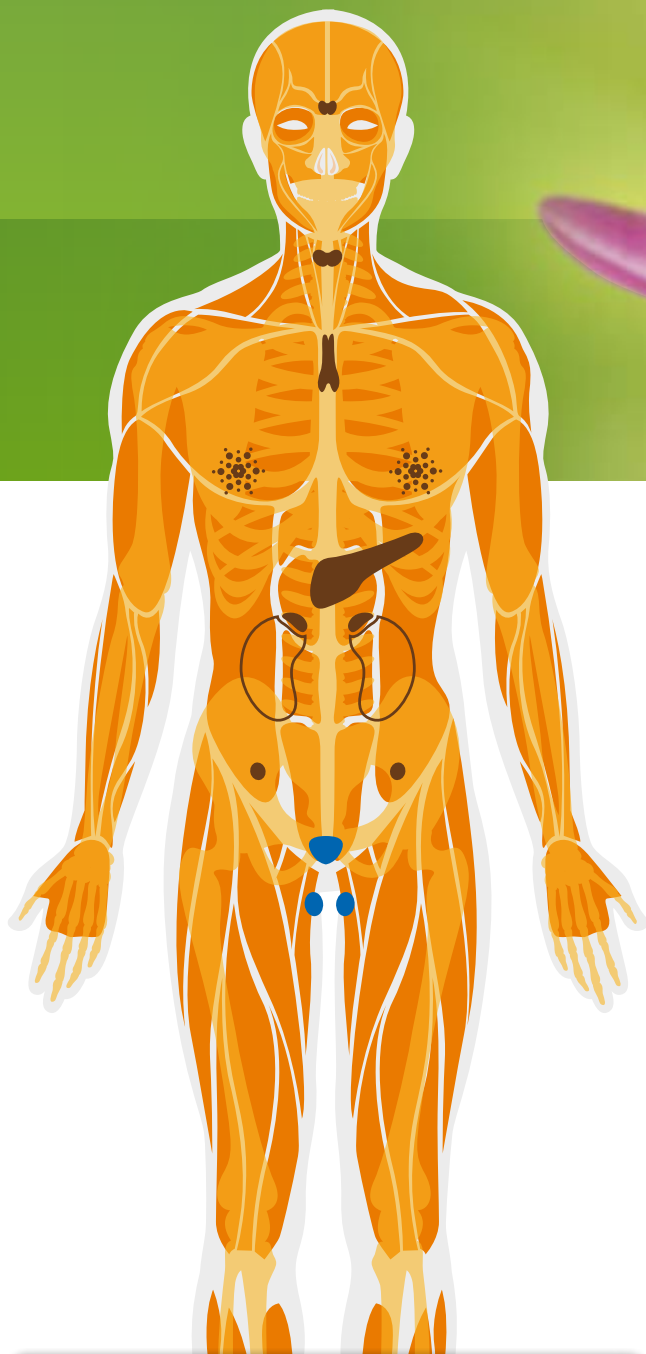
<50

| | |
|-----------------------|-------------------------------------|
| Adrenal Complex | Stress Response Support |
| LivCo® | Liver Cleansing Support |
| Rhodiola & Schisandra | For the Challenges of Everyday Life |

50+

| | |
|----------------------------|--------------------------------|
| Adrenal Complex | Stress Response Support |
| HerbaVital | Anti-aging Support |
| ProstaCo | Prostate Support |
| Rhodiola & Ginseng Complex | Enhance Vitality & Stamina |
| Tribulus | Support Healthy Sex Hormones * |

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Nervous System



| | |
|----------------------------|-------------------------------------|
| Adrenal Complex | Stress Response Support |
| Bacopa Complex | Cognitive Function |
| Ginkgo Forte | Mental Clarity |
| Kava Forte | Naturally Relaxing |
| Nervagesic | Nervous System Discomfort |
| Nevaton® Forte | Core Nervous System Support |
| Rhodiola & Ginseng Complex | Enhance Vitality & Stamina |
| Rhodiola & Schisandra | For the Challenges of Everyday Life |
| St John's Wort 1.8g | Nervous System Support |
| Valerian Complex | Sleep Support |
| Withania Complex | Calming Stress Support * |

Respiratory



Short-Term

| | |
|-------------|---------------------------|
| Broncafect® | Lower Respiratory Support |
| Sinus Forte | Upper Respiratory Support |

Long-Term

| | |
|-------------|-----------------------------|
| PulmaCo | Upper Respiratory Support |
| ResCo® | Lower Respiratory Support |
| Sinus Forte | Upper Respiratory Support * |

Skin



| | |
|----------------------|------------------------------|
| Albizia Complex | Seasonal Stresses Support |
| Andrographis Complex | Strong Immune System Support |
| Chaste Tree | Natural Hormone Balance |
| Coleus Forte | Healthy Skin Support |
| DermaCo | Skin Cleansing Support |
| Echinacea Premium | Immune System Safeguard |
| Gotu Kola Complex | Tissue & Capillary Integrity |
| Gut Flora Complex | Balancing Gut Flora |
| Rehmannia Complex | Healthy Skin Support |
| Vitanox® | Natural Cellular Defense * |

Musculoskeletal



| | |
|-----------------------|---|
| Bone Complex | Bone Tissue Support |
| Boswellia Complex | Joint Support |
| Cramplex | Antispasmodic Support |
| Gotu Kola Complex | Tissue & Capillary Integrity |
| Horsechestnut Complex | Venous Support |
| Kava Forte | Naturally Relaxing |
| Nervagesic | Nervous System Support |
| Rehmannia Complex | Mild Exercise-Related Joint Pain Relief |
| Saligesic | Musculoskeletal Support |
| St John's Wort 1.8g | Nervous System Support |
| Turmeric Forte | Healthy Inflammation Response * |

Urinary System



| | |
|----------------------|------------------------------|
| Andrographis Complex | Strong Immune System Support |
| Cramplex | Antispasmodic Support |
| Cranberry Complex | Core Urinary Tract Support |
| Echinacea Premium | Immune System Safeguard |
| Gut Flora Complex | Balancing Gut Flora |
| ProstaCo | Prostate Support * |

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

How to Read a MediHerb® Label



A product label is very often your only guide to the quality, strength and efficacy of a product; therefore it is of crucial importance that you understand how to interpret label supplement fact information correctly so you, the health care professional, can make an informed choice. A MediHerb® product label provides full disclosure of all ingredients in a consistent, clear and concise manner to pharmaceutical GMP standards.

The diagram below summarizes what you should look for on a label and describes the key elements of a tablet label including a brief explanation of the tableting excipients used.

| Supplement Facts | | | |
|---|--|---------------|------------|
| Serving Size: 1 Tablet | | | |
| Servings per Container: 90 | | | |
| | Amount per Serving | | %DV |
| 1 | 2 | 3 | 4 |
| 1 | Fenugreek seed | 100:1 extract | 7 |
| | from <i>Trigonella foenum-graecum</i> seed | 10 g | |
| | containing 4-Hydroxyisoleucine | 20 mg | 8 |
| | Nigella seed 5:1 extract | | 100 mg |
| | from <i>Nigella sativa</i> seed | 500 mg | 6 |
| | Bitter Melon fruit 6.5:1 extract | | 92.3 mg |
| | from <i>Momordica charantia</i> fruit | 600 mg | |
| | Cinnamon stem bark 12:1 extract | | 83.3 mg |
| | † 5 <i>Cinnamomum verum</i> stem bark | 1 g | |
| †Daily Value (DV) not established. | | | |
| Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, croscarmellose sodium, magnesium stearate, hypromellose, dextrin and silicon dioxide. 9 | | | |

1 Common Name

Many herbs have the same or similar common names, therefore it is important to list the botanical name (see point 5) to avoid confusion.

2 Plant Part

Using the correct plant part is crucial since different plant parts can have varying or no efficacy, eg Dandelion Root supports liver function and Dandelion Leaf stimulates healthy urine flow.*

3 Extract Ratio

This indicates the strength of the extract. The number on the left represents the amount of herb and the number on the right represents the amount of extract, eg a 4:1 ratio means 4 kilograms of herb are extracted to make 1 kilogram of extract.

4 Extract

Different preparation types are sometimes used, eg Powdered herb, so it is important to understand the type of preparation being used. MediHerb® liquid extracts are used in the manufacture of our tablets. See tablet process on page 7.

5 Botanical Name

The botanical name is essential for determining identity and therefore efficacy.

6 Quantity of Starting Material

This states the quantity of dried herb equivalent used in each tablet.

7 Quantity of Extract

This states the quantity of extract used in the tablet.

8 Quantified Activity and/or Standardization

Represents the quality of an extract as a specific active or marker compound. See Quantified Activity and Standardization on page 6.

9 Tablet Excipients

MediHerb® uses a range of pharmaceutical grade excipients in the manufacture of its tablet range. These excipients are carefully chosen using experience gained from over 10 years of manufacturing herbal tablets and are necessary to aid the manufacturing process, stability, disintegration and to allow ease of swallowing

For further information on the function of the excipients refer to the Excipient Glossary, page 123

Our Products

As a health care professional, you have invested a great deal of time and energy into earning your qualifications. At MediHerb® we believe you should protect that investment by using only the highest quality herbal products supported by authoritative technical and clinical information. This document is a detailed reference of all MediHerb® herbal products, indexed by herb (botanical and common names) and set out in an easy to use format.

Please take the time to read the MediHerb® Philosophy so that you may understand the depth of our passion for superior quality, efficacious herbal formulas. MediHerb® has a total commitment to quality, which covers every aspect of our approach from research and development right through to manufacturing. Like so many decisions you will make in your clinical practice, you need to evaluate the increasing number of herbal products and suppliers by certain criteria. It is vital to your success as a health care professional that you consider these criteria closely and carefully.

The MediHerb® Product Catalog is an essential resource for any health care professional seeking to make an informed choice.



Products with this logo are part of the **Kerry Bone's Essentials** range.

These are the top 20 herbal tablets that Kerry Bone uses in his clinical practice. For more information on Kerry Bone's Essentials visit www.mediherb.com or www.standardprocess.com

Adrenal Complex



Adrenal Complex contains Licorice and Rehmannia, a combination that contains many compounds including triterpenoid saponins (especially glycyrrhizin), other saponins, iridoid glycosides and many flavonoids.

The Licorice component of this tablet is standardized to contain 25 mg of glycyrrhizin per tablet to ensure optimal strength and quality.

Together these herbs and the substances within them are used traditionally to:

- restore adrenal function
- support adrenal gland health
- help the body adapt to the challenges of everyday life*

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. ♦

Additional Support

- Consider Rhodiola & Ginseng Complex tablets or Rhodiola & Schisandra tablets to promote vitality and stamina.
- Consider Thyroid Complex to support healthy thyroid function and normal energy production.
- Consider ChelaCo tablets to support the body's natural defenses against environmental stressors.
- Combines well with Echinacea Premium tablets or liquid, Andrographis Complex tablets or Astragalus Complex tablets for immune system support.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Consider Nevaton® Forte tablets to support a healthy nervous system response.
- Combine with Eleuthero tablets to enhance the body's ability to adapt to temporary stress.
- Combine with Kava Forte tablets to calm the nerves.
- Consider Nervagesic tablets to ease temporary mild nervous system discomfort.*

Supplement Facts

| | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40, 120 | |
| Amount per Serving | | %DV |
| Calcium | 64 mg | 4% |
| Licorice root 7:1 extract from <i>Glycyrrhiza glabra</i> root 1.75 g Containing glycyrrhizin 25 mg | 250 mg | † |
| Rehmannia rhizome 5:1 extract from <i>Rehmannia glutinosa</i> rhizome 750 mg | 150 mg | † |

† Daily Value (DV) not established.

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, maltodextrin, sodium starch glycolate, magnesium stearate and hypromellose.

| Content | Product No |
|-------------|------------|
| 40 Tablets | M1050 |
| 120 Tablets | M1055 |

Suggested Use

1 tablet 2 – 3 times daily, or as directed.

Educational Tools

L0621: Adrenal Complex Brochure

L4959: Adrenal Health: Managing Patients' Stress and Energy Levels Handout

L0329: Clinical Success Made Simple With MediHerb® Handout

L0327: HPA Axis Essentials: Herbal Solutions for Stress Management Handout

Product Detail Sheet available online

Stressed?

MediHerb®
Adrenal Complex –
For the challenges
of everyday life*



♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Albizia Complex



Albizia Complex contains Albizia, Chinese Skullcap and Feverfew.

This combination of herbs contains many compounds including saponins, flavonoids (especially baicalin) and sesquiterpene lactones (particularly parthenolide).

These herbs were used traditionally to help:

- maintain normal respiratory tract and healthy skin
- assist in maintaining healthy breathing passages to support free and clear breathing
- respond normally to occasional seasonal stresses
- support normal immune system response
- support the body's organs of elimination*

Caution: Contraindicated in individuals with known hypersensitivity to Feverfew, parthenolide or other members of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- To support healthy mucous membranes of the nose and sinus combine with Sinus Forte tablets.
- For skin health combine with DermaCo tablets.*

Supplement Facts

| | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 50 mg | 4% |
| Chinese Skullcap root 4:1 extract from <i>Scutellaria baicalensis</i> root 800 mg | 200 mg | † |
| Albizia stem bark 8:1 extract from <i>Albizia lebbek</i> stem bark 800 mg | 100 mg | † |
| Feverfew leaf & stem 5:1 extract from <i>Tanacetum parthenium</i> leaf & stem 50 mg | 10 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, silicon dioxide, hypromellose and magnesium stearate.

| | |
|----------------|-------------------|
| Content | Product No |
| 40 Tablets | M1100 |

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

Andrographis Complex



Holy Basil (*Ocimum tenuiflorum*)

Andrographis Complex contains a blend of herbs to support normal immune system function.

Andrographis, *Echinacea angustifolia* root and Holy Basil provide a unique range of phytochemicals including diterpenoid lactones (collectively referred to as andrographolides), flavonoids, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, essential oil (rich in monoterpenes and sesquiterpenes, typically eugenol) and polyphenols. The Andrographis component of this tablet is standardized to contain 10 mg of andrographolide per tablet to ensure optimal strength and quality.

This herbal formulation is used traditionally to:

- help maintain healthy immune system function
- support healthy respiratory system function
- support and maintain normal body temperature already in a normal range
- support healthy immune system response
- encourage adaptive response to occasional everyday stress
- promote healthy liver function*

Caution: Contraindicated in pregnancy and lactation. Contraindicated in known allergy to plants of the daisy family. ♦

Additional Support

- For immune system support combine with Echinacea Premium tablets or liquid.
- Combine with Herbal Throat Spray Phytosynergist® to soothe the throat.
- Combine with Gut Flora Complex capsules for additional immune system support and to help maintain healthy intestinal flora.
- Combine with Artemisinin Complex tablets to support normal flushing of naturally occurring toxins from the body.
- Combine with Viranon tablets to promote the body's normal resistance function.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.*

Supplement Facts

| | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40, 120 | |
| Amount per Serving | | %DV |
| Calcium | 51 mg | 4% |
| Echinacea root 4:1 extract from <i>Echinacea angustifolia</i> root 500 mg | 125 mg | † |
| Holy Basil herb 5:1 extract from <i>Ocimum tenuiflorum</i> herb 500 mg | 100 mg | † |
| Andrographis herb 10:1 extract from <i>Andrographis paniculata</i> herb 1.0 g Containing andrographolide 10 mg | 100 mg | † |
| Holy Basil (<i>Ocimum tenuiflorum</i>) herb essential oil | 10 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, hypromellose, silicon dioxide, magnesium stearate and maltodextrin.

| | |
|----------------|-------------------|
| Content | Product No |
| 40 Tablets | M1110 |
| 120 Tablets | M1115 |

Suggested Use

1 tablet 2 – 4 times daily, or as directed.

Educational Tools

L0622: Andrographis Complex Brochure

L0329: Clinical Success Made Simple With MediHerb® Handout

L4912: Immune System Health Handout

Product Detail Sheet available online

See Echinacea Quality Information on page 38

Artemisinin Complex



Artemisinin Complex contains Sweet Wormwood and Sarsaparilla, a combination that contains many compounds including sesquiterpene lactones especially artemisinin and steroidal saponins, including sarsasapogenin and smilagenin.

Artemisinin Complex is used traditionally to:

- support normal flushing of natural toxins from the body
- encourage healthy function of organs of elimination
- cleanse the blood
- encourage healthy bowel function
- support healthy digestion
- support a healthy intestinal environment*

Caution: Contraindicated in those with known sensitivity to the pollen of *Artemisia* species. Contraindicated in pregnancy. Not to be used during lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Consider Echinacea Premium tablets or liquid, Astragalus Complex tablets or Andrographis Complex tablets for additional immune system support.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.
- Combine with Viranon tablets to promote the body's normal resistance function.
- Consider Gut Flora Complex capsules to support a healthy immune system response and encourage a healthy intestinal environment.*

Astragalus Complex



Astragalus Complex is a strong tonic blend containing Astragalus, *Echinacea purpurea* root and Eleuthero.

This combination of herbs contains many compounds including triterpenoid saponins, flavonoids, sterols, caffeic acid derivatives (especially cichoric acid), alkylamides, and a diverse group of constituents called eleutherosides. The Eleuthero component of this tablet is standardized to contain 600 mcg of syringaresinol diglucosides (eleutherosides) per tablet to ensure optimal strength and quality.

Together these herbs and the compounds within them help to:

- support immune system function
- maintain feelings of general well-being
- support vitality
- facilitate the body's normal response to occasional stress
- promote a healthy response to environmental stress*

Caution: Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. ♦

Additional Support

- Combines well with Withania Complex tablets to enhance immune system response.
- To further support vitality combine with Ganoderma & Shiitake tablets.
- Combine with Eleuthero tablets for further support of physical endurance.
- Consider FemCo tablets to support vitality in women.
- Combine with Viranon tablets to promote the body's normal resistance function.*

| Supplement Facts | | |
|---|----------|------|
| Serving size: | 1 tablet | |
| Servings per container: | 90 | |
| Amount per Serving | | %DV |
| Total Carbohydrate | < 1 g | <1%* |
| Sweet Wormwood herb 30:1 extract from <i>Artemisia annua</i> herb 8.0 g Containing artemisinin 40 mg | 266.7 mg | † |
| Sarsaparilla root 4:1 extract from <i>Smilax officinalis</i> root 800 mg | 200 mg | † |
| *Percent Daily Values (DV) based on a 2,000 calorie diet. † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, maltodextrin, magnesium stearate, hypromellose, dibasic calcium phosphate dihydrate, and silicon dioxide.

Content 90 Tablets
Product No M1117

Suggested Use

1 tablet 3 – 6 times daily, or as directed.

Educational Tools

L0626: Artemisinin Complex and Myrrh Forte Brochure

L0333: Supporting Immune System Function & Internal Defenses Handout

Product Detail Sheet available online

| Supplement Facts | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40, 120 | |
| Amount per Serving | | %DV |
| Astragalus root 4:1 extract from <i>Astragalus membranaceus</i> root 850 mg | 212.5 mg | † |
| Echinacea root 5:1 extract from <i>Echinacea purpurea</i> root 650 mg | 130 mg | † |
| Eleuthero root 10:1 extract from <i>Eleutherococcus senticosus</i> root 750 mg Containing syringaresinol diglucosides 600 mcg | 75 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, sodium starch glycolate, croscarmellose sodium, silicon dioxide, magnesium stearate, hypromellose, maltodextrin and dibasic calcium phosphate dihydrate.

Content 40 Tablets
120 Tablets
Product No M1123
M1127

Suggested Use

1 tablet 2 – 4 times daily, or as directed.

Educational Tools

L0327: HPA Axis Essentials: Herbal Solutions for Stress Management Handout

Product Detail Sheet available online

See Echinacea Quality Information on page 38

Bacopa Complex



Bacopa (*Bacopa monnieri*)

Bacopa Complex combines the herbs Bacopa, Schisandra, Eleuthero and the essential oil of Rosemary.

These herbs contribute key phytochemicals to the blend such as dammarane saponins, other saponins, flavonoids, sterols, dibenzocyclooctene lignans, a diverse group of constituents called eleutherosides, monoterpenes and sesquiterpenes. This tablet contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The Bacopa component is standardized to contain 37.5 mg of bacosides (a saponin mixture) per tablet, and the Eleuthero component contains 400 mcg of syringaresinol diglucosides per tablet.

This formulation and the many compounds within it combine to help:

- enhance mental clarity and support healthy cognitive function
- support normal memory function
- support physical endurance during times of mild fatigue/weakness
- ease the effects of temporary and occasional stress
- as a brain tonic support, healthy memory and concentration*

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. ♦

Additional Support

- Combines well with Ginkgo Forte tablets to promote alertness and mental clarity.
- Consider St John's Wort 1.8g tablets to support healthy emotional and nervous system response following stress.
- Consider Rhodiola & Ginseng Complex tablets, Rhodiola & Schisandra tablets, Withania Complex tablets or Korean Ginseng 1:2 liquid for increased stamina, vitality and endurance.*

Supplement Facts

| | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 110 mg | 8% |
| Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 660 mg | 110 mg | † |
| Bacopa herb 50:1 extract from <i>Bacopa monnieri</i> herb 3.75 g Containing bacosides as bacoside A 37.5 mg | 75 mg | † |
| Eleuthero root 10:1 extract from <i>Eleutherococcus senticosus</i> root 500 mg Containing syringaresinol diglucosides 400 mcg | 50 mg | † |
| Rosemary (<i>Rosmarinus officinalis</i>) leaf essential oil | 10 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, hypromellose, magnesium stearate and maltodextrin..

| Content | Product No |
|------------|------------|
| 40 Tablets | M1130 |

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

See Schisandra Quality Information on page 53

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

*** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

Bilberry 6000mg



Bilberry contains anthocyanins (also called anthocyanosides, which are the blue pigments responsible for the color of ripe Bilberries), flavonoids, oligomeric procyanidins and other phytochemicals.

This product is standardized to contain 21.6 mg of anthocyanosides per tablet to ensure optimal strength and quality.

The phytochemicals in Bilberry work together to:

- promote vascular integrity
- build healthy connective tissue
- help maintain health of capillaries
- maintain healthy eyes
- provide antioxidant activity*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combines well with Ginkgo Forte tablets to support healthy circulation to the peripheries.
- Consider Horsechestnut Complex tablets for further support of venous integrity.
- Consider Vitanox® tablets for antioxidant activity.
- Combine with Gotu Kola Complex tablets to promote healthy connective tissue structure of the skin, support healthy blood vessels and provide additional antioxidant activity.*

| Supplement Facts | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 60 | |
| Amount per Serving | | %DV |
| Calcium | 46 mg | 4% |
| Bilberry fruit fresh 100:1 extract from <i>Vaccinium myrtillus</i> fruit fresh 6.0 g Containing anthocyanosides 21.6 mg | 60 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate and magnesium stearate.

| Content | Product No |
|------------|------------|
| 60 Tablets | M1140 |

Suggested Use

1 tablet 2 – 4 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

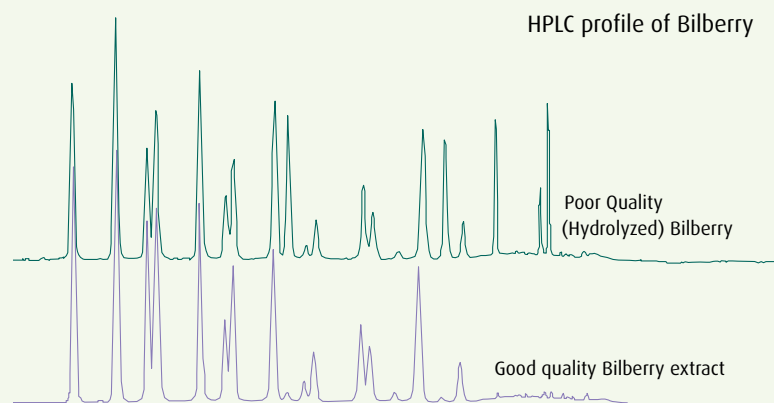


Bilberry (*Vaccinium myrtillus*)

Bilberry Quality Story

In 2003 MediHerb® received samples of *Vaccinium myrtillus* or bilberry fruit extracts which differed in behavior to that normally received.

The standard method of determining the anthocyanin content at this time was a spectrophotometric assay. Using this method, anthocyanin levels of two extracts were found to be 25% as claimed by the manufacturers. When high-performance liquid chromatography (HPLC) was used, however, one extract was found to contain 9% anthocyanins probably not derived from *V. myrtillus* but from another species as well as an adulterant chemical. This adulterant was subsequently identified, using HPLC, mass spectroscopy, and nuclear magnetic resonance, as amaranth (3-hydroxy-4-[(4-sulfo-1-naphthalenyl)azo]-2,7-naphthalenedisulfonic acid trisodium salts) a synthetic dark red dye. It was evident that when deliberate adulteration occurs in an extract, a spectrophotometric assay is inadequate to accurately determine the levels of compounds such as anthocyanins. This has led to a change in the standard method of analysis for bilberry extracts to a more sophisticated method of analysis, (HPLC with photodiode array detection) to counter this form of adulteration. The results of this discovery by the MediHerb® team were published (*Journal of Agricultural Chemistry and Food Science* 2006: **54**: 7378-7382) and led to regulators around the world to review accepted test methods for Bilberry. The *British Pharmacopoeia* also changed the method of analysis for Bilberry as a result of this discovery.



♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Bone Complex



Bone Complex contains Epimedium, Kudzu, Red Clover and Black Cohosh. This combination of herbs contains many compounds especially flavonoids and triterpene glycosides.

Three herbs in this tablet contain standardized levels of key phytochemicals to ensure optimal strength and quality: 20 mg of icariin per tablet (from Epimedium), 28 mg/tablet of isoflavones from Kudzu (daidzein, daidzin, puerarin) and 8 mg/tablet of Red Clover isoflavones.

Bone Complex can help mature women (age 40-60) to:

- support healthy bone tissue, in conjunction with weight-bearing exercise and a healthy diet containing food sources of calcium and vitamin D
- support and maintain healthy bone density
- beneficially influence normal bone remodeling*

Caution: Contraindicated in pregnancy, lactation and in women with estrogen-dependent tumors such as breast cancer. Caution in patients with liver problems, who frequently use alcohol or take any medications. ♦

Additional Support

- Consider Gotu Kola Complex tablets to support healthy connective tissue of the skin.
- Consider Rhodiola & Ginseng Complex tablets or Rhodiola & Schisandra tablets to promote vitality and Bacopa Complex tablets to support cognitive function.
- Combine with Wild Yam Complex tablets to provide relief from mild discomfort associated with menopause.*

| Supplement Facts | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 43 mg | 4% |
| Epimedium herb top 12:1 extract from <i>Epimedium sagittatum</i> herb top 2.4 g Containing icariin 20 mg | 200 mg | † |
| Red Clover herb flowering top 5:1 extract from <i>Trifolium pratense</i> herb flowering top 500 mg Containing isoflavones 8 mg | 100 mg | † |
| Kudzu root 10:1 extract from <i>Pueraria lobata</i> root 700 mg Containing puerariae isoflavones calculated as daidzin, puerarin, daidzein 28 mg | 70 mg | † |
| Black Cohosh root 5:1 extract from <i>Actaea racemosa</i> root 80 mg | 16 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, hypromellose and magnesium stearate.

| Content | Product No |
|------------|------------|
| 40 Tablets | M1145 |

Suggested Use
1 tablet 3 times daily, or as directed.

Educational Tools
L0623: Bone Complex Brochure
Product Detail Sheet available online

Boswellia Complex



Boswellia Complex contains Boswellia, Celery Seed, Ginger and Turmeric.

These herbs provide many phytochemicals including triterpene acids (especially the boswellic acids), several essential oils (one of which contains terpenes and phthalides), coumarins, flavonoids, pungent principles (including gingerols) and yellow pigments referred to as diarylheptanoids (including curcumin). This tablet contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The Boswellia component is standardized to contain 180 mg of boswellic acids per tablet, and the Turmeric component contains 70.4 mg of curcuminoids per tablet.

These and other compounds within Boswellia Complex are used traditionally to:

- support the normal function of the kidneys
- maintain and support healthy joints
- support healthy circulation
- provide antioxidant activity*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Consider Turmeric Forte for additional joint support.
- Consider Rehmannia Complex tablets to promote the body's normal toxin removal.
- Combine with Gotu Kola Complex tablets to promote healthy connective tissue of the skin and provide antioxidant activity.
- Consider Vitanox® tablets for antioxidant activity.
- Combines well with Saligesic tablets to support musculoskeletal system health.
- Combine with Nervagesic tablets to ease temporary muscular discomfort such as caused by exercising.*

| Supplement Facts | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40, 120 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Boswellia gum oleoresin 7:1 extract from <i>Boswellia serrata</i> gum oleoresin 1.9 g Containing boswellic acids 180 mg | 277 mg | † |
| Celery Seed fruit 6:1 extract from <i>Apium graveolens</i> fruit 1.0 g | 166.7 mg | † |
| Ginger rhizome 5:1 extract from <i>Zingiber officinale</i> rhizome 300 mg | 60 mg | † |
| Turmeric rhizome 25:1 extract from <i>Curcuma longa</i> rhizome 2.0 g Containing curcuminoids 70.4 mg | 80 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, sodium starch glycolate, silicon dioxide, hypromellose, magnesium stearate and dibasic calcium phosphate dihydrate.

| Content | Product No |
|-------------|------------|
| 40 Tablets | M1152 |
| 120 Tablets | M1157 |

Suggested Use
1 tablet 2 – 4 times daily, or as directed.

Educational Tools
L0625: Boswellia Complex Brochure
L0329: Clinical Success Made Simple With MediHerb® Handout
Product Detail Sheet available online

Broncafect®



Pleurisy (*Asclepias tuberosa*)

The combination of herbs and an essential oil found in Broncafect® (Licorice, Pleurisy Root, *Echinacea purpurea* root, White Horehound, Ginger and Thyme essential oil) contain triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, caffeic acid derivatives (especially cichoric acid), alkylamides, pungent principles (including gingerols), monoterpenes (especially thymol) and other compounds.

These herbs, essential oil and their constituents are used traditionally to:

- support healthy respiratory tract function
- maintain healthy mucosal tissue of respiratory tract
- support normal mucus flow
- support the body's natural ability to break up respiratory secretions
- support the body's normal cough reflex
- encourage a healthy respiratory tract environment
- support healthy immune system function
- promote healthy throat tissue
- assist the body in maintaining normal body temperature already in a normal range
- promote the body's normal resistance function*

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Contraindicated in known allergy to plants of the daisy family. ♦

Additional Support

- Consider Andrographis Complex tablets for extra immune system support.
- Combine with Herbal Throat Spray Phytosynergist to soothe mild irritations of the throat, freshen breath and maintain healthy mucosal tissue in the upper respiratory tract.
- Combine with PulmaCo tablets to assist in maintaining healthy breathing passages.
- For extra respiratory support and immune system response combine with hot Peppermint or Ginger tea*

| Supplement Facts | | |
|--|----------|-----|
| Serving size: | 2 tablet | |
| Servings per container: | 20 | |
| Amount per Serving | | %DV |
| Calcium | 116 mg | 8% |
| Licorice root 7:1 extract from <i>Glycyrrhiza glabra</i> root 1.5 g | 214.2 mg | † |
| Pleurisy root 4:1 extract from <i>Asclepias tuberosa</i> root 750 mg | 187.5 mg | † |
| Echinacea root 6:1 extract from <i>Echinacea purpurea</i> root 750 mg | 125 mg | † |
| White Horehound herb 4:1 extract from <i>Marrubium vulgare</i> herb 360 mg | 90 mg | † |
| Thyme (<i>Thymus vulgaris</i>) essential oil | 20 mg | † |
| Ginger rhizome 30:1 extract from <i>Zingiber officinale</i> rhizome 360 mg | 12 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, maltodextrin, silicon dioxide, magnesium stearate and hypromellose.

| Content | Product No |
|------------|------------|
| 40 Tablets | M1165 |

Suggested Use

2 tablets 2 - 4 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

See **Echinacea Quality Information on page 38**

Burdock Complex



The four herbs combined in Burdock Complex contribute to the general well-being of the body.

These herbs, Burdock, Slippery Elm, Sheep Sorrel and Rhubarb contain many compounds including acetylenic compounds, phenolic acids, mucilage, polysaccharides, anthraquinone glycosides and tannins.

These are only some of the substances in Burdock Complex that help to:

- enhance immune system response
- support normal flushing of toxins from the body
- support the body's organs of elimination
- support healthy mucous membranes in the digestive system
- maintain healthy blood
- keep skin healthy*

Caution: Contraindicated in pregnancy and lactation. ♦

Additional Support

- Combines well with Astragalus Complex tablets or Echinacea Premium tablets or liquid to enhance immune system function.
- To further support vitality combine with Ganoderma & Shiitake tablets.
- Consider Vitanox® tablets for antioxidant activity.
- To further promote healthy connective tissue of the skin and to provide antioxidant activity combine with Gotu Kola Complex tablets.*

| Supplement Facts | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 60 | |
| Amount per Serving | | %DV |
| Calcium | 45 mg | 4% |
| Burdock root 5:1 extract from <i>Arctium lappa</i> root 242 mg | 48.4 mg | † |
| Slippery Elm (<i>Ulmus rubra</i>) stem bark powder | 32 mg | † |
| Sheep Sorrel aerial parts 5:1 extract from <i>Rumex acetosella</i> aerial parts 130 mg | 26 mg | † |
| Rhubarb root 5:1 extract from <i>Rheum palmatum</i> root 8 mg | 1.6 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, magnesium stearate and hypromellose.

| Content | Product No |
|------------|------------|
| 60 Tablets | M1173 |

Suggested Use

1 tablet 3 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

Chaste Tree



Chaste Tree contains flavonoids (especially methoxylated flavones), iridoid glycosides (such as aucubin), diterpenes, sesquiterpenes, an essential oil and other compounds.

Together this herb and the substances within it are used traditionally to:

- support healthy prolactin and progesterone levels in the body
- encourage healthy menstrual cycling
- ease discomfort associated with premenstrual syndrome
- support normal reproductive function in women
- address non-cystic mild acne
- ease temporary feelings of tension associated with the menstrual cycle*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Consider FemCo tablets to further support normal reproductive function in women.
- May be combined with LivCo® or Livton® Complex tablets for healthy liver function.
- Consider Cramplex tablets to provide antispasmodic activity to ease mild occasional spasms of smooth muscle including those associated with the menstrual cycle.*

Supplement Facts

| | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40, 120 | |
| Amount per Serving | | %DV |
| Calcium | 87 mg | 6% |
| Chaste Tree fruit 6:1 extract from <i>Vitex agnus-castus</i> fruit 500 mg | 83.3 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, silicon dioxide, sodium starch glycolate, hypromellose and magnesium stearate.

| Content | Product No |
|-------------|------------|
| 40 Tablets | M1190 |
| 120 Tablets | M1195 |

Suggested Use

1 tablet 1 – 4 times daily, or as directed.

Educational Tools

L0627: Chaste Tree Brochure
Product Detail Sheet available online

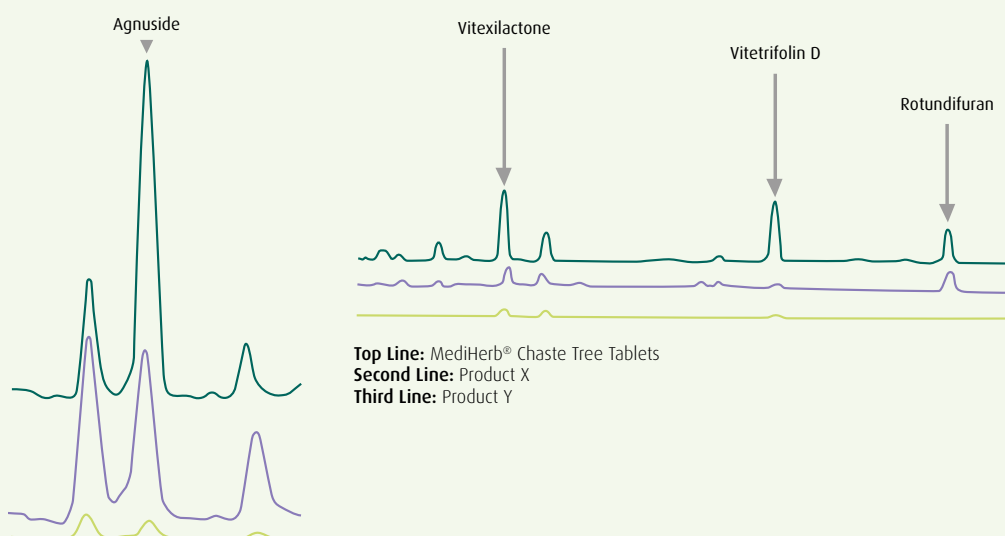


Chaste Tree (*Vitex agnus-castus*)

Chaste Tree Quality Story

Chaste Tree (*Vitex agnus-castus*) contains three important classes of phytochemicals: iridoid glycosides (such as agnuside and aucubin), flavonoids (such as casticin) and diterpenoids (such as vitexilactone, rotundifuran and vitetrifolin D).

It is believed that the diterpenoids are the more important of these constituents and therefore MediHerb® has developed analytical methods for the determination of these constituents and manufactures extracts containing high levels of these diterpenoids, but not at the expense of other vital components.



♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

ChelaCo



The combination of herbs in ChelaCo contain many compounds including oligomeric procyanidins, flavonoids (such as vitexin-2-rhamnoside), flavanolignans (collectively known as silymarin) and sulfur compounds (particularly alliin).

This product is standardized to contain 2.0 mg of vitexin-2-rhamnoside, 80 mg of flavanolignans (calculated as silybin) and 2.0 mg of alliin per tablet to ensure optimal strength and quality.

Together these herbs and the substances within them are used traditionally to:

- support liver as a liver tonic
- support the body's natural defenses against environmental insult
- help maintain healthy blood flow and tissues
- protect liver tissue by supporting normal cellular defenses
- support cardiovascular health
- provide antioxidant activity*

Caution: Contraindicated in known allergy to Garlic. Contraindicated in lactation. Not to be used during pregnancy unless otherwise directed by a qualified health care professional. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. ♦

Additional Support

- Consider LivCo® or Silymarin tablets for additional support for healthy liver function.
- Consider Colax tablets to further support healthy bowel function.
- Consider Rhodiola & Ginseng Complex tablets or Rhodiola & Schisandra tablets to promote vitality and stamina.
- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.*

Supplement Facts

| | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 68 mg | 6% |
| Hawthorn leaf & flower 4.8:1 extract from <i>Crataegus monogyna</i> leaf & flower 318 mg Containing vitexin-2-rhamnoside 2.0 mg | 67 mg | † |
| Milk Thistle seed 70:1 extract from <i>Silybum marianum</i> seed 8.0 g Containing flavanolignans calc. as silybin 80 mg | 114.3 mg | † |
| Fresh Garlic bulb 12:1 extract from <i>Allium sativum</i> fresh bulb 600 mg Containing alliin 2.0 mg | 50 mg | † |
| Garlic (<i>Allium sativum</i>) bulb powder | 7.5 mg | † |

† Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, maltodextrin, sodium starch glycolate, ethyl cellulose, ammonium hydroxide, fatty acids, oleic acid, sodium carboxymethylcellulose, talc (magnesium silicate), polydextrose, magnesium stearate, silicon dioxide and dl-alpha tocopherol.

Content 40 Tablets
Product No M1197

Suggested Use

1 tablet 2 – 3 times daily with meals, or as directed. Enteric coated tablets. Do not break or crush.

Educational Tools

Product Detail Sheet available online

See Milk Thistle Quality Information on page 64
See Garlic Quality Information on page 74

MediHerb® ChelaCo

Helps support
the body's
natural
defenses
against
environmental
insult*



♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Colax



The natural ingredients found in Colax help maintain healthy intestinal function.

The combination of Dill Seed, Cascara, Yellow Dock, Dandelion Root and Chamomile provides a range of compounds including several essential oils (containing monoterpenes, sesquiterpenes, and especially α -bisabolol), flavonoids, anthraquinone glycosides, sesquiterpene lactones, phenolic acids and sterols.

Colax is used traditionally to:

- support healthy bowel function
- assist in helping stimulate the bowel in order to support healthy elimination
- cleanse the lower digestive tract
- provide temporary relief of occasional, mild constipation
- promote intestinal motility and elimination
- provide colon cleansing and digestive support
- stimulate bile production and flow*

Caution: Contraindicated in blockage of the gallbladder and in known allergy to plants of the daisy family. Use only with professional supervision in the presence of gallstones. This product contains *Frangula purshiana* (Cascara). Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara may worsen these conditions and be harmful to your health. Consult your health care professional if you have frequent diarrhea or if you are pregnant, nursing, taking medication or have a medical condition. ♦

Additional Support

- Increase water intake and exercise regularly.
- Consider DiGest Forte tablets to support healthy digestion.
- Consider Gut Flora Complex capsules to cleanse and promote health in the lower gastrointestinal tract and to help maintain healthy intestinal flora.
- Consider Horsechestnut Complex tablets to provide support for the surrounding veins in the occurrence of occasional, mild constipation.
- May be combined with Livton® Complex tablets for healthy liver function.*

| Supplement Facts | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Cascara stem bark 12:1 extract from <i>Frangula purshiana</i> stem bark 1.12 g | 93.33 mg | † |
| Dandelion root 4:1 extract from <i>Taraxacum officinale</i> root 375 mg | 93.75 mg | † |
| Yellow Dock root 4:1 extract from <i>Rumex crispus</i> root 375 mg | 93.75 mg | † |
| Dill (<i>Anethum graveolens</i>) seed essential oil | 15 mg | † |
| Chamomile (<i>Matricaria recutita</i>) flower essential oil | 2 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, maltodextrin, sodium starch glycolate, silicon dioxide, hypromellose, magnesium stearate and dibasic calcium phosphate dihydrate.

| Content | Product No |
|------------|------------|
| 40 Tablets | M1201 |

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

Educational Tools

L2725: GI Flora Balance Program Handout
Product Detail Sheet available online

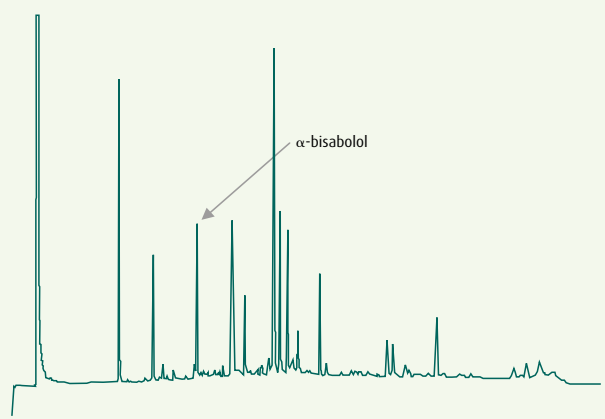


Chamomile (*Matricaria recutita*)

Chamomile Quality Story

German or true Chamomile (*Matricaria recutita*) contains a range of essential oil components and high levels of flavonoids.

A wide variation in the levels of these constituents is found between different chemical races or varieties of Chamomile. Some varieties do not contain α -bisabolol which is an important active component. MediHerb® has selected a variety of Chamomile which contains α -bisabolol for use in our products. α -bisabolol is detected by Gas Chromatography (GC). Please be aware Roman Chamomile (*Chamaemelum nobile* = *Anthemis nobilis*) can be an adulterant in, or substituted for, true Chamomile and should be avoided due to allergic reactions.



Coleus Forte



Coleus Forte is made from the root of *Coleus forskohlii*, which contains the labdane diterpene forskolin as a major constituent.

This product is standardized to contain 18.7 mg of forskolin per tablet to ensure optimal strength and quality.

Coleus Forte may be traditionally used to:

- support cardiovascular health
- support healthy skin and respiratory tract
- help relieve occasional sleeplessness
- promote healthy digestion*

Caution: Contraindicated in hypotension. Contraindicated in gastric or duodenal ulcers unless otherwise directed by a qualified health care professional. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. ♦

Additional Support

- Combine with Hawthorn tablets to support healthy functioning of the heart muscle.
- Consider Horsechestnut Complex tablets for further support of venous integrity.
- Combine with Thyroid Complex tablets to support healthy thyroid function.
- Consider Garlic Forte tablets to support cardiovascular system health.
- Combine with Gymnema tablets to help reduce sweet cravings and suppress sweet taste sensation.*

Supplement Facts

| | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 60 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Coleus root 30:1 extract from <i>Coleus forskohlii</i> root | 187 mg | † |
| Containing forskolin | 18.7 mg | |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, maltodextrin, dibasic calcium phosphate dihydrate, sodium starch glycolate, magnesium stearate and hypromellose.

Content 60 Tablets **Product No** M1202

Suggested Use

1 tablet 2 – 3 times daily, or as directed.

Educational Tools

L0630: Coleus Forte Brochure
Product Detail Sheet available online

MediHerb® Coleus Forte

Support
cardiovascular
health*



♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Cramplex



Ginger (*Zingiber officinale*)

Cramplex contains the following herbs: Cramp Bark, Corydalis, Ginger, Raspberry Leaf and Wild Yam.

This combination of herbs contains many phytochemicals including alkaloids, terpenoids, pungent principles (including gingerols), flavonoids, gallotannins, ellagitannins and steroidal saponins.

Together these herbs and their constituents have been used traditionally to help:

- provide antispasmodic activity to ease occasional spasms of smooth muscle including those associated with the menstrual cycle
- provide antispasmodic activity to ease occasional spasms of smooth muscle including those associated with the bowel/lower intestinal tract
- provide antispasmodic activity to ease occasional spasms of smooth muscle including those associated with the urinary tract
- provide relief from mild discomfort associated with menstruation
- provide temporary relief of occasional bowel spasm
- support female reproductive system health*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combine with St John's Wort 1.8g tablets as a tonic for the nervous system and to ease the temporary effects of stress.
- Combine with Evening Primrose Oil capsules or Chaste Tree tablets to support female reproductive system health.
- Consider FemCo tablets as additional support for cramping associated with menstruation.
- Combine with Nervagesic tablets to provide antispasmodic activity for occasional spasms of smooth muscle.
- Diet should increase essential fatty acids (eg Evening Primrose Oil capsules), reduce saturated fats, eliminate refined foods, sugar, dairy products, methylxanthines (coffee and chocolate) and increase fresh fruits, vegetables, proteins and whole grains.
- Combine with ProstaCo capsules to support healthy prostate gland function*

Supplement Facts

| | | |
|---|----------|-----|
| Serving size: | 2 tablet | |
| Servings per container: | 20 | |
| Amount per Serving | | %DV |
| Calories | 6 | |
| Calcium | 80 mg | 6% |
| Corydalis yanhusuo tuber 10:1 extract from <i>Corydalis yanhusuo</i> tuber 1.2 g | 120 mg | † |
| Raspberry leaf 4:1 extract from <i>Rubus idaeus</i> leaf 800 mg | 200 mg | † |
| Wild Yam root & rhizome 4:1 extract from <i>Dioscorea villosa</i> root & rhizome 800 mg | 200 mg | † |
| Cramp Bark stem bark 5:1 extract from <i>Viburnum opulus</i> stem bark 800 mg | 160 mg | † |
| Ginger rhizome 6:1 extract from <i>Zingiber officinale</i> rhizome 800 mg | 133.3 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

Content 40 Tablets
Product No M1205

Suggested Use

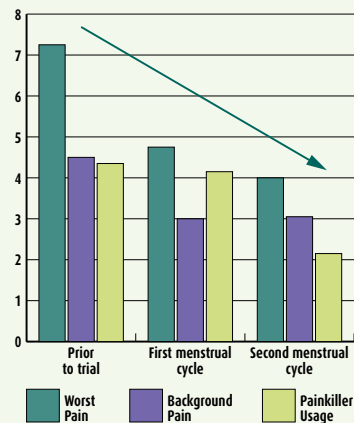
2 tablets 3 – 4 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

MediHerb® Cramplex Feedback Trial Results

Prior to the release of Cramplex a feedback trial was conducted to gauge the product's effectiveness. The graph shown summarizes the results of this trial and clearly demonstrates the efficacy of Cramplex.



Cranberry Complex



Cranberry (*Vaccinium macrocarpon*)

Cranberry Complex combines Cranberry, Crataeva, Buchu and Uva Ursi.

Together, these herbs contribute procyanidins, flavonoids, anthocyanins, organic acids, saponins, sterols, an essential oil (consisting mainly of the monoterpene diosphenol), hydroquinone glycosides (particularly arbutin), polyphenols and other compounds.

Cranberry Complex is used traditionally to:

- encourage healthy urinary tract function
- support healthy bladder and function
- promote healthy mucosal surfaces in the urinary tract*

Caution: Contraindicated in kidney disease. Contraindicated in pregnancy and lactation. ♦

Additional Support

- May be combined with Echinacea Premium tablets or liquid or Andrographis Complex tablets for extra immune system support.
- Combines well with ProstaCo capsules or Nettle Root 1:2 liquid to support healthy urine flow in men.
- Increase water intake.*

| Supplement Facts | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 37 mg | 2% |
| Crataeva stem bark 8:1 extract from <i>Crataeva nurvala</i> stem bark 1.0 g | 125 mg | † |
| Uva Ursi leaf 2:1 extract from <i>Arctostaphylos uva-ursi</i> leaf 500 mg | 250mg | † |
| Cranberry fruit juice powder from <i>Vaccinium macrocarpon</i> fruit fresh (25:1) 2.5 g | 100 mg | † |
| Buchu (<i>Agathosma betulina</i>) leaf essential oil | 12 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, hypromellose, silicon dioxide, magnesium hydroxide and magnesium stearate.

| Content | Product No |
|------------|------------|
| 40 Tablets | M1210 |

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

DermaCo



DermaCo contains the following herbs: Sarsaparilla, Cleavers, Oregon Grape, Burdock and Yellow Dock.

This combination of herbs contains many compounds including steroidal saponins, sterols, iridoid glycosides, phenolic acids, alkaloids (especially berberine and oxycanthine), acetylenic compounds and anthraquinone glycosides.

Together these herbs and the compounds within them help:

- support normal flushing of toxins from the body
- encourage the healthy function of the organs of elimination
- maintain normal uric acid levels already within a normal range
- promote normal healthy skin renewal and integrity
- maintain healthy skin
- cleanse the blood
- promote healthy liver and intestinal function
- encourage healthy bowel function
- support healthy kidney function
- support lymphatic system function
- promote the body's normal resistance function*

Caution: Contraindicated in pregnancy and lactation. ♦

Additional Support

- Combine with Gotu Kola Complex tablets to further promote healthy skin.
- Combine with Livton® Complex tablets for healthy liver function.
- Consider Echinacea Premium tablets or liquid for additional immune system support.
- Combine with Albizia Complex tablets to promote the body's normal resistance function.
- Consider Vitanox® tablets for antioxidant activity.
- Increase water intake.*

| Supplement Facts | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 70 mg | 6% |
| Oregon Grape root & rhizome 10:1 extract from <i>Berberis aquifolium</i> (<i>Mahonia aquifolium</i>) root & rhizome 360 mg | 90 mg | † |
| Sarsaparilla root & rhizome 4:1 extract from <i>Smilax ornata</i> (<i>Smilax regelii</i>) root & rhizome 360 mg | 90 mg | † |
| Cleavers herb 5:1 extract from <i>Galium aparine</i> herb 360 mg | 72 mg | † |
| Burdock root 4:1 extract from <i>Arctium lappa</i> root 270 mg | 67.5 mg | † |
| Yellow Dock root 4:1 extract from <i>Rumex crispus</i> root 270 mg | 67.5 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

| Content | Product No |
|------------|------------|
| 40 Tablets | M1220 |

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

DiGest Forte



DiGest Forte contains Gentian, Ginger, Tangerine (Chen Pi) (fruit peel and cold pressed essential oil), Wormwood and Feverfew.

This combination contains many compounds including secoiridoid bitter glycosides (including gentiopicrin and amarogentin), pungent principles (including gingerols), sesquiterpene lactones (including absinthin and parthenolide), flavonoids and monoterpenes.

This formulation and the compounds within it are used traditionally to:

- stimulate gastric juice output and appetite
- support healthy digestion and intestinal function
- promote healthy gastrointestinal tone
- cleanse the liver
- increase bile flow as a cholagogue
- promote normal response to environmental stresses*

Caution: Contraindicated in known allergy to plants of the daisy family. Contraindicated in gastric or duodenal ulcers unless otherwise directed by a qualified health care professional. Use only with professional supervision in the presence of gallstones. Contraindicated in pregnancy and lactation. ♦

Additional Support:

- Combine with Turmeric Forte tablets to further support healthy digestion.
- May be combined with Gut Flora Complex capsules to cleanse and promote health in the lower gastrointestinal tract and to help maintain healthy intestinal flora.
- Combines well with Livton Complex or Silymarin tablets for healthy liver function.
- Consider Gymnema tablets to help suppress normal cravings for sugar in the diet.
- Combine with Astragalus Complex or Withania Complex tablets to support vitality.
- Use with Colax tablets to support healthy bowel function.*

Supplement Facts

| | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Gentian root 2:1 extract from <i>Gentiana lutea</i> root 200 mg | 100 mg | † |
| Tangerine fruit peel 5:1 extract from <i>Citrus reticulata</i> fruit peel 500 mg | 100 mg | † |
| Feverfew leaf 3:1 extract from <i>Tanacetum parthenium</i> leaf 200 mg | 66.7 mg | † |
| Ginger rhizome 10:1 extract from <i>Zingiber officinale</i> rhizome 250 mg | 25 mg | † |
| Wormwood herb 4:1 extract from <i>Artemisia absinthium</i> herb 100 mg | 25 mg | † |
| Tangerine (<i>Citrus reticulata</i>) fruit peel essential oil, cold pressed | 12.5 mg | † |

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, sodium starch glycolate, croscarmellose sodium, silicon dioxide, hypromellose, magnesium stearate and dibasic calcium phosphate dihydrate.

Content **Product No**
40 Tablets M1226

Suggested Use

1 tablet 3 times daily, or as directed.

Educational Tools

L0329: Clinical Success Made Simple With MediHerb® Handout

L0632: DiGest Forte Brochure

L1038: GI Flora Balance Brochure

L2725: GI Flora Balance Program Handout

Product Detail Sheet available online

MediHerb® DiGest Forte

Supports healthy
digestion &
intestinal
function*



♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



MediHerb® Echinacea Premium combines the roots of *Echinacea angustifolia* and *Echinacea purpurea* to enlist properties unique to each.

The blending of these two plant species ensures that the specific caffeic acid derivatives (cichoric acid, echinacoside, cynarin) and the lipophilic components (especially alkylamides) are present in appropriate quantities. This product contains a total of 4.1 mg of alkylamides per tablet to ensure optimal strength and quality.

Echinacea and its constituents are used traditionally to:

- help enhance healthy immune system function
- may support normal interferon production for healthy immune system response
- support and promote healthy white blood cells
- support healthy immune system response following stress
- encourage healthy upper respiratory tract
- support healthy throat tissue*

Caution: Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combine with Andrographis Complex tablets or Viranon tablets for additional immune system support.
- Consider combining with Gut Flora Complex capsules to further support immune system response and promote health in the lower gastrointestinal tract.
- Combine with Albizia Complex or Rehmannia Complex tablets to support normal immune system response.
- Combine with Herbal Throat Spray Phytosynergist® to soothe mild irritations of the throat, freshen breath and maintain healthy mucosal tissue in the upper respiratory tract.
- Combine with Artemisinin Complex tablets to support normal flushing of naturally occurring toxins from the body.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.*

| Supplement Facts | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40, 120 | |
| Amount per Serving | | %DV |
| Echinacea root 4:1 extract from <i>Echinacea angustifolia</i> root 600 mg Containing alkylamides 2.3 mg | 150 mg | † |
| Echinacea root 6:1 extract from <i>Echinacea purpurea</i> root 675 mg Containing alkylamides 1.8 mg | 112.5 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, hypromellose, silicon dioxide and magnesium stearate.

| Content | Product No |
|-------------|------------|
| 40 Tablets | M1240 |
| 120 Tablets | M1245 |

Suggested Use

1 tablet 2 – 3 times daily, or as directed.

Educational Tools

- L0329: Clinical Success Made Simple With MediHerb® Handout
 - L0635: Echinacea Premium Brochure
 - L0815: Echinacea Premium – Nature’s Everyday Immune Support Handout
 - L4912: Immune System Health Handout
 - L0806: MediHerb® Echinacea Research Handout
 - L0332: MediHerb® The Quality Choice for Practitioner Handout
- Product Detail Sheet available online

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.



Echinacea (*Echinacea angustifolia*)

Echinacea Quality Story

The Important Constituents

Echinacea is the most widely used herb and the most misunderstood. MediHerb® has for many years invested heavily into research on Echinacea to identify quality markers that are important for clinical use. The levels of the phenolic acid esters, eg echinacoside, are commonly used by many manufacturers as marker compounds or indicators of Echinacea quality. However, recent trials have highlighted the significance of alkylamides for clinical efficacy, hence it is important that quality products are characterized for these phytochemicals as well. This has led to the incorporation of a specification and analytical test methodology for Echinacea products in the USP26-NF21 draft monographs which focuses on alkylamides tested by HPLC and DAD detection. The alkylamides being tested are the 2,4-diene alkylamides and the 2-ene alkylamides.

This method has been adopted by MediHerb® and the alkylamides are determined as 2,4-diene alkylamides and 2-ene alkylamides. The 2-enes are characteristic of *Echinacea angustifolia* and are not found in the other species. The 2,4-dienes are found in both *E. purpurea* and *E. angustifolia* and these phytochemicals are responsible for the intense tingling sensation

in the mouth when tasting good quality Echinacea products.

The phenolic acids are determined as the levels of caftaric acid, echinacoside and cichoric acid; echinacoside is typical of *E. angustifolia* and *E. pallida* roots and is not found in *E. purpurea*. Cichoric acid is not found in *E. angustifolia* root, but is found in the aerial parts of all species and characteristically in the root of *E. purpurea*.

MediHerb® products are quantified to contain a minimum level of alkylamides by the USP26-NF21 HPLC method, the levels of phenolic acids are measured for information only and are used to confirm product identity and the absence of contamination from other Echinacea species.

The MediHerb® Difference

MediHerb® has developed specialized knowledge in the manufacture and testing of Echinacea products over the past 20 years. This includes a PhD study, extensive analytical method development, establishment of optimal harvesting, drying and storage protocols to maximize retention of actives and a successful clinical trial.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

A New Understanding



The most well-known herbal support for the immune system is Echinacea, yet it is both misunderstood and underestimated. There are many Echinacea products available which differ according to plant species (*E. angustifolia*, *E. purpurea* or *E. pallida* or combinations of these), plant part (root, leaves or seeds or combination of these), quality markers (alkylamides, polysaccharides or caffeic acid conjugates such as cichoric acid) and dosage. The typical clinical application for Echinacea is short-term only for winter seasonal stresses. Kerry Bone has spent many years both researching and prescribing Echinacea

for thousands of patients – it is his number one favorite herb. His clinical applications are much broader than just winter seasonal stresses and you may wonder why this is.

Kerry's clinical success with Echinacea and particularly **Echinacea Premium**, led to the MediHerb[®] Echinacea Research project. MediHerb[®] research results validate the traditional wisdom of Echinacea, ie **to achieve good clinical results you must use only a root preparation of Echinacea with high levels of alkylamides**. To fully appreciate the implications of this research we must first look at the history of Echinacea.*

The History of Echinacea – Traditional vs 20th Century

Information about the health promoting value of Echinacea first came from Native American tribes. Their use of Echinacea was then adopted by the Eclectics, a group of doctors who were prominent around the late 19th and early 20th centuries in the United States. By 1921 Echinacea (specifically the root of *Echinacea angustifolia*) was by far the most popular treatment prescribed by Eclectic physicians.¹

From this traditional use we know:

- The Native Americans preferred *Echinacea angustifolia* and ONLY used the root
- The Eclectics only used a fluid extract of the dried root of *Echinacea angustifolia* extracted in a high percentage of alcohol
- This extract is lipophilic (fat loving) and can be called a “traditional Echinacea extract”
- The Eclectics defined good quality Echinacea root “as imparting a persistent tingling sensation” which is a clear reference to alkylamide levels as a quality indicator.²

In Europe during the 1930s, the German herbalist Madaus used *E. purpurea* as he was more successful at growing this species. His interest in homeopathy led him to use the stabilized juice of fresh *E. purpurea* tops (aerial parts).

From the 20th Century German use of Echinacea we know:

- This style of product is a “hydrophilic” (water loving) extract of Echinacea
- These tinctures contain very low levels of alkylamides
- German scientists researched these new extracts for an active component and identified the polysaccharides³
- In contrast, traditional Echinacea extracts contain few polysaccharides because the root has low starting levels and the high percentage of alcohol used does not effectively extract these water-loving molecules
- Importantly, polysaccharides are large polar compounds that have low oral bioavailability⁴

Traditional:

Ethanol extract
Root
High alkylamides

European:

Juice
Aerial parts
Low alkylamides

The Science of Echinacea – MediHerb® Research

Kerry Bone has always believed that a key aspect of modern herbalism is a respect for traditionally-generated knowledge. *E. angustifolia* root however is very expensive and was cost prohibitive for many of his patients. To overcome this, Kerry developed **Echinacea Premium**, a particular blend of *E. angustifolia* and *E. purpurea* roots. In 2003 MediHerb® began an extensive research project which was designed to identify the bioavailable components of Echinacea Premium and how they exert an effect on the immune system.*

What is Active Must First be Absorbed

Which of the key phytochemicals in Echinacea Premium are absorbed and therefore bioavailable? From MediHerb® *in vitro* and pharmacokinetic research we know:

- ONLY alkylamides could be detected in the blood after taking Echinacea Premium. No caffeic acid conjugates, nor degradation products of these or the alkylamides were found⁵
- The alkylamides mainly in *E. purpurea* were found to be rapidly degraded by human liver microsomes
- In contrast the alkylamides mainly in *E. angustifolia* were much more slowly degraded
- Interestingly, the alkylamides from *E. angustifolia* actually slowed down the rate of degradation of the alkylamides from *E. purpurea*
- The presence of only relatively small proportions of the *E. angustifolia* alkylamides will result in a product with enhanced bioavailability due to their protective effect
- This is a strong justification for the combination of *E. angustifolia* root with *E. purpurea* root, as in Echinacea Premium. A patent has been applied for to protect this very important finding⁶
- The total amount of alkylamides absorbed into the bloodstream was essentially the same for both Echinacea Premium tablets and Echinacea Premium 1:2 liquid⁷*

What is Absorbed Must be Active

Do alkylamides have an effect on the immune system?

- Echinacea did not activate the immune system in the absence of any immune system related challenge (*in vitro* research)
- The Echinacea alkylamides tended to modulate the immune system response of macrophages and T cells *in vitro*, toning the response down in the face of a strong stimulus, hence helping the immune system to operate more efficiently^{8,9}
- These results, combined with the fact that alkylamides are the only phytochemicals which are bioavailable from traditional lipophilic extracts of Echinacea root (such as ethanolic liquid extracts)⁵,
- suggests that the alkylamides are largely responsible for the systemic immune system effects of Echinacea lipophilic extracts
- This immune system modulating activity may be (at least in part) due to the interaction of alkylamides with cannabinoid receptors, specifically CB2 (*in vitro* research)¹⁰⁻¹²
- Echinacea Premium increased heat shock protein levels (hsp70) and increased white cell count in healthy volunteers¹³
- *E. purpurea* root boosted the number and function of natural killer (NK) cells (a class of white blood cell) in mice¹⁴*

A New Understanding of Echinacea

The research on Echinacea Premium by the MediHerb® scientists has made a substantial contribution to a new understanding of lipophilic extracts of Echinacea. It can be concluded from this research that:

- **Alkylamides** must be used as the markers of **quality and activity**
- The **root of Echinacea** is the preferred plant part, since it is highest in alkylamides
- The **preferred species** of Echinacea are *E. angustifolia* and *E. purpurea* since they contain high levels of alkylamides (compared to *E. pallida*)
- Echinacea must be extracted using an **alcohol percentage sufficiently high** to efficiently extract the alkylamides
- The synergistic blend of *E. angustifolia* and *E. purpurea* alkylamides in Echinacea Premium **potentiate each other** for greater clinical effect
- One potential way in which the bioavailable alkylamides **modulate** the immune system response is by interacting with **CB2 receptors**
- Echinacea root (rich in alkylamides) also may **boost the white cell count** (clinical trial results), especially NK cells (in animal models)
- The traditional way Echinacea was used has been validated by scientific research at the cutting edge of modern immunology*



REFERENCES ¹ Wagner H. *Z Phytother* 1996; **17**: 79-95 ² Felner HW, Lloyd JU. *King's American Dispensatory*. 18th Edn, 3rd revision. First published 1905, reprinted Eclectic Medical Publications, Portland, 1983. ³ Bauer R, Wagner H. In Wagner H, Farnsworth NR eds. *Economic and Medicinal Plant Research*, Vol 5, Academic Press, London, 1991. ⁴ Melchart D, Clemm C, Weber B et al. *Phytother Res* 2002; **16**: 138-142 ⁵ Matthias A et al. *Life Sciences* 2005; **77**: 2018-2029 ⁶ Matthias A et al. *Chem-Biol Interact* 2005; **155**: 62-70 ⁷ Matthias A et al. *Phytotherapy* 2007; **14**: 587-590 ⁸ Stevenson LM et al. *Molecules* 2005; **10**: 1279-1285 ⁹ Matthias A et al. *Fitoterapia* 2008; **79**: 53-58 ¹⁰ Gertsch J et al. *FEBS Lett* 2004; **577**: 563-569 ¹¹ Woelkart K et al. *Planta Med* 2005; **71**: 701-705 ¹² Matthias A, Lehmann RP, Bone KM. Echinacea in Health – Risks and Benefits. In: Watson, R, Preedy V (eds). *Botanical Medicine in Clinical Practice*. CABI, Wallingford, UK, 2008, pp 683-689. ¹³ Agnew LL et al. *J Clin Pharm Ther* 2005; **30**: 363-369 ¹⁴ Miller SC. *eCAM* 2005; **2**: 309-314

Eleuthero



Eleuthero (*Eleutherococcus senticosus*)

Eleuthero contains a diverse group of constituents called eleutherosides, triterpenoid saponins and other compounds.

This product is standardized to contain 950 mcg of syringaresinol diglucosides per tablet to ensure optimal strength and quality.

The phytochemicals in Eleuthero work together to:

- enhance the body’s natural ability to adapt to temporary stress
- support physical and mental endurance
- promote vitality
- restore and enhance healthy immune system function
- act as a general tonic*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. ♦

Additional Support

- Combines well with Echinacea Premium tablets or liquid for enhanced healthy immune system function.
- Combines well with Withania Complex tablets to help the body adapt to the changes of everyday life.
- Consider FemCo tablets to support vitality in women.
- Practice of relaxation techniques and adequate sleep.
- Nutritious diet and minimal intake of coffee and alcohol.*

| Supplement Facts | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 60 | |
| Amount per Serving | | %DV |
| Calcium | 44 mg | 4% |
| Eleuthero root 10:1 extract from <i>Eleutherococcus senticosus</i> root 1.25 g Containing syringaresinol diglucosides 950 mcg | 125 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, maltodextrin and magnesium stearate.

Content **Product No**
60 Tablets M1410

Suggested Use
1 tablet 2 – 4 times daily, or as directed.

Educational Tools
L0327: HPA Axis Essentials: Herbal Solutions for Stress Management Handout
Product Detail Sheet available online

Evening Primrose Oil



Evening Primrose (*Oenothera biennis*)

Evening Primrose Oil contains essential fatty acids of the omega-6 series (especially linoleic acid and gamma-linolenic acid), triacylglycerols and other compounds.

This product is cold pressed and standardized to contain 90 mg of gamma-linolenic acid per capsule to ensure optimal strength and quality.

The compounds in Evening Primrose Oil work together to:

- help support the body’s normal resistance function
- promote normal omega-6 essential fatty acid levels
- support the formation of healthy prostaglandins
- promote healthy skin*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combines well with Chaste Tree tablets for premenstrual support.
- Consider Boswellia Complex tablets to provide antioxidant activity.
- Consider Crampless tablets or FemCo tablets to help provide relief from discomfort associated with menstruation.
- Combines well with supplements containing omega-3 fatty acids (fish oils).*

| Supplement Facts | | |
|--|-----------|-----|
| Serving size: | 1 capsule | |
| Servings per container: | 60 | |
| Amount per Serving | | %DV |
| Calories | 7 | |
| Calories from fat | 7 | |
| Total fat | 1.0 g | 2%* |
| Evening Primrose Oil from <i>Oenothera biennis</i> seed Containing gamma-linolenic acid (GLA) 90 mg | 1.0 g | † |
| † Daily Value (DV) not established. * Percent Daily Values (DV) are based on a 2,000-calorie diet. | | |

Other ingredients: Gelatin, glycerol, d-alpha-tocopherol (soy) and purified water.

Content **Product No**
60 Capsules M1260

Suggested Use
1 capsule 1 – 3 times daily, or as directed.

Educational Tools
Product Detail Sheet available online

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

*** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

FemCo



FemCo contains White Peony, Shatavari and Schisandra.

This combination of herbs contains many compounds including the monoterpene glycoside paeoniflorin, steroidal saponins (such as shatavarin-I and dioscin) and dibenzocyclooctene lignans.

Together these herbs and their constituents are used traditionally to help:

- support women's general well-being and vitality
- support normal reproductive function in women
- ease the effects of mild cramping associated with menstruation
- encourage healthy menstrual cycling
- ease the effects of everyday mild tension and stress*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combine with Crampex tablets to provide relief from discomfort associated with menstruation.
- Combine with Tribulus tablets, Chaste Tree tablets or Adrenal Complex tablets to further support normal reproductive function in women.
- Combine with Fe-Max Iron Tonic Phytosynergist® liquid to promote normal blood production.
- Consider St John's Wort 1.8g tablets or Nevaton® Forte tablets as a tonic for the nervous system.
- Combine with Kava Forte tablets to ease the effects of everyday tension and stress.*

Supplement Facts

| | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 74 mg | 6% |
| Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 1.0 g | 166.6 mg | † |
| White Peony root 4:1 extract from <i>Paeonia lactiflora</i> root 750 mg | 187.5 mg | † |
| Shatavari root 6:1 extract from <i>Asparagus racemosus</i> root 600 mg | 100 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, hypromellose, magnesium stearate and silicon dioxide.

| | |
|----------------|-------------------|
| Content | Product No |
| 40 Tablets | M1265 |

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

Educational Tools

L0636: FemCo Brochure

Product Detail Sheet available online

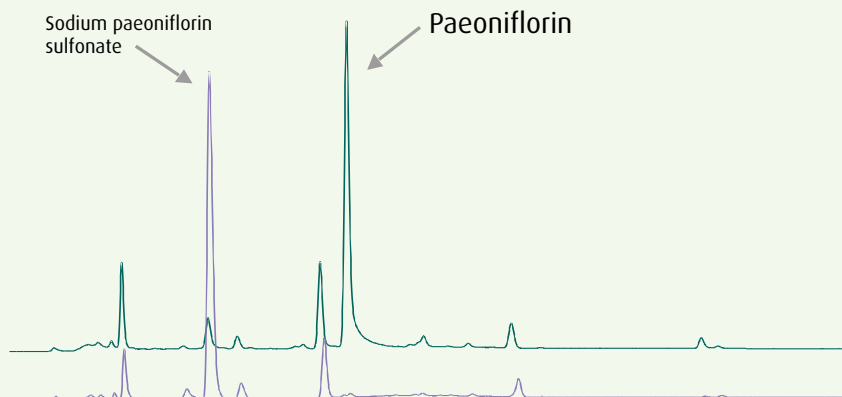


Paeonia (*Paeonia lactiflora*)

Paeonia Quality Story

Paeonia lactiflora is a widely used herb in Traditional Chinese Medicine and as is common in this modality, herbs are often treated in many different ways to produce a more palatable or efficacious product.

The important plant part is the root, which as it occurs naturally is approximately 1 to 2 cm round cylindrical roots, varying in color from off-white to pinky-brown. Much of the paeonia root which is used in commerce is in the form of pure white root slices, which have been treated by sulphiting agents to preserve the plant material's appearance, by reduction of enzymatic browning. This treatment also has the side effect of reacting with the main bioactive compound from Paeonia (paeoniflorin – a complex monoterpene glycoside) and forming a stable new compound sodium paeoniflorin sulfonate. This is readily seen by HPLC where the peak from paeoniflorin is absent in the herb which has been treated by sulphiting (bottom trace), whereas it is the major component in the untreated herb (top trace).



♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

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Ganoderma & Shiitake



The Ganoderma and Shiitake mushrooms contain several types of polysaccharides, triterpenes, amino acids and other compounds.

The combination of these unique mushrooms can help to:

- promote the body's normal resistance function
- promote vitality
- stimulate healthy immune system response
- encourage adaptive response to occasional everyday stress*

Caution: Contraindicated in known cases of allergy to Shiitake. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- For extra immune system support consider Echinacea Premium tablets or liquid, or Astragalus Complex tablets.
- Consider Eleuthero tablets or Withania Complex tablets to further promote vitality.
- Combines well with Burdock Complex tablets for immune system support.*

Supplement Facts

| | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 87 mg | 6% |
| Shiitake mushroom 4:1 extract from <i>Lentinula edodes</i> 800 mg | 200 mg | † |
| Reishi mushroom 66:1 extract from <i>Ganoderma lucidum</i> 6.6 g | 100 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, hypromellose and magnesium stearate.

Content 40 Tablets
Product No M1280

Suggested Use

1 tablet 2 – 3 times daily, or as directed.

Educational Tools

Product Detail Sheet available online



Shiitake Mushroom (*Lentinula edodes*)



Reishi Mushroom (*Ganoderma lucidum*)

Garlic Forte



Garlic Forte contains sulfur compounds (particularly alliin) and other compounds.

This product is standardized to contain 12 mg per tablet of stabilized alliin to ensure optimal strength and quality.

The compounds in Garlic Forte, particularly the alliin and resultant metabolites which are formed on ingestion, are used traditionally to:

- help maintain normal cholesterol levels already within a normal range
- support cardiovascular system health
- support healthy upper respiratory tract
- support immune system health*

Caution: Contraindicated in known allergy to Garlic. Contraindicated in lactation. Not to be used during pregnancy unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets for healthy immune system function.
- Combine with Livton® Complex tablets to support healthy liver and gallbladder function.
- Consider Golden Seal 500mg tablets or Wormwood Complex tablets to cleanse the gastrointestinal tract.
- Combine with Gut Flora Complex capsules to cleanse and promote health in the lower gastrointestinal tract.
- Consider Hawthorn tablets and/or Coleus Forte tablets to further promote cardiovascular system health.*

| Supplement Facts | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 79 mg | 6% |
| Fresh Garlic bulb 12:1 extract from <i>Allium sativum</i> fresh bulb 3.6 g Containing alliin 12 mg | 300 mg | † |
| Garlic (<i>Allium sativum</i>) bulb powder | 45 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, ethyl cellulose, ammonium hydroxide, fatty acids, oleic acid, sodium carboxymethylcellulose, talc (magnesium silicate), polydextrose, magnesium stearate, silicon dioxide and d-alpha-tocopherol.

| Content | Product No |
|------------|------------|
| 40 Tablets | M1285 |

Suggested Use

1 tablet 1 – 2 times daily, or as directed.
Enteric coated tablets. Do not break or crush.

Educational Tools

L0637: Garlic Forte Brochure
L2725: GI Flora Balance Program Handout
Product Detail Sheet available online



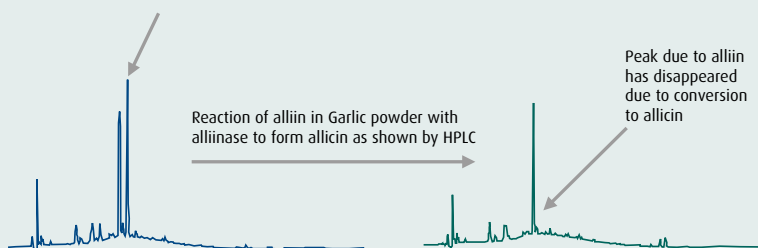
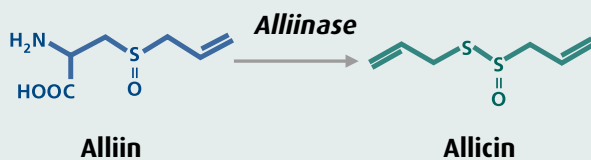
Garlic (*Allium sativum*)

Garlic Quality Story

Alliin (an odorless amino acid) is naturally found in Garlic cloves but is rapidly converted to allicin (a strong smelling volatile sulfide) when exposed to the enzyme alliinase in the presence of water or when the Garlic clove is crushed – as shown below by the absence of the alliin peak in the HPLC trace on the right hand side.

Alliin is rather unstable and is the precursor to a range of sulfur containing compounds including, diallylsulfides, ajoenes and vinylthiins. It is important that quality products take this enzymatic process into account since there is strong published evidence for Garlic preparations standardized this way. Therefore alliin must be present together with the correct amount of alliinase in the tablet to allow full conversion to allicin. Furthermore, because stomach acid can degrade the activity of alliinase, quality products should be enterically coated to protect the enzyme. That is why all MediHerb® Garlic Forte tablets are enterically coated and are tested not only for the level of alliin but for its conversion into allicin, “its allicin-releasing ability.”

Formation of Allicin from Alliin



“There is strong published evidence for Garlic preparations standardized to alliin content with allicin-releasing capability.”
– Kerry Bone

Ginkgo Forte



Ginkgo Forte contains flavonoids, terpene lactones (including ginkgolides and bilobalide) and other phytochemicals.

This product is standardized to contain 14.4 mg of ginkgo flavonglycosides (ginkgo flavone glycosides) and 3.6 mg of ginkgolides and bilobalide per tablet to ensure optimal strength and quality.

The compounds in Ginkgo Forte work together to:

- support memory and cognition
- promote alertness and mental clarity
- help support healthy mental function
- support good health in older adults
- support and encourage healthy blood circulation
- provide antioxidant activity to help protect cells and other tissues
- beneficially modulate cortisol during periods of stress
- help reduce the congestive symptoms of premenstrual syndrome*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combine with Bacopa Complex tablets for enhanced mental clarity and to support cognitive function.
- Consider PulmaCo tablets to support free and clear breathing.
- Combine with Vitanox® tablets for antioxidant activity.
- Consider Horsechestnut Complex tablets to promote venous integrity.
- Combine with Gotu Kola Complex tablets to provide additional antioxidant activity, to promote healthy blood vessels and support the skins connective tissue structure.*

Supplement Facts

| | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 60 | |
| Amount per Serving | | %DV |
| Calcium | 72 mg | 6% |
| Ginkgo leaf 50:1 extract from <i>Ginkgo biloba</i> leaf 3.0 g | 60 mg | † |
| Containing ginkgo flavonglycosides 14.4 mg | | |
| Containing ginkgolides & bilobalide 3.6 mg | | |
| † Daily Value (DV) not established. | | |

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, magnesium stearate and hypromellose.

| Content | Product No |
|------------|------------|
| 60 Tablets | M1300 |

Suggested Use

1 tablet 1 – 4 times daily, or as directed.

Educational Tools

L0638: Ginkgo Forte Brochure

Product Detail Sheet available online



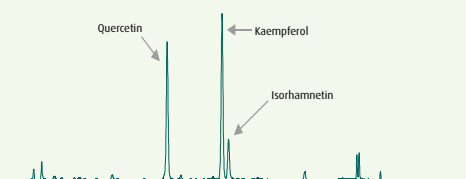
Ginkgo (*Ginkgo biloba*)

Ginkgo Quality Story

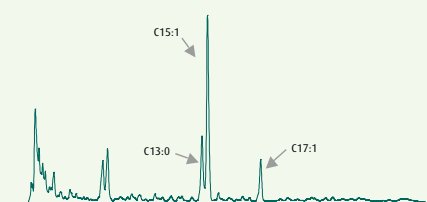
The ginkgo flavonglycosides (ginkgo flavone glycosides) of *Ginkgo biloba*, comprising quercetin, kaempferol and isorhamnetin are the phytochemicals most often referred to as indicators of quality and efficacy.

However, these compounds are mainly marker compounds which are used to identify the extract. The clinically active ingredients are believed to include the ginkgolides and bilobalide, which cannot be tested by normal HPLC methods. They require more sophisticated methods of detection such as Refractive Index (RI), Evaporative Light Scattering Detectors (ELSD) or Mass Spectrometry (MS). MediHerb® uses ELSD detection to accurately quantify the levels of these clinically important phytochemicals. The other important group of phytochemicals from Ginkgo are the ginkgolic acids (C13:0, C15:1 and C17:1 on the third figure). These compounds have been identified as contact allergens. The maximum level of ginkgolic acids in *Ginkgo biloba* extracts has been set by the European authorities at 5 ppm. Many poor quality extracts contain levels of ginkgolic acids which are many orders of magnitude higher than this recommended maximum.

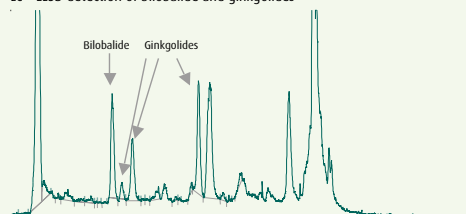
HPLC detection of ginkgo flavonglycosides (ginkgo flavone glycosides)



Ginkgolic acids by HPLC



LC – ELSD detection of bilobalide and ginkgolides



♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

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Golden Seal 500mg



Golden Seal 500mg tablets contain alkaloids (especially hydrastine and berberine) and other phytochemicals.

The compounds in Golden Seal are used traditionally to:

- help maintain healthy mucous membranes
- relieve mild temporary digestive complaints
- assist in maintaining healthy breathing passages to support free and clear breathing
- help maintain healthy mucus function
- stimulate digestion
- support liver function*

Caution: Contraindicated in pregnancy, lactation and patients with high blood pressure. ♦

Additional Support

- Combine with Garlic Forte tablets to support a healthy upper respiratory tract.
- Consider HiPep tablets to promote healthy tone and function within the upper gastrointestinal tract.
- Combines well with Gut Flora Complex capsules to further cleanse and promote health in the lower gastrointestinal tract and encourage healthy intestinal flora.
- Consider combining with Sinus Forte, ResCo®, Broncafect® or PulmaCo tablets for healthy respiratory tract tissue.*

Supplement Facts

| | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 110 mg | 8% |
| Golden Seal root & rhizome 3:1 extract from <i>Hydrastis canadensis</i> root & rhizome 500 mg | 166.7 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

Content 40 Tablets
Product No M1310

Suggested Use

1 tablet 2 – 3 times daily, or as directed.

Educational Tools

L2725: GI Flora Balance Program Handout
Product Detail Sheet available online

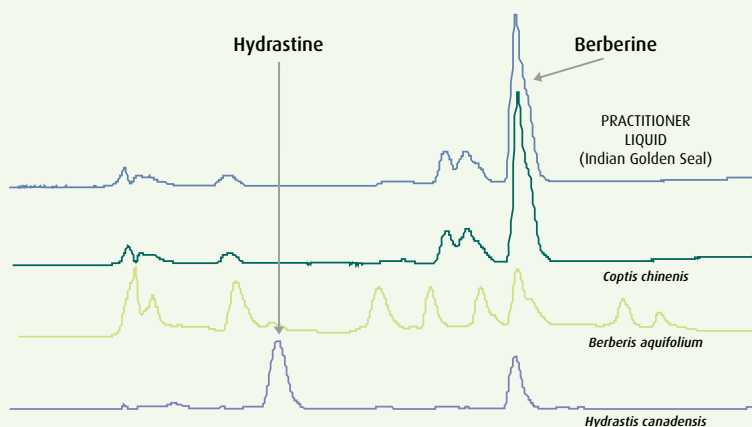


Golden Seal (*Hydrastis canadensis*)

Golden Seal Quality Story

Golden Seal (*Hydrastis canadensis*) is an endangered herb and as a result is very expensive and often substituted by other herbs.

The substituted herbs usually contain the substance berberine which provides the yellow color, but they do not contain hydrastine which is unique to Golden Seal. Only HPLC enables this differentiation to be made. MediHerb® only buys cultivated Golden Seal to ensure long term sustainability of the herb. MediHerb® tests each batch of Golden Seal raw material and finished product to ensure the claimed levels of hydrastine and berberine are present. Using HPLC, MediHerb® is able to clearly differentiate true Golden Seal from other berberine-containing herbs. The table below demonstrates the difference between the various berberine-containing species. The top trace is an example of substitution where a professional product being sold in Australia as Indian Golden Seal matched the trace of *Coptis chinensis*.



♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

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Goju Kola Complex



Goju Kola Complex is a combination of Goju Kola, Grape Seed and *Ginkgo biloba*.

These herbs contain pentacyclic triterpene ester saponins (especially asiaticoside), oligomeric procyanidins, flavonoids, terpene lactones (including ginkgolides, bilobalide) and other phytochemicals. All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. The Goju Kola component is standardized to contain 50 mg of triterpenes per tablet, the Grape Seed contains 25.5 mg of procyanidins per tablet and the Ginkgo component contains 4.8 mg of ginkgo flavonglycosides (ginkgo flavone glycosides) and 1.2 mg of ginkgolides and bilobalide per tablet.

Together these herbs and the compounds within them are used traditionally to:

- promote healthy skin
- promote healthy blood circulation
- provide antioxidant activity
- support healthy capillaries*

Caution: Contraindicated in known allergy to Goju Kola. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combine with Boswellia Complex tablets for joint support.
- Consider Horsechestnut Complex tablets to further support healthy blood vessels and circulation.
- Combine with HiPep tablets for stomach and duodenal tissue support.
- Consider Vitanox® tablets for additional antioxidant activity.
- Combine with topical Calendula 1:2 liquid extract to further aid normal skin tissue repair process.*

Supplement Facts

| | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40, 120 | |
| Amount per Serving | | %DV |
| Calcium | 63 mg | 4% |
| Goju Kola leaf 10:1 extract from <i>Centella asiatica</i> leaf 2.5 g Containing triterpenes 50 mg | 250 mg | † |
| Grape Seed 120:1 extract from <i>Vitis vinifera</i> seed 3.6 g Containing procyanidins 25.5 mg | 30 mg | † |
| Ginkgo leaf 50:1 extract from <i>Ginkgo biloba</i> leaf 1.0 g Containing ginkgo flavonglycosides 4.8 mg Containing ginkgolides & bilobalide 1.2 mg | 20 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, hypromellose and magnesium stearate.

| Content | Product No |
|-------------|------------|
| 40 Tablets | M1313 |
| 120 Tablets | M1315 |

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

Educational Tools

L0639: Goju Kola Complex Brochure
Product Detail Sheet available online

MediHerb® Goju Kola Complex

Promotes
healthy
skin*



Gut Flora Complex



Gut Flora Complex contains Oregano essential oil, Anise (fruit) essential oil, Andrographis and Phellodendron.

This combination of essential oils and herbs contains many compounds including monoterpenes (especially trans-anethole, carvacrol, thymol, gamma-terpinene, p-cymene), diterpenoid lactones (especially andrographolide) and alkaloids of the isoquinoline type (especially berberine). Each enteric coated capsule is standardized to contain 10 mg of andrographolide and 36 mg of berberine to ensure optimal strength and quality.

Together these herbs, essential oils and the substances within them are used traditionally to:

- encourage a healthy intestinal environment
- support healthy immune system response
- relief of mild gastrointestinal complaints*

Caution: Contraindicated in pregnancy and lactation. ♦

Additional Support

- Consider Garlic Forte tablets to support immune system health.
- Combine with Golden Seal 500mg tablets and Vitanox® tablets to enhance and support the intestinal action of Gut Flora Complex capsules.
- Consider Wormwood Complex tablets to further cleanse the gastrointestinal tract.
- For additional immune system support consider Astragalus Complex tablets or Echinacea Premium tablets or liquid.
- Combine with Artemisinin Complex tablets to support normal flushing of naturally occurring toxins from the body.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.*

Supplement Facts

| | | |
|--|-----------|-----|
| Serving size: | 1 capsule | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Anise (<i>Pimpinella anisum</i>) fruit essential oil | 125 mg | † |
| Andrographis aerial parts 10:1 extract from <i>Andrographis paniculata</i> aerial parts 1.0 g Containing andrographolide 10 mg | 100 mg | † |
| Phellodendron stem bark 20:1 extract from <i>Phellodendron amurense</i> stem bark 1.6 g Containing berberine 36 mg | 80 mg | † |
| Oregano (<i>Origanum vulgare</i>) leaf essential oil | 75 mg | † |

† Daily Value (DV) not established.

Other ingredients: Gelatin, rice bran oil, glycerol, ethyl cellulose, ammonium hydroxide, fatty acids, oleic acid, sodium alginate, stearic acid, purified water, beeswax, lecithin (soy) and color.

Content **Product No**
40 Capsules M1318

Suggested Use

1 capsule 3 – 6 times daily, or as directed.
Enteric coated capsules. Do not break or crush.

Educational Tools

L1038: GI Flora Balance Brochure
L2725: GI Flora Balance Program Handout
L0641: Gut Flora Complex Brochure
Product Detail Sheet available online

MediHerb® Gut Flora Complex

Optimal support
for healthy
intestinal
function*



♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Gymnema



Gymnema contains a complex mixture of saponins (gymnemic acids) and other compounds.

This product is standardized to contain 100 mg per tablet of gymnemic acids to ensure optimal strength and quality.

The substances in Gymnema work together to:

- help reduce sweet cravings
- help suppress/inhibit sweet taste sensation*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combine with Coleus Forte tablets to support healthy digestion.
- Consider Livton® Complex tablets for support of healthy liver function.
- Consider DiGest Forte tablets or DiGest Phytosynergist® liquid for healthy digestion.
- Consider Vitanox® tablets for antioxidant activity.
- Diet and lifestyle are of paramount importance.*

| Supplement Facts | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40, 120 | |
| Amount per Serving | | %DV |
| Calcium | 36 mg | 2% |
| Gymnema leaf 16:1 extract from <i>Gymnema sylvestre</i> leaf 6.4 g Containing gymnemic acids 100 mg | 400 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, hypromellose, magnesium stearate and silicon dioxide.

| Content | Product No |
|-------------|------------|
| 40 Tablets | M1320 |
| 120 Tablets | M1325 |

Suggested Use

1 tablet 1 – 2 times daily, or as directed.

Educational Tools

L0329: Clinical Success Made Simple With MediHerb® Handout

L0645: Gymnema Brochure

L0332: MediHerb® The Quality Choice for Practitioners Handout
Product Detail Sheet available online

Hawthorn



Hawthorn contains oligomeric procyanidins, flavonoids (including vitexin-2-rhamnoside) and other compounds.

This product is standardized to contain 6.01 mg of vitexin-2-rhamnoside per tablet to ensure optimal strength and quality.

The substances in Hawthorn, work together to:

- support the healthy functioning of the heart muscle
- helps promote cardiovascular system health
- provide antioxidant activity*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Consider Garlic Forte tablets and/or Coleus Forte tablets for further cardiovascular health support.
- Combines well with Ginkgo Forte tablets to encourage healthy blood flow to peripheral areas of the body.
- Combine with Gotu Kola Complex tablets for additional antioxidant activity and to promote healthy blood vessels.
- Consider Livton® Complex tablets to support liver and gallbladder function.
- Combine with Vitanox® tablets for antioxidant activity.*

| Supplement Facts | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 43 mg | 4% |
| Hawthorn leaf & flower 4.8:1 extract from <i>Crataegus monogyna</i> leaf & flower 1.0 g Containing vitexin-2-rhamnoside 6.01 mg | 223 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, maltodextrin, hypromellose, magnesium stearate and silicon dioxide.

| Content | Product No |
|------------|------------|
| 40 Tablets | M1330 |

Suggested Use

1 tablet 2 – 3 times daily, or as directed.

Educational Tools

Product Detail Sheet available online



Hawthorn (*Crataegus monogyna*)



HerbaVital contains *Polygonum cuspidatum*, Grape Seed, Korean Ginseng, Ginkgo and Milk Thistle.

This combination of herbs contains many compounds including phenolic compounds (including resveratrol), procyanidins, a complex mixture of steroidal saponins (called ginsenosides), flavonoids (including ginkgo flavonglycosides), terpene lactones (including ginkgolides and bilobalide) and flavanolignans (collectively known as silymarin). All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. The *Polygonum cuspidatum* contains 36 mg per tablet of resveratrol, the Grape Seed extract contains 38 mg per tablet of procyanidins, the Korean Ginseng component is standardized to contain 4.2 mg of ginsenosides (calculated as Rb₂ to Rb₁ is NLT 0.4 by HPLC) per tablet, the Ginkgo component contains 7.2 mg per tablet of ginkgo flavonglycosides (ginkgo flavone glycosides) and 1.8 mg per tablet of ginkgolides and bilobalide and the Milk Thistle contains 48 mg per tablet of flavanolignans.

Together these herbs and the substances within them are used traditionally to:

- support and maintain the body as it ages
- help the body adapt to the changes of everyday life
- promote vitality and stamina in older adults
- maintain feelings of general well-being when experiencing temporary stress
- support cognitive function and normal memory function
- work as a tonic to benefit the entire body
- support healthy circulation in mature men and women
- support healthy liver function
- provide antioxidant activity*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. Discontinue during an acute infection or fever. ♦

Additional Support

- Consider Bacopa Complex tablets to enhance mental clarity and to further support cognitive function.
- Combine with Boswellia Complex tablets to further support healthy joints.
- Consider Garlic Forte tablets for maintaining normal cholesterol levels already within a normal range.
- Combine with Gymnema tablets for support in reducing sweet cravings.
- Consider Bone Complex tablets to support normal bone tissue, particularly in mature women.
- Consider Vitanox® tablets for additional antioxidant activity.*

| Supplement Facts | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 73 mg | 6% |
| Japanese Knotweed root 100:1 extract from <i>Polygonum cuspidatum</i> root 8.0 g Containing resveratrol 36 mg | 80 mg | † |
| Milk Thistle seed 70:1 extract from <i>Silybum marianum</i> seed 4.8 g Containing flavanolignans calc. as silybin 48 mg | 68.6 mg | † |
| Korean Ginseng root 5:1 extract from <i>Panax ginseng</i> root 250 mg Containing ginsenosides* 4.2 mg | 50 mg | † |
| Grape Seed 120:1 extract from <i>Vitis vinifera</i> seed 4.8 g Containing procyanidins 38 mg | 40 mg | † |
| Ginkgo leaf 50:1 extract from <i>Ginkgo biloba</i> leaf 1.5 g Containing ginkgo flavonglycosides 7.2 mg Containing ginkgolides and bilobalide 1.8 mg | 30 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, magnesium stearate, hypromellose, glucose and silicon dioxide.

*Rb₂ to Rb₁ is NLT 0.4 by HPLC

| Content | Product No |
|------------|------------|
| 40 Tablets | M1332 |

Suggested Use

1 tablet 2 – 4 times daily, or as directed.

Educational Tools

L0647: HerbaVital Brochure

Product Detail Sheet available online

See Ginkgo Quality Information on page 45

See Milk Thistle Quality Information on page 64

See Korean Ginseng Quality Information on page 60



♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

*** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

HiPep



Chamomile (*Matricaria recutita*)

HiPep contains the following herbs:
Deglycyrrhizinized Licorice, Meadowsweet and Chamomile (flower and flower essential oil).

This combination of herbs contains many compounds including flavonoids, sterols, phenolic glycosides and tannins. The essential oil contains α -bisabolol and chamazulene.

This formulation and the compounds within it help to:

- reduce occasional stomach acid secretions
- promote healthy mucosal tissue within the upper gastrointestinal tract
- promote healthy tone and function within the upper gastrointestinal tract
- assist the normal functioning of the esophageal sphincter*

Caution: Contraindicated in known allergy to plants of the daisy family. Meadowsweet should be avoided by persons hypersensitive to salicylates. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combine with Gotu Kola Complex tablets to provide antioxidant activity.
- Combine with Nevtan[®] Forte tablets to support healthy nervous system response and encourage balance between the body and mind.
- Consider Eleuthero tablets to enhance the body's natural ability to adapt to temporary stress.
- Combine with Kava Forte tablets to ease the effects of everyday tension and stress.*

Horsechestnut Complex



Horsechestnut Complex is a combination of Horsechestnut, Butcher's Broom and *Ginkgo biloba*.

These herbs contain steroidal saponins, other saponins (a complex mixture known as escin), flavonoids, lipids, sterols, terpene lactones (including ginkgolides) and other phytochemicals. All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. The Horsechestnut component is standardized to contain 36 mg of escin per tablet, the Butcher's Broom contains 20 mg per tablet of ruscogenin and the Ginkgo component contains 7.3 mg per tablet of ginkgo flavonglycosides (ginkgo flavone glycosides).

Together these herbs and the compounds within them are used traditionally to:

- assist healthy blood circulation
- assist in the maintenance of healthy peripheral circulation
- provide antioxidant activity
- support and maintain healthy tissue fluid levels, including in the legs
- provide support for the vascular system in the occurrence of occasional, mild constipation
- support healthy response to environmental stresses*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combines well with Gotu Kola Complex tablets to support healthy skin connective tissue, promote healthy blood vessels and provide antioxidant activity.
- Combines well with Garlic Forte tablets to support cardiovascular system health.
- Combine with Turmeric Forte tablets to support circulation.
- Consider Vitanox[®] tablets for antioxidant activity.
- Avoid excessive saturated fat in the diet.*

Supplement Facts

| | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Deglycyrrhizinized Licorice root 12:1 extract from <i>Glycyrrhiza glabra</i> root 3.42 g | 285 mg | † |
| Chamomile flower 6:1 extract from <i>Matricaria recutita</i> flower 600 mg | 100 mg | † |
| Meadowsweet herb 5:1 extract from <i>Filipendula ulmaria</i> herb 500 mg | 100 mg | † |
| Chamomile (<i>Matricaria recutita</i>) flower essential oil | 5 mg | † |

† Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, maltodextrin, silicon dioxide, hypromellose and magnesium stearate.

Content **Product No**
40 Tablets M1335

Suggested Use

1 tablet 3 – 5 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

See Chamomile Quality Information on page 33

Supplement Facts

| | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Butcher's Broom root & rhizome 4:1 extract from <i>Ruscus aculeatus</i> root & rhizome 800 mg Containing ruscogenin 20 mg | 200 mg | † |
| Horsechestnut seed 6:1 extract from <i>Aesculus hippocastanum</i> seed 1.2 g Containing escin 36 mg | 200 mg | † |
| Ginkgo leaf 50:1 extract from <i>Ginkgo biloba</i> leaf 1.5 g Containing ginkgo flavonglycosides 7.3 mg | 30.5 mg | † |

† Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, glucose, sodium starch glycolate, ethyl cellulose, ammonium hydroxide, fatty acids, oleic acid, magnesium stearate, sodium carboxymethylcellulose, talc (magnesium silicate), polydextrose and silicon dioxide.

Content **Product No**
40 Tablets M1340

Suggested Use

1 tablet 2 – 3 times daily, or as directed.
Enteric coated tablets. Do not break or crush.

Educational Tools

Product Detail Sheet available online

See Ginkgo Quality Information on page 45



This tablet contains Kava root extracted with 100% water, which provides an extract with a full spectrum of compounds including kavalactones.

This product is standardized to contain 50 mg of kavalactones per tablet to ensure optimal strength and quality.

The compounds in Kava Forte, particularly the kavalactones, work together to traditionally help:

- calm the nerves
- ease the effects of temporary tension and stress
- promote relaxation and sleep
- support muscle relaxation*

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a health care professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (eg unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment. Not for prolonged use. Do not exceed recommended dose. ♦

Additional Support

- Combines well with Valerian Complex tablets to promote relaxation and encourage sleep.
- Consider NevaTon® Forte or StJohn's Wort 1.8g tablets to provide a tonic for the nervous system and ease the effects of occasional stress.
- Combine with FemCo tablets to ease the effects of everyday tension and stress.
- Consider Wild Yam Complex tablets to maintain feelings of general well-being/calm the nerves.
- Consider Adrenal Complex tablets for adrenal support.
- Consider HiPep tablets to reduce occasional stomach acid secretions.
- Consider Nervagesic tablets to support relaxation in the nervous system and muscles.*

| Supplement Facts | |
|--|----------|
| Serving size: | 1 tablet |
| Servings per container: | 40 |
| Amount per Serving | %DV |
| Kava root 7:1 water extract from <i>Piper methysticum</i> root 3.2 g Containing kavalactones 50 mg | 455 mg † |
| † Daily Value (DV) not established. | |

Other ingredients: Microcrystalline cellulose, maltodextrin, magnesium stearate, silicon dioxide, hypromellose, sodium starch glycolate and dibasic calcium phosphate dihydrate.

Content 40 Tablets **Product No** M1345

Suggested Use
1 tablet 2 – 3 times daily, or as directed.

Educational Tools

- L4959: Adrenal Health: Managing Patients' Stress and Energy Levels Handout
 - L0329: Clinical Success Made Simple With MediHerb® Handout
 - L0327: HPA Axis Essentials: Herbal Solutions for Stress Management
 - L0651: Kava Forte Brochure
 - L0322: Kava Forte Handout
- Product Detail Sheet available online



Kava (*Piper methysticum*)

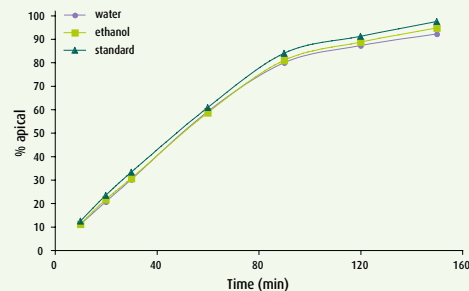
Kava Quality Story

Kava is derived from the rootstock of the sterile cultivated species of *Piper methysticum*

The active property of Kava has been attributed to the kavalactones, a group of structurally related lipophilic lactones. These compounds can represent 3 to 20% by weight of the dried rootstock, depending on the age of the plant and the specific cultivar. The majority of the Kava used commercially in the world is in the form of a high ethanol or other organic solvent extract, which extracts little more than the kavalactones and has reported potential hepatotoxicity concerns. The Therapeutic Goods Administration (TGA) allows water extracted or plain unextracted root to be sold in Australia.

Traditionally Kava beverages are prepared by chewing or pounding the root to produce a cloudy, milky mash, which is then consumed orally. It is known that extraction with different solvents affects the phytochemical profile of the extract.

MediHerb® investigated the difference in bioavailability of the water extract of Kava and the 96% ethanol extract using the Caco-2 monolayer *in vitro* model. The kavalactones (as kawain) were found to be potentially bioavailable as they all crossed the membrane quite readily with the exception of one kavalactone (yangonin). The water extract of Kava was only slightly less bioavailable than the ethanol extract. Therefore the clinical effect of the water extract of Kava would be similar to that of an ethanol extract.



| Kawain % apical average data | | | |
|------------------------------|-------|---------|----------|
| Time | water | ethanol | standard |
| 10 | 11 | 11 | 12 |
| 20 | 21 | 22 | 23 |
| 30 | 30 | 31 | 33 |
| 60 | 59 | 59 | 61 |
| 90 | 80 | 81 | 84 |
| 120 | 87 | 89 | 91 |
| 150 | 92 | 95 | 97 |

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

*** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**



The combination of Schisandra, Rosemary and Milk Thistle provides a range of compounds including dibenzocyclooctene lignans, phenolic diterpenes (including carnosol and rosmarinic acid), other terpenes, flavonoids and flavanolignans (collectively known as silymarin).

The Milk Thistle component of this tablet is standardized to contain 24 mg of flavanolignans per tablet to ensure optimal strength and quality.

LivCo® can help to:

- aid in the elimination of naturally occurring toxins and cleanse the liver
- support healthy liver function and liver tissue integrity
- protect liver tissue by supporting normal cellular defenses
- provide antioxidant activity
- support and maintain cellular health
- support digestive health*

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. ♦

Additional Support

- Combines well with DermaCo tablets for skin health.
- Consider Vitanox® tablets for antioxidant activity.
- Consider Turmeric Forte tablets for additional liver support.
- Eliminate coffee, cola drinks, alcohol and cigarette smoking.*

| Supplement Facts | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40, 120 | |
| Amount per Serving | | %DV |
| Calcium | 30 mg | 2% |
| Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 1.0 g | 167 mg | † |
| Rosemary leaf 5:1 extract from <i>Rosmarinus officinalis</i> leaf 500 mg | 100 mg | † |
| Milk Thistle seed 70:1 extract from <i>Silybum marianum</i> seed 2.38 g Containing flavanolignans calc. as silybin 24 mg | 34 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, hypromellose, maltodextrin, sodium starch glycolate, croscarmellose sodium, silicon dioxide, magnesium stearate and sorbitol.

| Content | Product No |
|-------------|------------|
| 40 Tablets | M1360 |
| 120 Tablets | M1365 |

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

Educational Tools

L0329: Clinical Success Made Simple With MediHerb® Handout

L0652: LivCo® Brochure

Product Detail Sheet available online

See Milk Thistle Quality Information on page 64



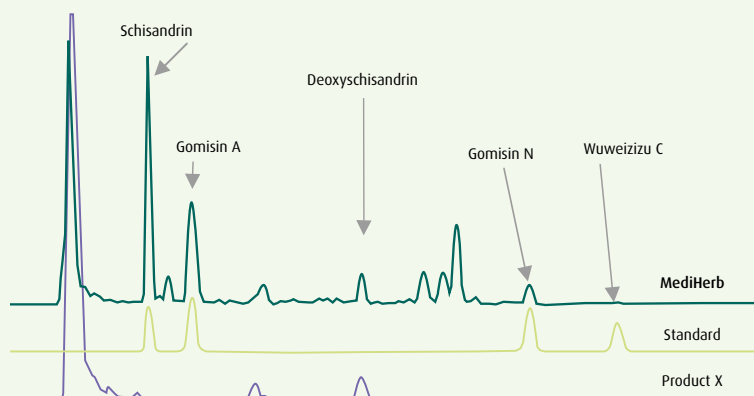
Schisandra (*Schisandra chinensis*)

Schisandra Quality Story

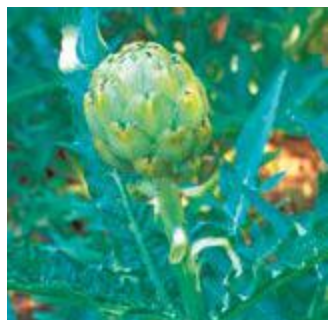
Schisandra is a well known Chinese herb, however it is not well known that two species of Schisandra are used in TCM, the phytochemical profile of each being very different.

Schisandra chinensis (northern Schisandra) is the preferred species in TCM and by Western professionals. It contains compounds called schisandrins (schisandrins (schisandrins, gomisin A, deoxyschisandrins, gomisin N and wuweizizu C) which are believed responsible for the clinical effects. Southern Schisandra, *Schisandra spenanthera*, (see Product X in the trace) is considered inferior due to lower levels of schisandrins, however it is often used interchangeably with *Schisandra chinensis*. Manufacturers therefore need to be very careful to avoid substitution with *Schisandra spenanthera*. The species are readily distinguishable morphologically and by HPLC. MediHerb® routinely uses HPLC to ensure the correct identity and guarantee consistent levels of schisandrins.

Schisandra HPLC comparison of good quality product with poor quality product



Livton® Complex



Globe Artichoke (*Cynara scolymus*)

Livton® Complex contains five herbs that help support the digestive system.

The herbs Globe Artichoke, Bupleurum, Dandelion Root, Milk Thistle and Fringe Tree contribute key phytochemicals to the blend such as sesquiterpene lactones, caffeic acid derivatives, flavonoids, phenolic acids, triterpenes, sterols, triterpenoid saponins (called saikosaponins), flavanolignans (collectively known as silymarin). The Milk Thistle component of this tablet is standardized to contain 80 mg per tablet of flavanolignans (calculated as silybin) to ensure optimal strength and quality.

These herbs and the many compounds within them combine to:

- support healthy liver and gallbladder function
- encourage healthy digestive function
- encourage the healthy function of the organs of elimination such as liver and intestine*

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. ♦

Additional Support

- Consider Colax tablets for healthy bowel function.
- Consider DiGest Forte tablets or DiGest Phytosynergist® liquid for healthy digestion and to help cleanse the liver.
- Consider ChelaCo tablets to support the body's natural defenses against environmental stressors.
- Eliminate coffee, cola drinks, alcohol and cigarette smoking.*

Supplement Facts

| Amount per Serving | %DV |
|--|------------|
| Serving size: 1 tablet | |
| Servings per container: 40, 120 | |
| Globe Artichoke leaf 4:1 extract from <i>Cynara scolymus</i> leaf 800 mg | 200 mg † |
| Dandelion root 4:1 extract from <i>Taraxacum officinale</i> root 400 mg | 100 mg † |
| Milk Thistle seed 70:1 extract from <i>Silybum marianum</i> seed 8.0 g Containing flavanolignans calculated as silybin 80 mg | 114.3 mg † |
| Bupleurum root 4.5:1 extract from <i>Bupleurum falcatum</i> root 300 mg | 66.7 mg † |
| Fringe Tree stem bark 3:1 extract from <i>Chionanthus virginica</i> stem bark 160 mg | 53.3 mg † |
| † Daily Value (DV) not established. | |

Other ingredients: Microcrystalline cellulose, sodium starch glycolate, maltodextrin, croscarmellose sodium, silicon dioxide, hypromellose, dibasic calcium phosphate dihydrate and magnesium stearate.

| Content | Product No |
|-------------|------------|
| 40 Tablets | M1372 |
| 120 Tablets | M1378 |

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

See Milk Thistle Quality Information on page 64

MediHerb® Livton® Complex

Supports
healthy
liver and
gallbladder
function*



♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Myrrh Forte



An important component of Myrrh Forte is the alcohol-soluble resin of Myrrh which contains many substances including the commiphoric acids.

Myrrh is used traditionally to:

- support healthy bowel function
- support healthy digestion
- support a healthy intestinal environment
- support gastrointestinal health
- support sinus and respiratory health*

Caution: Contraindicated in known allergy to Myrrh. Contraindicated in pregnancy. Not to be used during lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combine with Artemisinin Complex tablets to support normal flushing of natural toxins from the body.
- Consider Echinacea Premium tablets or liquid, Astragalus Complex tablets or Andrographis Complex tablets for additional immune system support.
- Combine with Viranon tablets to promote the body's normal resistance function.
- Consider Gut Flora Complex capsules to support a healthy immune system response and encourage a healthy intestinal environment.*

| Supplement Facts | |
|---|------------|
| Serving size: | 4 tablets |
| Servings per container: | 15 |
| Amount per Serving | %DV |
| Calories | 6 |
| Myrrh resin 3:1 extract from <i>Commiphora malmal</i> stem bark resin 2 g | 666.8 mg † |
| † Daily Value (DV) not established. | |

Other ingredients: Microcrystalline cellulose, maltodextrin, croscarmellose sodium, sodium starch glycolate, magnesium stearate, hypromellose and silicon dioxide.

Content 60 Tablets
Product No M1600

Suggested Use

4 tablets 1-2 times daily in pulse dosing (3 days on, 4 days off), or as directed.

Educational Tools

L0626: Artemisinin Complex and Myrrh Forte Brochure
L0333: Supporting Immune System Function & Internal Defenses Handout
Product Detail Sheet available online

Nervagesic



Nervagesic contains California Poppy, Jamaican Dogwood and Corydalis.

This combination of herbs contains many compounds including alkaloids, isoflavonoids and other flavonoids.

The herbs in Nervagesic are used traditionally to help:

- ease temporary mild nervous system discomfort
- provide nervous system support during temporary or occasional nervous system discomfort
- promote relaxation of the muscles
- ease the effects of temporary or occasional nervous stress
- provide relief from occasional sleeplessness
- enhance the ability to relax during the night
- ease the effects of mild cramping associated with menstruation
- relieve temporary mild muscular cramps and spasms
- relieve mild nervous tension*

Caution: Contraindicated in pregnancy and lactation. ♦

Additional Support

- Combine with Boswellia Complex tablets to support healthy joints.
- Combine with Saligesic tablets to support musculoskeletal system health.
- Combine with Valerian Complex tablets to obtain relief from occasional sleeplessness.
- Combine with Crampex tablets to provide relief from discomfort associated with menstruation.
- Consider St John's Wort 1.8g tablets as a tonic for the nervous system.
- Consider Adrenal Complex tablets to support adrenal gland health.
- Consider Kava Forte tablets to support relaxation in the nervous system and muscles.*

| Supplement Facts | |
|---|----------|
| Serving size: | 2 tablet |
| Servings per container: | 20 |
| Amount per Serving | %DV |
| Calories | 6 |
| California Poppy herb flowering 4:1 extract from <i>Eschscholzia californica</i> herb flowering 1.6 g | 400 mg † |
| Jamaican Dogwood stem bark 4:1 extract from <i>Piscidia piscipula</i> stem bark 800 mg | 200 mg † |
| <i>Corydalis yanhusuo</i> tuber 10:1 extract from <i>Corydalis yanhusuo</i> tuber 1.6 g | 160 mg † |
| † Daily Value (DV) not established. | |

Other ingredients: Microcrystalline cellulose, gum arabic, maltodextrin, sodium starch glycolate, croscarmellose sodium, hypromellose, magnesium stearate, dibasic calcium phosphate dihydrate and silicon dioxide.

Content 40 Tablets
Product No M1379

Suggested Use

2 tablets 2 times daily, or as directed.

Educational Tools

L0648: Nervagesic Brochure
Product Detail Sheet available online



California Poppy (*Eschscholzia californica*)



St. John's Wort (*Hypericum perforatum*)

The blend of herbs in Nevaton® Forte offers major nervous system support.

Saffron, St John's Wort, Schisandra and Skullcap provide a wide range of phytochemicals including hypericins (naphthodianthrones and pseudohypericin), flavonoids, phenolics, dibenzocyclooctene lignans, carotenoids and other compounds. The St John's Wort component of this tablet is standardized to contain 375 mcg per tablet of hypericins to ensure optimal strength and quality.

Nevaton® Forte is used traditionally to:

- calm the nerves and restore balance in temporary mood swings
- support healthy nervous system response
- encourage balance between the body and mind
- ease the effects of occasional stress*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product. Not recommended in cases of known photosensitivity. ♦

Additional Support

- Consider Rhodiola & Ginseng Complex or Rhodiola & Schisandra tablets to further ease the effects of occasional stress.
- Combines well with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combine with Kava Forte tablets to calm the nerves.
- Eliminate tea, coffee, alcohol and cola drinks.*

| Supplement Facts | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Skullcap herb 4:1 extract from <i>Scutellaria lateriflora</i> herb 500 mg | 125 mg | † |
| St John's Wort herb flowering top 6:1 extract from <i>Hypericum perforatum</i> herb flowering top 750 mg Containing hypericins 375 mcg Containing flavonoid glycosides 7.5 mg | 125 mg | † |
| Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 675 mg | 112.5 mg | † |
| Saffron stigma 3:1 extract from <i>Crocus sativus</i> stigma 22.5 mg | 7.5 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, sodium starch glycolate, croscarmellose sodium, magnesium stearate, hypromellose, maltodextrin, silicon dioxide, dibasic calcium phosphate dihydrate and dextrin.

Content 40 Tablets
Product No M1381

Suggested Use
1 tablet 3 – 4 times daily, or as directed.

Educational Tools
L4959: Adrenal Health: Managing Patients' Stress and Energy Levels Handout
L0327: HPA Axis Essentials: Herbal Solutions for Stress Management Handout
L0649: Nevaton® Forte Brochure
Product Detail Sheet available online

See Schisandra Quality Information on page 53
See St John's Wort Quality Information on page 66

ProstaCo



Saw Palmetto (*Serenoa repens*)

ProstaCo contains Saw Palmetto liposterolic extract, Nettle Root and Crataeva in a Pumpkin Seed oil base.

Key constituents of this complex include fatty acids, glycerides, sterols, lignans and polyphenols. This product is standardized to contain 96 mg per capsule of *Serenoa repens* fatty acids to ensure optimal strength and quality.

The herbs in ProstaCo are used traditionally to:

- support healthy urinary tract and prostate gland function
- support healthy bladder function*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. The National Institute on Aging recommends that men get regular medical checkups with a thorough prostate exam. ♦

Additional Support

- Combines well with Cranberry Complex tablets to support healthy urinary tract function in men.
- Combine with Cramplex tablets for additional easing of occasional smooth muscle spasms.
- May be combined with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.
- Diet should be high in foods containing phytoestrogens such as soy products, whole grains and seeds.*

| Supplement Facts | | |
|---|-----------|-----|
| Serving size: | 1 capsule | |
| Servings per container: | 120 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Nettle root 6:1 extract from <i>Urtica dioica</i> root 666 mg | 111 mg | † |
| Saw Palmetto fruit 10:1 extract from <i>Serenoa repens</i> fruit 1.07 g Containing fatty acids 96 mg | 107 mg | † |
| Crataeva stem bark 10:1 extract from <i>Crataeva nurvala</i> stem bark 900 mg | 90 mg | † |
| Pumpkin seed oil | 80 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Olive oil, gelatin, glycerol, maltodextrin, beeswax, purified water, lecithin (soy), silicon dioxide and natural colors.

Content 120 Capsules
Product No M1382

Suggested Use
1 capsule 3 times daily, or as directed.

Educational Tools
Product Detail Sheet available online

PulmaCo



Chinese Skullcap (*Scutellaria baicalensis*)

The combination of herbs in PulmaCo contain many compounds including alkaloids (such as vasicine), flavonoids, terpene lactones, sesquiterpene ketones, curcuminoids, diterpenoid acids, phenolic acids, anethole and fenchone.

This product is standardized to contain 38 mg of curcuminoids and 4.8 mg of ginkgo flavoglycosides (ginkgo flavone glycosides) per tablet to ensure optimal strength and quality.

This formulation and its constituents can help to:

- assist in maintaining healthy breathing passages to support free and clear breathing
- support the body's natural ability to break up and expel respiratory secretions
- support healthy respiratory tract function*

Caution: Contraindicated in pregnancy and lactation. ♦

Additional Support

- For extra immune system support consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets.
- For support of the upper respiratory tract combine with Sinus Forte or ResCo® tablets.
- Consider Albizia Complex tablets to help the body respond normally to occasional seasonal stresses.
- Consider Herbal Throat Spray Phytosynergist® to soothe mild irritation of the throat.*

| Supplement Facts | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Chinese Skullcap root 3:1 extract from <i>Scutellaria baicalensis</i> root 500 mg | 166.7 mg | † |
| Malabar Nut Tree leaf 5:1 extract from <i>Justicia adhatoda</i> leaf 750 mg | 150 mg | † |
| Grindelia herb 4:1 extract from <i>Grindelia camporum</i> herb 300 mg | 75 mg | † |
| Turmeric rhizome 25:1 extract from <i>Curcuma longa</i> rhizome 1.0 g Containing curcuminoids 38 mg | 40 mg | † |
| Ginkgo leaf 50:1 extract from <i>Ginkgo biloba</i> leaf 1.0 g Containing ginkgo flavoglycosides 4.8 mg | 20 mg | † |
| Fennel (<i>Foeniculum vulgare</i>) seed essential oil | 5 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, silicon dioxide, hypromellose and magnesium stearate.

Content 40 Tablets **Product No** M1383

Suggested Use
1 tablet 3 times daily, or as directed.

Educational Tools
Product Detail Sheet available online

See Ginkgo Quality Information on page 45

Rehmannia Complex



Feverfew (*Tanacetum parthenium*)

The combination of herbs in Rehmannia Complex contain many compounds including iridoid glycosides, triterpenoid saponins (called saikosaponins), other saponins, sterols, sesquiterpene lactones of the germacranolide type, particularly parthenolide and other terpenes.

Together these herbs and their constituents are used traditionally to help:

- support liver health
- support effective toxin removal
- relieve temporary mild joint pain after exercise
- relieve occasional mild headaches associated with stress*

Caution: Contraindicated in individuals with a known hypersensitivity to Feverfew, parthenolide or other members of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combine with Astragalus Complex tablets to support immune system function.
- Consider Boswellia Complex tablets for additional joint support.
- Combine with Gotu Kola Complex tablets to provide antioxidant activity.
- Combine with Rhodiola & Ginseng Complex tablets or Rhodiola & Schisandra tablets to promote vitality and stamina.
- Consider Vitanox® tablets for antioxidant activity.*

| Supplement Facts | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 30 mg | 2% |
| Bupleurum root 4.5:1 extract from <i>Bupleurum falcatum</i> root 700 mg | 155.5 mg | † |
| Rehmannia root 1.4:1 extract from <i>Rehmannia glutinosa</i> root 350 mg | 250 mg | † |
| Hemidesmus root 5:1 extract from <i>Hemidesmus indicus</i> root 500 mg | 100 mg | † |
| Feverfew leaf & stem 5:1 extract from <i>Tanacetum parthenium</i> leaf & stem 165 mg | 33 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, silicon dioxide, hypromellose and magnesium stearate.

Content 40 Tablets **Product No** M1385

Suggested Use
1 tablet 2 – 4 times daily, or as directed.

Educational Tools
Product Detail Sheet available online

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

*** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

ResCo®



Mullein (*Verbascum thapsus*)

Note: also available in liquid form refer to page 82

ResCo® combines herbs and essential oils which provide respiratory system support.

Mullein, Licorice, Euphorbia, Grindelia, Ginger, Thyme essential oil and Fennel essential oil provide a range of compounds including iridoids, triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, triterpenes, sterols, phenolic acids, sesquiterpene lactones, polyacetylenes, pungent principles (including gingerols), and monoterpenes (especially trans-anethole, fenchone, estragole and thymol).

These key phytochemicals and other compounds within this herbal formulation work to:

- support healthy mucous membranes within the respiratory tract
- encourage healthy mucus function
- help maintain throat health
- support healthy respiratory function
- assist in maintaining healthy airway passages
- support the body's normal cough reflex
- encourage normal secretion removal from the respiratory system
- promote the body's normal resistance function*

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. ♦

Additional Support

- Consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets for enhanced immune system support.
- Reduce mucus-forming foods (ie dairy products, refined carbohydrates and food additives).
- Eliminate smoking.
- Combine with Herbal Throat Spray Phytosynergist® to soothe mild irritations of the throat, freshen breath and maintain healthy mucosal tissue in the upper respiratory tract.*

| Supplement Facts | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 40 mg | 4% |
| Licorice root 3.5:1 extract from <i>Glycyrrhiza glabra</i> root 500 mg | 142.9 mg | † |
| Mullein leaf 4:1 extract from <i>Verbascum thapsus</i> leaf 470 mg | 117.5 mg | † |
| Euphorbia herb 4:1 extract from <i>Euphorbia hirta</i> herb 280 mg | 70 mg | † |
| Grindelia herb 4:1 extract from <i>Grindelia camporum</i> herb 280 mg | 70 mg | † |
| Ginger rhizome 5:1 extract from <i>Zingiber officinale</i> rhizome 180 mg | 36 mg | † |
| Fennel (<i>Foeniculum vulgare</i>) fruit essential oil | 12 mg | † |
| Thyme (<i>Thymus vulgaris</i>) herb flowering essential oil | 12 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, silicon dioxide, glucose, hypromellose and magnesium stearate.

Content
40 Tablets

Product No
M1390

Suggested Use
1 tablet 3 – 4 times daily, or as directed.

Educational Tools
Product Detail Sheet available online





**MediHerb®
ResCo®**

Combines herbs and essential oils which provide respiratory system support*

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

*** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

Rhodiola & Ginseng Complex



Rhodiola & Ginseng Complex contains Rhodiola and Korean Ginseng, a combination which contains many compounds including phenylpropanoids such as rosarin, rosavin and rosin (rosavins), salidroside (a hydroxyphenethyl glucoside), and a complex mixture of steroidal saponins (called ginsenosides).

This product is standardized to contain 4.5 mg of rosavins, 1.5 mg of salidroside and 8.4 mg of ginsenosides (calculated as Rb₂ to Rb₁, is NLT 0.4 by HPLC) per tablet to ensure optimal strength and quality.

Together these herbs and the substances within them combine to:

- support mental clarity and cognitive function
- promote vitality and stamina
- help maintain proper energy
- support physical endurance
- maintain feelings of general well-being when experiencing temporary stress
- help the body adapt to the changes of everyday life
- support and maintain the body as it ages
- support the body's natural defenses against stress*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. ♦

Additional Support

- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.
- Combines well with St John's Wort 1.8g tablets as a tonic for the nervous system.
- Consider Bacopa Complex tablets to enhance mental clarity and to further support cognitive function.*

| Supplement Facts | |
|---|----------|
| Serving size: | 1 tablet |
| Servings per container: | 60 |
| Amount per Serving | %DV |
| Rhodiola root 20:1 extract from <i>Rhodiola rosea</i> root 3.0 g Containing rosavins 4.5 mg and salidroside 1.5 mg | 150 mg † |
| Korean Ginseng root 5:1 extract from <i>Panax ginseng</i> root 500 mg Containing ginsenosides* 8.4 mg | 100 mg † |
| † Daily Value (DV) not established. | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, glucose, hypromellose and magnesium stearate.

*Rb₂ to Rb₁, is NLT 0.4 by HPLC

| | |
|----------------|-------------------|
| Content | Product No |
| 60 Tablets | M1393 |

Suggested Use

1 tablet 2 – 4 times daily, or as directed.

Educational Tools

L4959: Adrenal Health: Managing Patients' Stress and Energy Levels Handout

L0329: Clinical Success Made Simple With MediHerb® Handout

L0327: HPA Axis Essentials: Herbal Solutions for Stress Management Handout

L0670: Rhodiola & Ginseng Complex Brochure
Product Detail Sheet available online



Rhodiola (*Rhodiola rosea*)

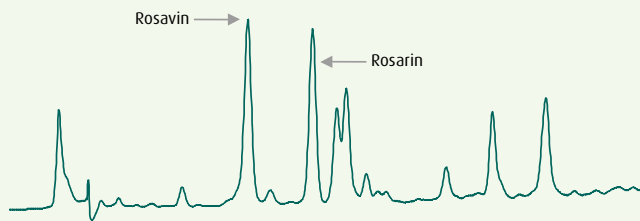
Rhodiola Quality Story

Rhodiola rosea (*Sedum roseum*) is commonly referred to as Golden Root or Roseroot and grows in dry sandy ground at high altitudes in the arctic regions of Europe and Asia.

The freshly cut root has a rose-like odor that has led to its botanical name and one of its common names. The root has been used for centuries in the traditional herbalism of Russia and Scandinavia. There are however 16 common species of *Rhodiola* growing in the Eurasian area. Of these, 11 have been tested in animal studies, but only *R. rosea* and to a far lesser extent *R. crenulata* have been assessed in human trials.

Most of the *Rhodiola* species have been reported to contain the marker compound salidroside and this was originally used to standardize extracts of *Rhodiola rosea*. After more than a decade of research, however, it was shown that the chemical composition of *R. rosea* root is, in fact, different to the other species of the genus *Rhodiola*. Using newly developed methods of analysis, it was shown that *R. rosea* root contains three cinnamyl alcohol-vicianosides: rosavin, rosin, and rosarin that are specific to this species. They are collectively termed rosavins. HPLC offers a ready method to differentiate true *Rhodiola rosea* from the other species offered on the market. The two major rosavins found are rosavin and rosarin, with only very low quantities of rosin.

HPLC trace of *Rhodiola rosea*



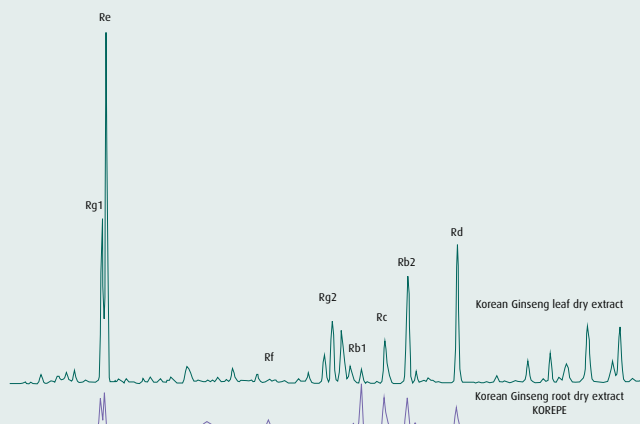
Korean Ginseng (*Panax ginseng*)

Korean Ginseng Quality Story

Panax ginseng is a widely used and misunderstood herb. Traditionally the main root of the plant has been preferred for clinical use.

The other parts of the plant such as the root hairs, leaves, leafstalks, etc are considered inferior and are never used clinically in the East. However, many herb traders will sell the other plant parts as they are substantially cheaper than the main root. The major marker compounds used to characterize *Panax ginseng* are the ginsenosides which occur in all parts of the plant and if you were to only consider total ginsenosides the main root is not the highest in content. The importance is in the ratio of specific ginsenosides. The European clinical studies were undertaken on extracts manufactured from the main root of *Panax ginseng* which have a particular ratio of ginsenosides. To achieve the clinical results obtained traditionally and supported by clinical trials it is important to use raw material from the correct plant part and the correct species. This is readily achievable using HPLC which easily distinguishes the different preparations.

| | % Content | | | | | | | | |
|-----------------------|-----------------|-------|-------|-----------------|-----------------|-------|-----------------|-------|-------|
| | Rg ₁ | Re | Rf | Rg ₂ | Rb ₁ | Rc | Rb ₂ | Rd | Total |
| Leaves | 1.078 | 1.524 | — | — | 0.184 | 0.736 | 0.553 | 1.113 | 5.188 |
| Leafstalks | 0.327 | 0.141 | — | — | — | 0.190 | — | 0.107 | 0.765 |
| Stem | 0.292 | 0.070 | — | — | — | — | 0.397 | — | 0.759 |
| Main root | 0.379 | 0.153 | 0.092 | 0.023 | 0.342 | 0.190 | 0.131 | 0.038 | 1.348 |
| Lateral roots | 0.406 | 0.668 | 0.203 | 0.090 | 0.850 | 0.738 | 0.434 | 0.143 | 3.532 |
| Root hairs | 0.376 | 1.512 | 0.150 | 0.249 | 1.351 | 1.349 | 0.780 | 0.381 | 6.148 |
| Main root dry extract | 1.4 | 2.1 | 0.6 | 0.6 | 2.9 | 1.9 | 2.4 | 1.5 | 13.4 |



Rhodiola & Schisandra



Schisandra (*Schisandra chinensis*)

This combination of Rhodiola and Schisandra contains many compounds including phenylpropanoids such as rosarin, rosavin and rosin (rosavins), salidroside (a hydroxyphenethyl glucoside), and dibenzocyclooctene lignans including schisandrin.

This product is standardized to contain 4.5 mg of rosavins and 1.5 mg of salidroside per tablet to ensure optimal strength and quality.

Together these herbs and the substances within them combine to:

- maintain feelings of general well-being when experiencing temporary stress
- help the body adapt to the changes of everyday life
- support the body's natural defenses against emotional and environmental stressors
- support healthy cognitive function
- support healthy liver and nervous system function
- help maintain proper energy and support healthy physical performance
- help maintain healthy emotional balance
- work as a tonic to benefit the entire body*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Adrenal Complex tablets may be a suitable addition to restore adrenal function and reduce the effects of everyday stress on the body.
- Combine with Eleuthero tablets to further enhance the body's natural ability to adapt to temporary stress.
- Consider Thyroid Complex tablets to support healthy thyroid function.
- Combine with Valerian Complex or Nervagesic tablets to provide relief from occasional sleeplessness.
- Combine with St John's Wort 1.8g tablets for additional support for healthy emotional balance.
- Consider Silymarin tablets or ChelaCo tablets to further support the body's natural defenses against environmental stressors.
- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.*

Supplement Facts

| | |
|---|----------|
| Serving size: | 1 tablet |
| Servings per container: | 40 |
| Amount per Serving | %DV |
| Rhodiola root 20:1 extract from <i>Rhodiola rosea</i> root 3.0 g Containing salidroside 1.5 mg and rosavins 4.5 mg | 150 mg † |
| Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 660 mg | 110 mg † |
| † Daily Value (DV) not established. | |

Other ingredients: Microcrystalline cellulose, sodium starch glycolate, hypromellose, magnesium stearate and silicon dioxide.

Content
40 Tablets

Product No
M1394

Suggested Use

1 tablet 2 – 4 times daily, or as directed.

Educational Tools

L4959: Adrenal Health: Managing Patients' Stress and Energy Levels Handout

L0329: Clinical Success Made Simple With MediHerb® Handout

L0327: HPA Axis Essentials: Herbal Solutions for Stress Management Handout

L0672: Rhodiola & Schisandra Brochure
Product Detail Sheet available online

See Rhodiola Quality Information on page 60

See Schisandra Quality Information on page 53

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Saligesic



Saligesic contains phenolic glycosides (including salicin), flavonoids and other phenolic compounds.

Saligesic is standardized to contain 60 mg of salicin per tablet to ensure optimal strength and quality.

Willow stem bark is used traditionally to:

- support musculoskeletal system health
- help maintain and support healthy joints
- ease the temporary discomfort caused by exercise-related mild aches and pains
- support and maintain normal body temperature already in a normal range
- temporarily relieve mild, occasional exercise-related lower back pain
- relieve occasional stress-related mild headaches*

Caution: Contraindicated in known allergy or sensitivity to salicylates. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combine with Nervagesic tablets to relieve occasional mild muscular cramping.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combine with Rehmannia Complex tablets or Turmeric Forte tablets for relief of mild joint pain after exercise and Boswellia Complex tablets for support of healthy joints.
- Combines well with St John's Wort 1.8g tablets as a tonic for the nervous system.
- Consider Turmeric Forte tablets for additional joint support.
- Combine with Crampex tablets to provide relief from discomfort associated with menstruation.*

Supplement Facts

| | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 32 mg | 2% |
| Willow stem bark 20:1 extract from <i>Salix purpurea</i> stem bark 8.0 g Containing salicin 60 mg | 400 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, maltodextrin, sodium starch glycolate, magnesium stearate, hypromellose and silicon dioxide.

Content 40 Tablets
Product No M1395

Suggested Use

1 tablet 2 – 4 times daily, or as directed.

Educational Tools

L0675: Saligesic Brochure
Product Detail Sheet available online

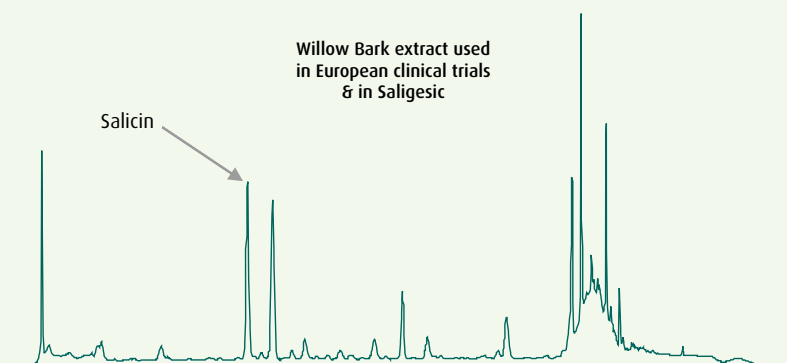


Willow Bark (*Salix purpurea*)

Willow Bark Quality Story

Willow Bark has been used for thousands of years to support musculoskeletal system health, but in recent times had fallen from favor due to inconsistent clinical outcomes.

Recent European clinical trials however, using a particular type of Willow Bark extract have demonstrated excellent results. The Willow Bark extracts used in the clinical trials were standardized to the marker compound salicin, however there are other salicin esters in Willow Bark such as salicortin, 2'-O-acetylsalicortin, fragilin and tremulacin, together with other components which are important for this herb. MediHerb® Saligesic contains the extract used in the European clinical trials.



♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

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MediHerb® Saligesic



“MediHerb® high potency Willow Bark product offers significant support for musculoskeletal health.”

Kerry Bone, MediHerb® Co-Founder and Director of Research and Development

“Clinical research from Europe shows that a high potency standardized extract of Willow stem bark can significantly help support musculoskeletal health. Not all Willow products are the same.

Such products should be designed to achieve the required balance of phytochemical components. MediHerb® uses the Willow Bark extract that has been used in the clinical trials.”

MediHerb® superior quality Willow product, Saligesic, contains phenolic glycosides (including salicin), flavonoids and other phenolic compounds. Saligesic is standardized to contain not less than 60 mg of salicin per tablet to ensure optimal strength and quality. The compounds in our product are used traditionally to:

- support musculoskeletal system health
- help maintain and support healthy joints
- ease the temporary discomfort caused by exercise-related mild aches and pains
- support and maintain normal body temperature already in a normal range
- temporarily relieve mild, occasional exercise-related lower back pain
- relieve occasional stress-related mild headaches*

Willow Stem Bark 20:1 extract

400 mg

from *Salix purpurea* stem bark

8.0 g

Containing salicin

60 mg



MEDI HERB®

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Silymarin



Silymarin is manufactured from Milk Thistle extract which contains flavanolignans (collectively known as silymarin), flavonoids and other compounds.

This product is standardized to contain 168 mg of flavanolignans per tablet to ensure optimal strength and quality.

The compounds in Silymarin, particularly the flavanolignans, are used traditionally to:

- provide antioxidant activity
- support healthy liver function and tissue integrity
- protect liver tissue by supporting normal cellular defenses
- aid in the elimination of normal toxin accumulation in the liver
- increase bile flow for relief of mild symptoms of occasional indigestion
- supports growth of new liver cells
- promote normal response to environmental stresses*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. ♦

Additional Support

- Consider LivCo® tablets for enhanced healthy liver function.
- Combine with Gotu Kola Complex tablets to provide further antioxidant activity and to support skin connective tissue structure.
- Consider Garlic Forte tablets for maintaining normal cholesterol levels already within a normal range.
- Combine with Vitanox® tablets for enhanced antioxidant activity.*

Supplement Facts

| | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 60 | |
| Amount per Serving | | %DV |
| Calcium | 43 mg | 4% |
| Milk Thistle seed 70:1 extract from <i>Silybum marianum</i> seed 16.8 g Containing flavanolignans calc. as silybin 168 mg | 240 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, magnesium stearate, sodium starch glycolate and silicon dioxide.

| | |
|----------------|-------------------|
| Content | Product No |
| 60 Tablets | M1420 |

Suggested Use

1 tablet 2 – 3 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

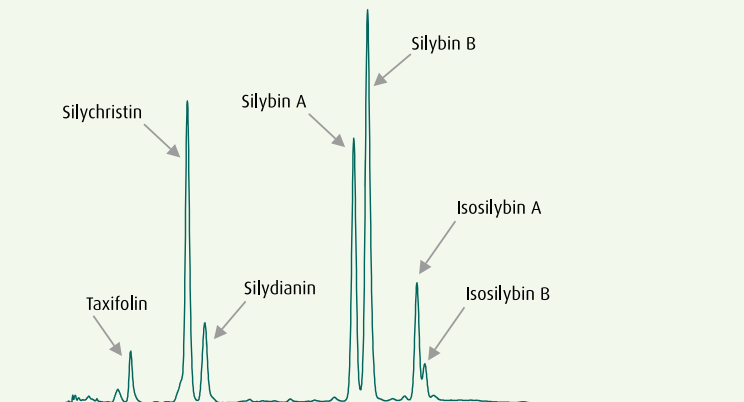


Milk Thistle (*Silybum marianum*)

Milk Thistle Quality Story

Milk Thistle (*Silybum marianum*) contains a range of flavanolignans (silybin A and B, silychristin, silydianin, isosilybin and 2,3-dehydro derivatives) collectively called silymarin or silybin, as well as simple flavonoids such as taxifolin.

Flavanolignans are important indicators of quality and efficacy. The flavanolignans are often measured analytically by the non-specific and less accurate 2,4-dinitrophenylhydrazine colorimetric method, which also reacts with any ketonic compounds, including the flavonoid taxifolin. MediHerb® has developed an HPLC method to allow the individual levels of the flavanolignans to be accurately measured, and determine a value for these which is not inflated by the presence of simple flavonoids.



♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

*** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

Sinus Forte



Sinus Forte combines the herbs Eyebright, Golden Rod, *Echinacea purpurea* root, Golden Seal and Cayenne.

These five powerful herbs contribute iridoid glycosides (especially aucubin), saponins, flavonoids, diterpenoid lactones, caffeic acid derivatives (especially cichoric acid), alkylamides, alkaloids (especially hydrastine and berberine), pungent principles (particularly capsaicin), carotenoids and other compounds.

These herbs and the compounds within them are used traditionally to:

- maintain healthy and normal mucus secretion in nasal passages
- support healthy response to environmental stresses
- support healthy mucous membranes (particularly of the nose and sinus)
- assist in maintaining healthy breathing passages to support free and clear breathing
- encourage a healthy environment to help maintain normal respiratory flora
- maintain normal respiratory tract function
- support outer ocular health*

Caution: Contraindicated in pregnancy and lactation. Contraindicated in known allergy to Golden Rod. ♦

Additional Support

- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for extra immune system support.
- Consider Vitanox® tablets for antioxidant activity.
- Combine with Albizia Complex tablets to maintain normal respiratory tract function and normal mucus secretion in nasal passages.
- Combine with Herbal Throat Spray Phytosynergist® to soothe the throat.
- Reduce or eliminate dietary intake of dairy products, refined carbohydrates, coffee, tea and alcohol.*

| Supplement Facts | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Eyebright herb 4:1 extract from <i>Euphrasia officinalis</i> herb 650 mg | 162.5 mg | † |
| Golden Rod herb 4:1 extract from <i>Solidago virgaurea</i> herb 650 mg | 162.5 mg | † |
| Echinacea root 4:1 extract from <i>Echinacea purpurea</i> root 370 mg | 61.67 mg | † |
| Golden Seal root & rhizome 4:1 extract from <i>Hydrastis canadensis</i> root & rhizome 125 mg | 41.67 mg | † |
| Cayenne fruit 3:1 extract from <i>Capsicum annuum</i> fruit 10 mg | 2.5 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, sodium starch glycolate, silicon dioxide, magnesium stearate, hypromellose and dibasic calcium phosphate dihydrate.

Content 40 Tablets
Product No M1426

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

See Golden Seal Quality Information on page 46

See Echinacea Quality Information on page 38



Eyebright (*Euphrasia officinalis*)

St John's Wort 1.8g



St John's Wort 1.8g contains the naphthodianthrone hypericin and pseudohypericin (hypericins), flavonoids, phenolics and other compounds.

This product is standardized to contain 900 mcg of hypericins and 18 mg of flavonoid glycosides per tablet to ensure optimal strength and quality.

The compounds in St John's Wort 1.8g work together to:

- help maintain healthy emotional balance
- support the body to cope with occasional stress of everyday life
- ease the effects of occasional stress
- help support healthy mood balance
- help relieve occasional sleeplessness/restlessness
- help relieve mild temporary nervous tension and stress*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product. ♦

Additional Support

- Combine with Echinacea Premium tablets or liquid for enhanced immune system support.
- Combines well with Nevaton® Forte tablets for further healthy nervous system response.
- Consider Withania Complex tablets or Rhodiola & Ginseng Complex tablets or Rhodiola & Schisandra tablets to help maintain feelings of general well-being when experiencing temporary stress.
- Combine with Kava Forte tablets to calm the nerves.
- Consider FemCo tablets to additionally ease everyday tension in women.
- Consider Valerian Complex tablets to promote relaxation and encourage sleep.
- Consider Nervagesic to provide relief from occasional sleeplessness.*

| Supplement Facts | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 87 mg | 6% |
| St John's Wort herb flowering top 6:1 extract from <i>Hypericum perforatum</i> herb flowering top 1.8 g | 300 mg | † |
| Containing hypericins 900 mcg | | |
| Containing flavonoid glycosides 18 mg | | |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, maltodextrin, hypromellose, silicon dioxide and magnesium stearate.

Content 40 Tablets
Product No M1430

Suggested Use
1 tablet 2 – 3 times daily, or as directed.

Educational Tools
L0677: St John's Wort 1.8g Brochure
Product Detail Sheet available online

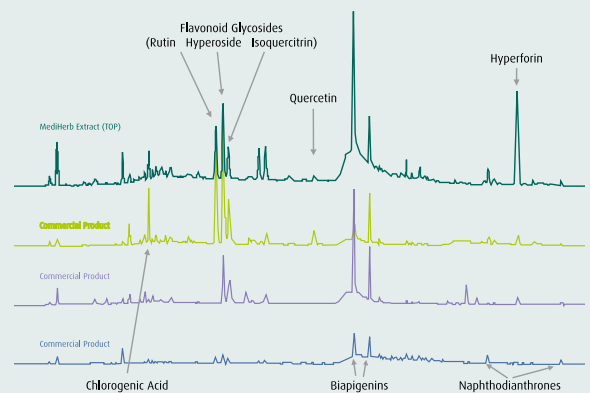


St John's Wort (*Hypericum perforatum*)

St John's Wort Quality Story

St John's Wort is comprised of a wide range of phytochemicals of which the naphthodianthrone (consisting mainly of hypericin and pseudohypericin) are characteristic, while several other constituents are found across a very wide variety of plant species: eg chlorogenic acid, flavonoids and biapigenins.

Studies have shown that hypericin administered with flavonoid glycosides caused an increase in the bioavailability of hypericin. St John's Wort extracts containing the flavonoid glycosides but devoid of hypericin and hyperforin have been shown to be pharmacologically active in model systems. Additionally extracts devoid of hyperforin have been proven effective in clinical trials as have extracts containing hyperforin. In the graph, all extracts contained the same level of naphthodianthrone (hypericins), however a wide range of variation was shown for the other constituents when analyzed by HPLC – some extracts having very low levels of all the phytochemicals you would expect in a good quality extract of *Hypericum perforatum*. MediHerb® recognizes the importance of all the other constituents, particularly the OPCs and flavonoids and tests all of its products using the techniques which allow the identification of these components.



Thyroid Complex



Bladderwrack (*Fucus vesiculosus*)

The combination of herbs in Thyroid Complex (Bladderwrack, Bacopa and Ashwagandha) contain many compounds including trace minerals (including iodine), polyphenols, steroidal compounds (including withanolides), triterpenoid saponins such as bacosides, alkaloids and flavonoids.

Together these herbs and their constituents can help to:

- support healthy thyroid function important for normal energy production
- maintain normal thyroid function
- possibly assist the body in achieving normal basal metabolism
- maintain or improve general well-being*

Caution: Contraindicated in pregnancy and lactation. Contraindicated in hyperthyroidism and related cardiac problems. If you have a thyroid condition use strictly under physician direction. ♦

Additional Support

- Consider Coleus Forte tablets to support cardiovascular health.
- Consider ChelaCo tablets to support the body's natural defenses against environmental stressors.
- Combine with Eleuthero tablets, Rhodiola & Ginseng Complex tablets or Rhodiola & Schisandra tablets to enhance stamina and endurance.
- Consider Rehmannia Complex tablets to support liver health and normal toxin removal.
- Combine with Vitanox® tablets for antioxidant activity.
- Consider Gotu Kola Complex tablets to support healthy skin connective tissue and to provide antioxidant activity.*

| Supplement Facts | | |
|--|----------|------|
| Serving size: | 1 tablet | |
| Servings per container: | 40, 120 | |
| Amount per Serving | | %DV |
| Calcium | 46 mg | 4% |
| Iodine | 600 mcg | 400% |
| Bladderwrack whole plant 3.5:1 extract from <i>Fucus vesiculosus</i> whole plant 1.05 g Containing iodine 600 mcg | 300 mg | † |
| Withania (Ashwagandha) root 12:1 extract from <i>Withania somnifera</i> root 1.44 g | 120 mg | † |
| Bacopa herb 50:1 extract from <i>Bacopa monnieri</i> herb 2.5 g Containing bacosides as bacoside A 25 mg | 50 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, dextrin, maltodextrin, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

| Content | Product No |
|-------------|------------|
| 40 Tablets | M1435 |
| 120 Tablets | M1437 |

Suggested Use

1 tablet daily, or as directed.

Educational Tools

L0682: Thyroid Complex Brochure
Product Detail Sheet available online

See Ashwaganda Quality Information on page 75

Tribulus



Tribulus contains an extract of *Tribulus terrestris* herb (aerial parts – leaves and stems) and contains steroidal saponins, mainly furostanol glycosides (including protodioscin and protogracillin) and small quantities of spirostanol glycosides, sterols and other compounds.

This product is standardized to contain 100 mg per tablet of furostanol saponins to ensure optimal strength and quality.

The compounds in Tribulus work together to:

- help support normal reproductive function in men and women
- help support normal hormone production in men and women
- promote vitality and stamina
- support physical endurance
- promote an overall feeling of well-being*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combine with Rhodiola & Ginseng Complex tablets, Rhodiola & Schisandra tablets or Withania Complex tablets to enhance stamina and endurance.
- Combine with Wild Yam Complex tablets to provide relief from discomfort associated with menopause.
- Combine with FemCo tablets, Chaste Tree tablets or liquid to help support female reproductive system health.*

| Supplement Facts | | |
|---|-----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 74 mg | 6% |
| Tribulus herb (aerial parts) 55:1 extract from <i>Tribulus terrestris</i> herb (aerial parts) 13.5 g Containing furostanol saponins as protodioscin 100 mg | 245.45 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, hypromellose, silicon dioxide and magnesium stearate.

| Content | Product No |
|------------|------------|
| 40 Tablets | M1445 |

Suggested Use

1 tablet 1 – 3 times daily, or as directed.

Educational Tools

L0332: MediHerb® The Quality Choice for Practitioners Handout
L0680: Tribulus Brochure
Product Detail Sheet available online

See Tribulus Quality Information on page 68

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

*** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

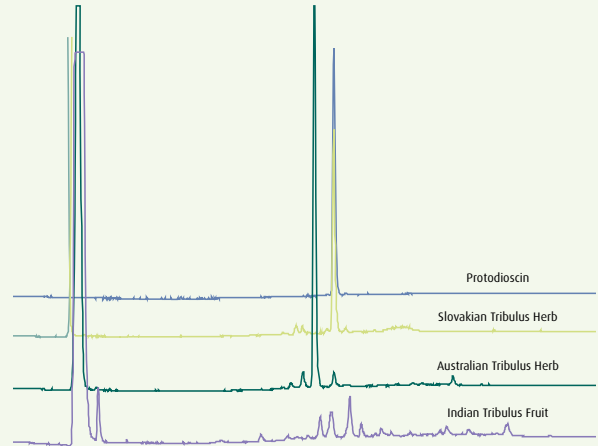


Tribulus (*Tribulus terrestris*)

Tribulus Quality Story

Tribulus terrestris is an herb which is endemic to many different geographical zones, from the Mediterranean regions, India, China, South Africa and Australia.

Research undertaken by MediHerb® has shown that the phytochemical profile of the herb varies depending upon the geographical origin and the plant part utilized. Only Tribulus sourced from the Central European regions of Bulgaria and Slovakia have been found to contain protodioscin, which is an important indicator of quality and efficacy. Additionally only the leaves and stem of the plant contain protodioscin, the fruit does not contain this phytochemical. MediHerb® has undertaken this research to ensure that our Tribulus product is of the correct phytochemical profile to ensure phytoequivalence with the Bulgarian clinical trials and therefore optimal clinical outcome.



Turmeric Forte Standardized for Curcumin



Fenugreek (*Trigonella foenum-graecum*)



Turmeric (*Curcuma longa*)

Turmeric Forte is a formulation of Turmeric rhizome and Fenugreek seed extracts to enhance absorption and improve bioavailability**† of curcuminoids, the active constituents of Turmeric. Turmeric rhizome provides turmeric curcuminoids, including curcumin, demethoxycurcumin and bisdemthoxycurcumin. This product is standardized to total curcuminoids and to curcumin, to ensure optimal strength and quality.

The herbs and their constituents:

- support a healthy inflammation response
- traditionally maintain and support healthy joints
- provide antioxidant activity
- support a healthy response to environmental stressors
- support healthy liver function
- traditionally support healthy digestion*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combine with Boswellia Complex tablets for healthy circulation and additional joint support.
- Combine with LivCo® tablets to support healthy liver function.
- Combine with Vitano® tablets for additional antioxidant activity.
- Combine with DiGest Forte tablets to support healthy digestion and intestinal function.
- Combine with Saligesic tablets to temporarily relieve exercise-related lower back discomfort.
- Consider Horsechestnut Complex tablets to support healthy peripheral circulation.*

Supplement Facts

| | |
|---|------------|
| Serving size: | 1 tablet |
| Servings per container: | 60 |
| Amount per Serving | %DV |
| Fenugreek seed 5.5:1 extract from <i>Trigonella foenum-graecum</i> seed 722.7 mg | 131.4 mg † |
| Turmeric rhizome 55:1 extract from <i>Curcuma longa</i> rhizome 6.35 g Containing curcuminoids 100 mg Containing curcumin 81.5 mg | 115.6 mg † |
| † Daily Value (DV) not established. | |

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, magnesium stearate, silicon dioxide, hypromellose and dibasic calcium phosphate dihydrate.

| | |
|----------------|-------------------|
| Content | Product No |
| 60 Tablets | M1448 |

Suggested Use

1 tablet 1 – 2 times daily, or as directed.

Educational Tools

L0626: Turmeric Forte Brochure

L0334: Turmeric Forte: Standardized for Bioavailable Curcumin

Handout

Product Detail Sheet available online

† Contains dietary ingredient (formulation of curcumin with fenugreek dietary fiber), found to have enhanced bioavailability of curcuminoids than unformulated curcumin.¹

¹ Kumar D, Jacob D, Subhash PS et al. *J Funct Foods* 2016; **22**, 578-587

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



MediHerb® Tribulus

Helps support normal hormone production in men and women*



Valerian Complex



Valerian (*Valeriana officinalis*)

Valerian Complex contains Valerian, Passion Flower and *Ziziphus jujuba* var. *spinosa*.

This combination of herbs contains many compounds including iridoids (known as valepotriates), an essential oil, cyclopentane sesquiterpenes (including valerenic acid), flavonoids and dammarane-type saponins called jujubosides.

Together these herbs and their constituents can help the body to:

- relieve mild nervous tension
- obtain relief from occasional sleeplessness
- promote relaxation
- ease the effects of temporary or occasional stress*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Consider St John's Wort 1.8g tablets as a tonic for the nervous system.
- Consider HiPep tablets to reduce occasional stomach acid secretions.
- If occasional sleep difficulty is due to temporary stresses of everyday life, combine with Withania Complex tablets.
- Combine with Kava Forte tablets or Nervagesic tablets to further encourage sleep.*

Supplement Facts

| | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calcium | 64 mg | 4% |
| Valerian root & rhizome 5:1 extract from <i>Valeriana officinalis</i> root & rhizome 700 mg | 140 mg | † |
| Passion Flower herb 5:1 extract from <i>Passiflora incarnata</i> herb 500 mg | 100 mg | † |
| Jujube seed 10:1 extract from <i>Ziziphus jujuba</i> var. <i>spinosa</i> seed 900 mg | 90 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, magnesium stearate, maltodextrin, hypromellose and silicon dioxide.

Content 40 Tablets
Product No M1452

Suggested Use

1 tablet 2 – 4 times daily, or as directed.

Educational Tools

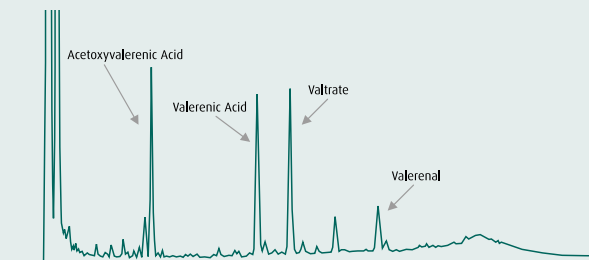
Product Detail Sheet available online

See [Passion Flower Quality Information on page 70](#)

Valerian Quality Story

Valerian (*Valeriana officinalis*) contains valerenic acids (predominantly acetoxyvalerenic and valerenic acid and low levels of hydroxyvalerenic acid) and valepotriates (valtrate and isovaltrate).

While other species of Valerian may contain the valepotriates only true Valerian contains the valerenic acids. MediHerb® has developed a unique HPLC analytical method to determine the levels of valerenic acids and valepotriates in Valerian. This method can also determine the level of the baldrinals (valtrate degradation products) which are an indicator of a poor quality herb. By using this analytical method on all its Valerian products, MediHerb® ensures that these products contain high levels of valerenic acids and valepotriates, with no baldrinals.





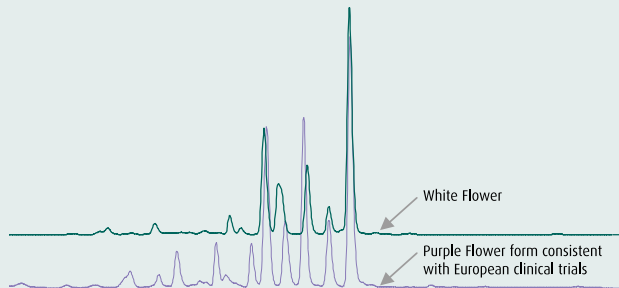
Passion Flower (*Passiflora incarnata*)

Passion Flower Quality Story

There are over 500 species of Passion Flower, which include the edible passionfruit and varieties grown for their characteristic flowers.

The preferred clinical species is *Passiflora incarnata* which is native to the Americas and has many common names, including 'Maypop' and 'Purple Passion Flower'. The original forms of this plant have flowers varying in color from pale lavender through to dark violet. There is also a white-flowered form which appears in the wild, as well as in cultivation, and is sold as *P. incarnata* "Alba".

During routine analysis in the MediHerb® Research Laboratory it became evident that there were two different phytochemical profiles of Passion Flower being encountered. The samples varied in the flavonoid constituents which are among the proposed clinically active components. In conjunction with Southern Cross University (Australia) it was determined that the different flavonoid profiles were related to the color of the flowers (purple or white). The clinical evidence for Passion Flower is derived from European clinical trials and the corresponding phytochemical profiles have been published. By using LC/MS it was determined that these profiles matched that of the purple-flowered form. Two of the peaks are consistent between the two different forms, however, the remaining eight or more flavonoids are different. Without using at least HPLC, or ideally LC/MS, this differentiation is easily missed and the inappropriate form of *Passiflora incarnata* might be used.



Viranon



Viranon contains Thuja, St John's Wort and Licorice. These herbs provide many phytochemicals including an essential oil (containing monoterpenes and other terpenes), the naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids, phenolics, triterpenoid saponins (especially glycyrrhizin) and other saponins.

This product contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The St John's Wort component is standardized to contain 675 mcg of hypericins per tablet, and the Licorice component of this tablet is standardized to contain 30 mg of glycyrrhizin per tablet.

Together these herbs and their constituents may:

- help maintain and support healthy immune system function, regulation and response
- help promote the body's normal resistance function
- encourage the body's normal healthy defense system by supporting healthy immune system function*

Caution: Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV radiation (e.g. sunlight, tanning) when using this product. Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Best avoided in epilepsy. ♦

Additional Support

- Combine with Artemisinin Complex tablets to support normal flushing of natural toxins from the body.
- Consider Echinacea Premium tablets or liquid, Astragalus Complex tablets or Andrographis Complex tablets for additional immune system support.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.*

| Supplement Facts | |
|--|------------|
| Serving size: | 1 tablet |
| Servings per container: | 90 |
| Amount per Serving | %DV |
| Sodium | 5 mg <1% |
| Total Carbohydrate | <1 g <1%* |
| Thuja leaf 1:1 extract from <i>Thuja occidentalis</i> leaf 200 mg | 200 mg † |
| St John's Wort herb flowering top 6:1 extract from <i>Hypericum perforatum</i> herb flowering top 1.35 g Containing hypericins 675 mcg | 225 mg † |
| Licorice root 17.5:1 extract from <i>Glycyrrhiza glabra</i> root 2.9 g Containing glycyrrhizin 30 mg | 166.6 mg † |
| *Percent Daily Values (DV) based on a 2,000 calorie diet. † Daily Value (DV) not established. | |

Other ingredients: Microcrystalline cellulose, sodium starch glycolate, dextrin, croscarmellose sodium, silicon dioxide, maltodextrin, magnesium stearate, hypromellose and dibasic calcium phosphate dihydrate.

Content 90 Tablets
Product No M1456

Suggested Use

1 tablet 3 times daily, or as directed.

Educational Tools

L0333: Supporting Immune System Function & Internal Defenses Handout
L0628: Viranon Brochure
Product Detail Sheet available online

See St John's Wort Quality Information on page 66

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Rosemary (*Rosmarinus officinalis*)

Vitanox® contains a synergistic blend of herbs which provide strong antioxidant activity.

The herbs Rosemary, Green Tea, Turmeric and Grape Seed provide phenolic diterpenes (including carnosol and rosmarinic acid), polyphenols including epigallocatechin gallate, essential oils containing sesquiterpenes, yellow pigments referred to as diarylheptanoids (including curcumin), flavonoids, triterpenoids and oligomeric procyanidins. This product is standardized to contain 83.35 mg of catechins, 70.4 mg of curcuminoids and 42.5 mg of procyanidins in each tablet to ensure optimal strength and quality.

The natural substances in Vitanox® are used traditionally to:

- provide strong antioxidant activity
- support healthy circulation and vascular integrity
- maintain healthy connective tissue
- support and maintain cellular health*

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. ♦

Additional Support

- Combine with Ginkgo Forte tablets or Bilberry 6000mg tablets for additional antioxidant activity.
- Combine with Gotu Kola Complex tablets for additional antioxidant activity, to promote healthy blood circulation, to promote healthy skin connective tissue and to support healthy capillaries.
- Consider Turmeric Forte tablets for additional antioxidant activity.
- Combines well with Hawthorn tablets to help maintain healthy circulation.*

| Supplement Facts | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40, 120 | |
| Amount per Serving | | %DV |
| Calcium | 28 mg | 2% |
| Rosemary leaf 5:1 extract from <i>Rosmarinus officinalis</i> leaf 1.0 g | 200 mg | † |
| Green Tea leaf 25:1 extract from <i>Camellia sinensis</i> leaf 4.2 g Containing catechins 83.35 mg | 166.7 mg | † |
| Turmeric rhizome 25:1 extract from <i>Curcuma longa</i> rhizome 2.0 g Containing curcuminoids 70.4 mg | 80 mg | † |
| Grape Seed 120:1 extract from <i>Vitis vinifera</i> seed 6.0 g Containing procyanidins 42.5 mg | 50 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, maltodextrin, sodium starch glycolate, silicon dioxide, sorbitol, hypromellose and magnesium stearate.

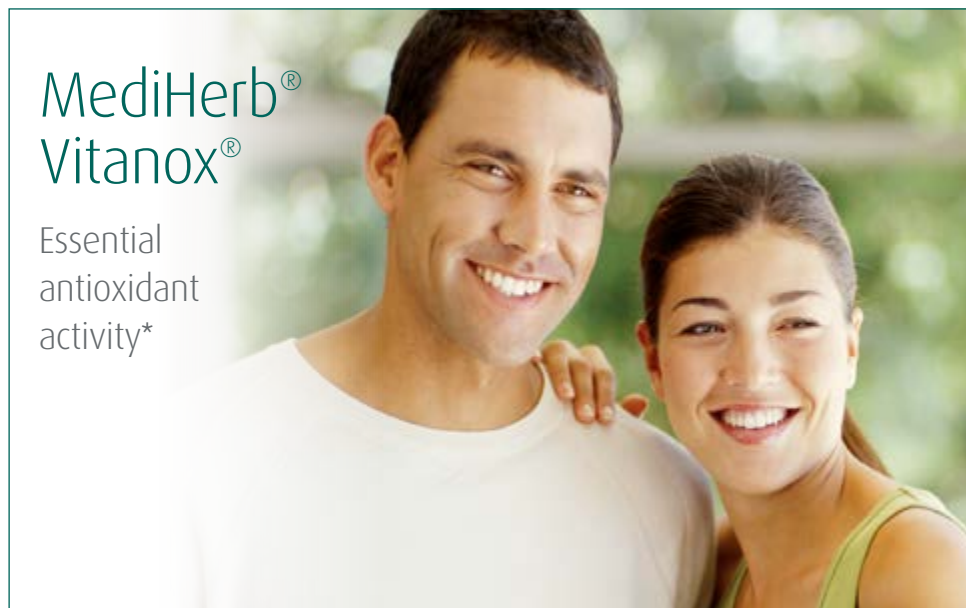
| Content | Product No |
|-------------|------------|
| 40 Tablets | M1462 |
| 120 Tablets | M1468 |

Suggested Use

1 tablet 1 – 2 times daily, or as directed.

Educational Tools

L2725: GI Flora Balance Program Handout
L0685: Vitanox® Brochure
Product Detail Sheet available online



Wild Yam Complex



Wild Yam Complex contains Wild Yam, Black Cohosh, Shatavari, Korean Ginseng, St John's Wort and Sage.

This combination of herbs contains many compounds including steroidal saponins (such as shatavarin-I and dioscin), ginsenosides, an essential oil (containing monoterpenes, including thujone), triterpene glycosides, phenolic compounds (such as rosmarinic acid), naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids and phenolics. This tablet contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The St John's Wort component of this tablet is standardized to contain 300 mcg of hypericins per tablet, and the Korean Ginseng component contains 1.3 mg per tablet of ginsenosides (calculated as Rb₂ to Rb₁ is NLT 0.4 by HPLC).

The herbs in Wild Yam Complex are used traditionally to:

- provide relief from mild discomfort associated with menopause
- maintain feelings of general well-being
- calm the nerves and restore balance in temporary mild mood swings
- provide antispasmodic activity to ease occasional spasms associated with the menstrual cycle*

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. Caution in patients with liver problems, who frequently use alcoholic beverages or take any medications. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product. ♦

Additional Support

- Combine with Tribulus tablets to support hormone production and overall feelings of well-being.
- Consider St John's Wort 1.8g tablets or Nevaton® Forte tablets as a tonic for the nervous system.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combine with Chaste Tree tablets to ease discomfort associated with the menstrual cycle.
- Combine with Kava Forte tablets to calm the nerves.*

| Supplement Facts | | |
|---|----------|---|
| Serving size: | 1 tablet | |
| Servings per container: | 40, 120 | |
| Amount per Serving | %DV | |
| Wild Yam root & rhizome 4:1 extract from <i>Dioscorea villosa</i> root & rhizome 400 mg | 100 mg | † |
| Shatavari root 4:1 extract from <i>Asparagus racemosus</i> root 400 mg | 100 mg | † |
| St John's Wort herb flowering top 6:1 extract from <i>Hypericum perforatum</i> herb flowering top 600 mg Containing hypericins 300 mcg | 100 mg | † |
| Sage aerial parts 5:1 extract from <i>Salvia officinalis</i> aerial parts 290 mg | 58 mg | † |
| Black Cohosh root 5:1 extract from <i>Actaea racemosa</i> root 100 mg | 20 mg | † |
| Korean Ginseng root 5:1 extract from <i>Panax ginseng</i> root 75 mg Containing ginsenosides* 1.3 mg | 15 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, sodium starch glycolate, dibasic calcium phosphate dihydrate, silicon dioxide, magnesium stearate, hypromellose, maltodextrin and glucose.

*Rb₂ to Rb₁ is NLT 0.4 by HPLC

| Content | Product No |
|-------------|------------|
| 40 Tablets | M1470 |
| 120 Tablets | M1475 |

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

Educational Tools

L0688: Wild Yam Complex Brochure
Product Detail Sheet available online

See St John's Wort Quality Information on page 66
See Korean Ginseng Quality Information on page 60
See Wild Yam Quality Information on page 73



MediHerb® Wild Yam Complex

Provides relief from the discomfort associated with menopause*

Wild Yam Quality Story

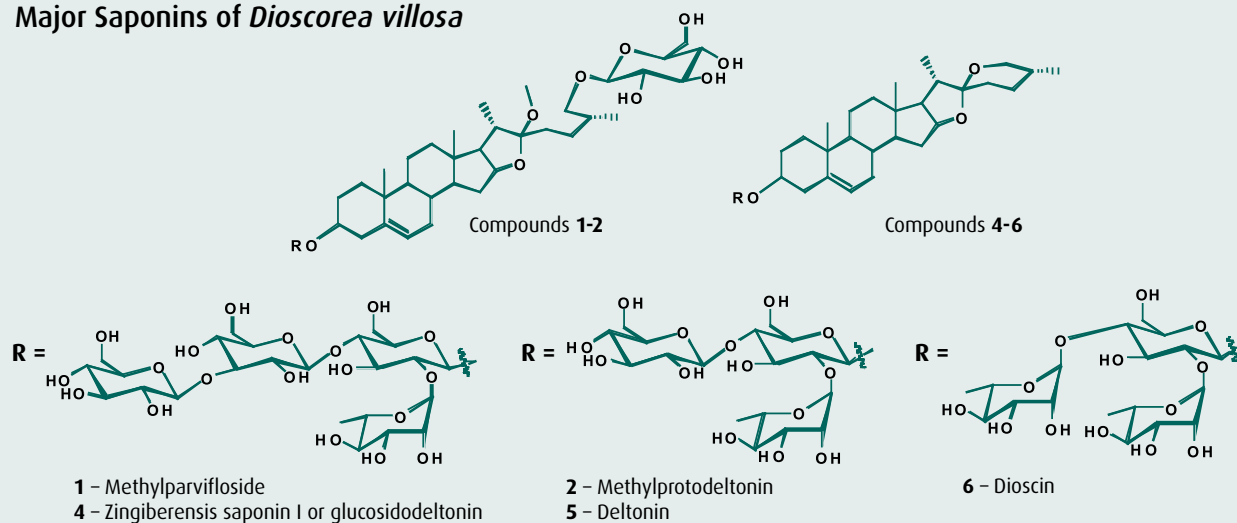
There are some 600 species of Yam in the genus *Dioscorea*, many of them are wild species that flourish in damp woodlands and thickets. *Dioscorea villosa*, also known as Colic Root or Wild Yam, is a twining, tuberous vine native to eastern North America.

The roots initially taste starchy, but soon after are bitter and acrid, nothing like the taste of Yam or Sweet Potato grown for the dinner table. Commercial Wild Yam extracts available for use as raw materials are often not *Dioscorea villosa* but instead *Dioscorea opposita* (Chinese Yam Root) which has a different phytochemical profile.

It is widely misconstrued that *Dioscorea villosa* contains diosgenin and many products have this as a statement on their labels. However it does not contain diosgenin, but rather the diosgenin precursors. Traditionally *Dioscorea villosa* was believed to contain predominantly dioscin, however, the origin of this assignment is unclear (dioscin is a steroidal glycoside precursor of diosgenin). The phytochemical profile of Wild Yam is poorly-defined and based on scientific literature from the 1940s. MediHerb® undertook a project in conjunction with Associate Professor James De Voss, Chemistry Department, from the University of Queensland, Australia to investigate the phytochemistry.

Commercially available *Dioscorea villosa* is in the form of dried roots, usually harvested at the end of summer or fall when the plant is dying back to its rootstock. It was found that these roots contained only very small amounts of dioscin, not the predominance as previously thought. The major saponin found in the fall harvested roots were in fact the furostanol-based saponins, methylparvifloside and methylprotodeltonin, while the spirostanol-based saponins, Zingiberensis saponin I and deltonin were the major saponins for samples harvested in summer. The storage saponins from the fall differ from the summer saponins by the presence of an extra glucose at the C-26 position of the diosgenin base structure. The two main compounds found in commercial material – harvested in the fall – are significantly different from dioscin by having an extra one or two glucose residues in methylprotodeltonin and methylparvifloside respectively. All of these compounds have been reported from other *Dioscorea* species, however, the profile of saponins was different in the other species.

Major Saponins of *Dioscorea villosa*



◆ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

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Wild Yam (*Dioscorea villosa*)

Withania Complex



Withania Complex contains the following herbs: Ashwagandha, Licorice, Skullcap and Korean Ginseng.

This combination of herbs contains many compounds including steroidal compounds (including the complex mixture of steroidal saponins called ginsenosides), alkaloids, triterpenoid saponins (especially glycyrrhizin), other saponins and many flavonoids. The Korean Ginseng component of this tablet is standardized to contain 1.68 mg per tablet of ginsenosides (calculated as Rb₂ to Rb₁, is NLT 0.4 by HPLC) to ensure optimal strength and quality.

Together these herbs and the substances within them are used traditionally to:

- work as a tonic to benefit the entire body
- help the body adapt to the changes of everyday life
- maintain feelings of general well-being when experiencing temporary stress
- support a healthy immune system
- promote vitality and stamina in people of any age
- support and maintain the body as it ages
- support the body's natural defenses against emotional and environmental stressors*

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Discontinue during an acute infection or fever. If you have a thyroid condition, use strictly under physician direction. ♦

Additional Support

- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combines well with St John's Wort 1.8g tablets as a tonic for the nervous system.
- Combine with Eleuthero tablets to help the body adapt to the changes of everyday life.
- Combine with Tribulus tablets to support normal female physiology and function.
- Consider Thyroid Complex tablets to support healthy thyroid function for normal energy, production and improve general well-being.*

| Supplement Facts | | |
|--|-----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40, 120 | |
| Amount per Serving | | %DV |
| Calcium | 58 mg | 4% |
| Skullcap herb 4:1 extract from <i>Scutellaria lateriflora</i> herb 470 mg | 117.5 mg | † |
| Licorice root 7:1 extract from <i>Glycyrrhiza glabra</i> root 750 mg | 107.15 mg | † |
| Withania (Ashwagandha) root 10:1 extract from <i>Withania somnifera</i> root 950 mg | 95 mg | † |
| Korean Ginseng root 5:1 extract from <i>Panax ginseng</i> root 100 mg Containing ginsenosides* 1.68 mg | 20 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, maltodextrin, hypromellose, magnesium stearate, silicon dioxide and glucose.

*Rb₂ to Rb₁, is NLT 0.4 by HPLC

| Content | Product No |
|-------------|------------|
| 40 Tablets | M1482 |
| 120 Tablets | M1488 |

Suggested Use

1 tablet 3 times daily, or as directed.

Educational Tools

L4959: Adrenal Health: Managing Patients' Stress and Energy Levels Handout

L0327: HPA Axis Essentials: Herbal Solutions for Stress Management Handout

L0690: Withania Complex Brochure
Product Detail Sheet available online

See Ashwaganda Quality Information on page 75

See Korean Ginseng Quality Information on page 60

MediHerb® Withania Complex

Helps the body
adapt to the
changes of
everyday life*



♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

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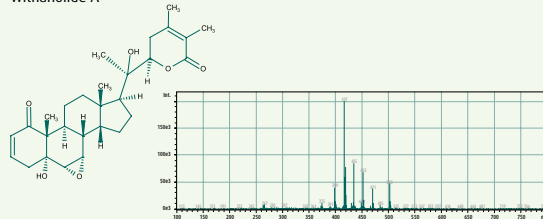
Ashwagandha Quality Story

Ashwagandha (*Withania somnifera*) is an Indian (Ayurvedic) herb which contains a group of clinically important steroidal compounds referred to collectively as withanolides.

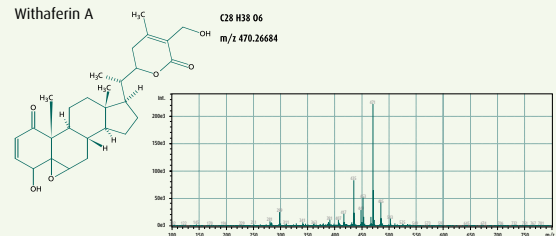
Ashwagandha contains more than fifty withanolides which vary greatly depending upon the geographic location and plant part. The withanolide profile and content is a key determinant of Ashwagandha quality and efficacy. Liquid Chromatography/Mass Spectrometry (LC/MS) is the method of choice for characterizing such a wide range of similar compounds and unequivocally identifying key major components such as withaferin A and withanolide A. This technique is used routinely in the MediHerb® Quality Control Laboratories to identify and analyze Ashwagandha and other saponin-containing herbs.

Ashwagandha (*Withania somnifera*)

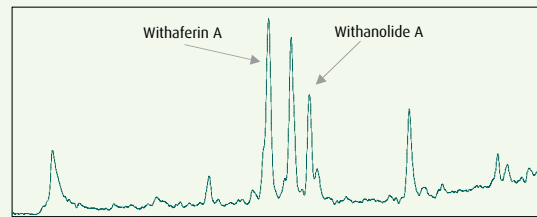
Withanolide A



Withaferin A



HPLC detection of Withanolides



Wormwood Complex



Wormwood Complex contains the following herbs: Wormwood, Black Walnut hulls, Stemona root and Clove Bud essential oil.

This combination of herbs and essential oil contains many phytochemicals including sesquiterpene lactones, terpenes, thujone, 1,4-naphthoquinones, alkaloids, flavonoids, tannins and phenolic acids.

Wormwood Complex contains herbs used traditionally to help:

- cleanse the gastrointestinal tract
- stimulate digestion
- encourage a healthy intestinal environment*

Caution: Contraindicated in pregnancy and lactation. ♦

Additional Support

- Consider Garlic Forte tablets to support immune system health.
- Combine with Vitanox® tablets to enhance and support actions of Wormwood Complex tablets.
- Combine with Gut Flora Complex capsules to help encourage a healthy intestinal environment, relieve mild gastrointestinal upset and support healthy immune system response.
- Consider Echinacea Premium tablets or liquid or Andrographis Complex tablets for enhanced immune system support.
- Consider DiGest Forte tablets or DiGest Phytosynergist® liquid to support healthy digestion and intestinal function.*

Supplement Facts

| | | |
|--|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 120 | |
| Amount per Serving | | %DV |
| Stemona root 5:1 extract from <i>Stemona sessilifolia</i> root 1.0 g | 200 mg | † |
| Black Walnut hull 4:1 extract from <i>Juglans nigra</i> hull 100 mg | 25 mg | † |
| Wormwood herb 4:1 extract from <i>Artemisia absinthium</i> herb 100 mg | 25 mg | † |
| Clove bud (<i>Syzygium aromaticum</i>) essential oil | 20 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, silicon dioxide, hypromellose, magnesium stearate and maltodextrin..

Content 120 Tablets
Product No M1490

Suggested Use

2 tablets 2 – 3 times daily before meals for 10 days repeated after a 10 day break, or as directed.

Educational Tools

L2725: GI Flora Balance Program Handout
Product Detail Sheet available online

Phytosynergist® Liquid Complexes

Adrenal Tonic Phytosynergist®



Rehmannia (*Rehmannia glutinosa*)

Adrenal Tonic Phytosynergist® contains Ashwagandha, Licorice, Rehmannia and Echinacea.

This combination of herbs contains many compounds including triterpenoid saponins (especially glycyrrhizin), other saponins, iridoid glycosides, caffeic acid derivatives, alkylamides and many flavonoids.

These herbs are traditionally used to help:

- promote healthy adrenal gland function
- facilitate the body's normal response to occasional stress
- support and maintain the body as it ages
- support healthy sleep
- support healthy immune system response
- maintain feelings of well-being when experiencing temporary stress
- help improve mental and/or physical performance after periods of mental and/or physical exertion
- help to increase energy and improve overall health*

Caution: Contraindicated in known allergy to plants of the daisy family. Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. If you have a thyroid condition, use strictly under physician direction. ♦

Additional Support

- Consider Thyroid Complex tablets to support healthy thyroid function for normal energy production.
- Consider Eleuthero or Rhodiola & Ginseng Complex tablets or Rhodiola & Schisandra tablets to promote vitality.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combines well with St John's Wort 1.8g tablets or Nevaton® Forte tablets as a tonic for the nervous system.
- Combine with Tribulus tablets to support normal hormone production in men and women, or with FemCo tablets to support women's general well-being.
- Consider Boswellia Complex or Vitanox tablets to provide antioxidant activity.
- Consider Astragalus Complex tablets to provide additional immune system support.*

Supplement Facts

| Serving size: | 5 mL (1 tsp) |
|--|--------------|
| Servings per container: | 40 |
| Amount per Serving | %DV |
| Rehmannia root 1:2 extract from <i>Rehmannia glutinosa</i> root 1.13 g | 2.25 mL † |
| Ashwagandha root 1:1 extract from <i>Withania somnifera</i> root 1.63 g | 1.63 mL † |
| Echinacea root 1:2 extract from <i>Echinacea purpurea</i> root 263 mg | 525 mL † |
| Echinacea root 1:2 extract from <i>Echinacea angustifolia</i> root 175 mg | 350 mL † |
| Licorice root extract From <i>Glycyrrhiza glabra</i> root 423 mg | 250 mL † |
| † Daily Value (DV) not established. | |

Other ingredients: Purified water, 36.5% alcohol and maltodextrin.

| | |
|--------------------|-------------------|
| Content | Product No |
| 200 mL (6.8 fl oz) | M4405 |

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice 2-3 times daily, or as directed.

Educational Tools

L0624: Adrenal Tonic Phytosynergist® Brochure
L0329: Clinical Success Made Simple With MediHerb® Handout
Product Detail Sheet available online

See Ashwaganda Quality Information on page 75
See Echinacea Quality Information on page 38

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Broncafect Phytosynergist®



Pleurisy (*Asclepias tuberosa*)

The combination of herbs found in Broncafect Phytosynergist® contains triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, pungent principles (including gingerols), an essential oil (containing monoterpenes, especially thymol) and other compounds.

These herbs and their constituents work together to:

- support healthy respiratory tract function
- maintain healthy mucosal tissue
- support normal mucus flow
- support the body's natural ability to break up respiratory secretions
- enhance immune system function
- promote healthy white blood cells
- promote healthy throat tissue
- assist the body in maintaining normal body temperature already within a normal range
- promote the body's normal resistance function*

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Contraindicated in known allergy to plants of the daisy family. ♦

Additional Support

- Consider Andrographis Complex tablets for extra immune system support.
- Combine with Herbal Throat Spray Phytosynergist® to soothe mild irritations of the throat, freshen breath and maintain healthy mucosal tissue in the upper respiratory tract.
- For extra respiratory support and immune system response combine with hot Peppermint or Ginger tea.*

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Echinacea root 1:2 extract from <i>Echinacea angustifolia</i> root 500 mg | 1.0 mL | † |
| Licorice root extract from <i>Glycyrrhiza glabra</i> root 1.7 g | 1.0 mL | † |
| Pleurisy root 1:2 extract from <i>Asclepias tuberosa</i> root 500 mg | 1.0 mL | † |
| Thyme leaf 1:2 extract from <i>Thymus vulgaris</i> leaf 500 mg | 1.0 mL | † |
| Ginger rhizome 1:2 extract from <i>Zingiber officinale</i> rhizome 250 mg | 500 mL | † |
| White Horehound herb 1:2 extract from <i>Marrubium vulgare</i> herb 250 mg | 500 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water, 48% alcohol and maltodextrin.

| Content | Product No |
|--------------------|------------|
| 200 mL (6.8 fl oz) | M4410 |

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

See **Echinacea Quality Information on page 38**

Capsella Complex Phytosynergist®



False Unicorn (*Chamaelirium luteum*)

Capsella Complex Phytosynergist® contains the following herbs: Dong Quai, Shepherd's Purse, False Unicorn and White Peony.

This combination of herbs contains many compounds including an essential oil (consisting mainly of ligustilide and n-butylidene phthalide), sterols, flavonoids, glucosinolates, steroidal saponins and a unique monoterpene glycoside called paeoniflorin.

Together these herbs and the compounds within them help:

- promote healthy female reproductive system function
- relieve menstrual discomfort
- maintain normal menstrual flow
- promote normal tone within the female reproductive system
- support healthy blood
- support healthy circulation
- support the body's natural defenses against emotional and environmental stressors*

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combine with Chaste Tree tablets to support female reproductive system health.
- Combine with FemCo tablets to encourage healthy menstrual cycling.
- Consider Withania Complex tablets to benefit the entire body and promote vitality and stamina.
- Combine with Wild Yam Complex tablets for relief from discomfort associated with menopause.
- Consider Fe-Max Iron Tonic Phytosynergist® to promote and support normal blood production.
- Combine with Nevaton® Forte tablets to support healthy nervous system response and encourage balance between the body and mind.*

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Dong Quai root 1:2 extract from <i>Angelica polymorpha</i> (<i>A. sinensis</i>) root 750 mg | 1.5 mL | † |
| False Unicorn root 1:2 extract from <i>Chamaelirium luteum</i> root 625 mg | 1.25 mL | † |
| Shepherd's Purse herb 1:2 extract from <i>Capsella bursa-pastoris</i> herb 625 mg | 1.25 mL | † |
| White Peony root 1:2 extract from <i>Paeonia lactiflora</i> root 500 mg | 1.0 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 40% alcohol.

Content 200 mL (6.8 fl oz) **Product No** M4420

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

See Paeonia Quality Information on page 42

MediHerb® Capsella Complex Phytosynergist®

Supports
healthy
female
reproductive
function*



DiGest Phytosynergist®



Chamomile (*Matricaria recutita*)

The combination of herbs in DiGest Phytosynergist® contains many compounds including bitter principles of the secoiridoid type (especially gentiopicrin and amarogentin), caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, an essential oil (containing α -bisabolol), flavonoids, flavanolignans (collectively known as silymarin), sesquiterpene lactones, phenolic acids and sterols.

Together these herbs and the compounds within them help:

- stimulate gastric juice output and appetite
- support healthy digestion and intestinal function
- promote healthy gastrointestinal tone
- promote healthy intestinal flora
- cleanse the liver
- enhance immune system function
- promote normal response to environmental stresses*

Caution: Contraindicated in known allergy to plants of the daisy family. Contraindicated in gastric or duodenal ulcers unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Additional Support

- Combines well with Livton® Complex tablets for healthy liver function.
- Consider Gymnema tablets to help suppress normal cravings for sugar in the diet.
- Combine with Withania Complex tablets to benefit the entire body.
- Eat wholesome fiber-rich foods.*

Supplement Facts

| | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Chamomile flower 1:2 extract from <i>Matricaria recutita</i> flower 750 mg | 1.5 mL | † |
| Dandelion root 1:2 extract from <i>Taraxacum officinale</i> root 500 mg | 1.0 mL | † |
| Echinacea root 1:2 extract from <i>Echinacea angustifolia</i> root 500 mg | 1.0 mL | † |
| Milk Thistle seed 1:1 extract from <i>Silybum marianum</i> seed 1.0 g | 1.0 mL | † |
| Gentian root 1:2 extract from <i>Gentiana lutea</i> root 100 mg | 200 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 50% alcohol.

Content 200 mL (6.8 fl oz)
Product No M4450

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice 3–5 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

See Chamomile Quality Information on page 33

See Milk Thistle Quality Information on page 64

MediHerb® DiGest Phytosynergist®

Supports healthy
digestion and
intestinal function*



♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Fe-Max Iron Tonic Phytosynergist®



Codonopsis (Codonopsis pilosula)

The combination of herbs in Fe-Max Iron Tonic Phytosynergist® contains many compounds including triterpenes, sterols, flavonoids, steroidal compounds, alkaloids, triterpenoid saponins (especially glycyrrhizin), other saponins, an essential oil (consisting of terpenoids), pungent principles, minerals and silicon.

The herbs and nutrients in Fe-Max Iron Tonic Phytosynergist® work together to:

- maintain healthy blood
- promote and support normal blood production
- support good nutrition
- encourage healthy digestion
- stimulate healthy circulation
- promote vitality
- promote an overall feeling of well-being*

Caution: Contraindicated in hemochromatosis and high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation, if you have a medical condition or are taking any medication. If you have a thyroid condition, use strictly under physician direction. ♦

Additional Support

- Combines well with Withania Complex tablets or Rhodiola & Ginseng Complex tablets or Rhodiola & Schisandra tablets to promote vitality and stamina.
- Consider DiGest Forte tablets or DiGest Phytosynergist® liquid for healthy digestion.
- Consider Chaste Tree tablets for female reproductive health.*

| Supplement Facts | | |
|---|---------------|-------|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Total Carbohydrates | Less than 1 g | < 1%* |
| Vitamin C (as Ascorbic acid) | 5 mg | 6% |
| Iron (from iron amino acid chelate) | 5 mg | 30% |
| Vitamin B2 (Riboflavin) | 2.5 mg | 190% |
| Vitamin B6 (Pyridoxine hydrochloride) | 2.5 mg | 150% |
| Vitamin B12 (Cyanocobalamin) | 1.5 mcg | 60% |
| Codonopsis root 1:2 extract from <i>Codonopsis pilosula</i> root 500 mg | 1.0 mL | † |
| Nettle leaf 1:2 extract from <i>Urtica dioica</i> leaf 500 mg | 1.0 mL | † |
| Licorice root 4:1 extract from <i>Glycyrrhiza glabra</i> root 500 mg | 125 mg | † |
| Ashwagandha root 12:1 extract from <i>Withania somnifera</i> root 1.2 g | 100 mg | † |
| Ginger rhizome 1:2 extract from <i>Zingiber officinale</i> rhizome 50 mg | 100 mcL | † |
| Stevia leaf 1:2 extract from <i>Stevia rebaudiana</i> leaf 50 mg | 100 mcL | † |
| *Percent Daily Values (DV) based on a 2,000 calorie diet † Daily Value (DV) not established. | | |

Other ingredients: Purified water, glycerol, alcohol, fruit and root juice concentrates (grape, beet, apple, pear and lemon), natural flavor, maltodextrin, potassium sorbate, thiamin, silicon dioxide, citric acid and sodium citrate.

Content **Product No**
200 mL (6.8 fl oz) M4460

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice 2–3 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

See Ashwagandha Quality Information on page 75

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

*** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

Herbal Throat Spray Phytosynergist®



Marshmallow (*Althaea officinalis*)

Herbal Throat Spray contains the following herbs: Marshmallow root, Sage, *Echinacea angustifolia* root, Calendula, Myrrh and Clove bud.

This combination of herbs contains many phytochemicals including mucilage, essential oils (containing monoterpenes and sesquiterpenes, including eugenol), phenolic compounds, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, triterpenoid saponins, triterpene alcohols and their esters, flavonoids, sterols, carotenes and commiphoric acids and esters.

Together these herbs and their constituents are used traditionally to help:

- support healthy upper respiratory tissue and respiratory tract function
- maintain healthy mucosal tissue in the upper respiratory and upper gastrointestinal tracts
- promote healthy throat tissue
- promote oral health
- relieve mild irritations of the mucous membranes of the mouth or throat
- soothe the throat
- freshen breath*

Caution: Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Not suitable for children under 2 years of age. ♦

Additional Support

- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for further immune system support.
- Consider combining with Sinus Forte tablets, ResCo® tablets or Broncafect® tablets for healthy respiratory tract tissue.
- Combine with Withania Complex tablets or Rhodiola & Ginseng Complex tablets or Rhodiola & Schisandra tablets to benefit the entire body particularly in times of stress.*

| Supplement Facts | | |
|---|--------------------|---|
| Serving size: | 4 Sprays (500 mcl) | |
| Servings per container: | 50 | |
| Amount per Serving | %DV | |
| Marshmallow root 1:5 glycectract from <i>Althaea officinalis</i> root 40 mg | 200 mcl | † |
| Sage aerial parts 1:2 extract from <i>Salvia officinalis</i> aerial parts 30 mg | 60 mcl | † |
| Calendula flower 1:2 extract from <i>Calendula officinalis</i> flower 10 mg | 20 mcl | † |
| Echinacea root 1:2 extract from <i>Echinacea angustifolia</i> root 10 mg | 20 mcl | † |
| Myrrh oleo-gum resin 1:5 extract from <i>Commiphora malmol</i> stem oleo-gum resin 1 mg | 5 mcl | † |
| Clove (<i>Syzygium aromaticum</i>) bud essential oil | 1.25 mcl | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water, glycerol, alcohol 16.5%, methyl hydroxybenzoate and propyl hydroxybenzoate (preservatives) and menthol.

| | |
|--------------------|-------------------|
| Content | Product No |
| 25 mL (0.85 fl oz) | M4465 |

Suggested Use

4 sprays into the mouth every 1-2 hours and swallow, or as directed.

Educational Tools

L0450: Herbal Throat Spray Brochure
Product Detail Sheet available online

See Echinacea Quality Information on page 38

MediHerb® Herbal Throat Spray

Promote Healthy
Throat Tissue

- Soothes the throat
- Promotes oral health
- Freshens the breath
- Convenient pump spray bottle*



ResCo Phytosynergist®



Mullein (*Verbascum thapsus*)

ResCo Phytosynergist® combines herbs and an essential oil which provide respiratory system support.

These herbs provide a range of compounds including iridoids, triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, triterpenes, sterols, phenolic acids, sesquiterpene lactones, polyacetylenes, pungent principles (including gingerols), and monoterpenes (especially trans-anethole, fenchone and estragole).

These key phytochemicals and other compounds within this herbal formulation work to:

- support healthy mucous membranes within the respiratory tract
- encourage healthy removal of mucus
- support healthy respiratory function
- assist in maintaining healthy airway passages
- encourage normal secretion removal from the respiratory system
- promote the body's normal resistance function*

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Contraindicated in known allergy to Elecampane. ♦

Additional Support

- Combine with Echinacea Premium tablets or liquid or Andrographis Complex tablets for additional immune system support.
- Consider Sinus Forte tablets to help maintain normal respiratory tract function and normal mucus secretion in nasal passages.
- Consider PulmaCo tablets to support free and clear breathing.
- Eliminate smoking.*

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Mullein leaf 1:2 extract from <i>Verbascum thapsus</i> leaf 625 mg | 1.25 mL | † |
| Licorice root extract from <i>Glycyrrhiza glabra</i> root 1.7 g | 1.0 mL | † |
| Elecampane root 1:2 extract from <i>Inula helenium</i> root 372.5 mg | 745 mL | † |
| Euphorbia herb 1:2 extract from <i>Euphorbia hirta</i> herb 372.5 mg | 745 mL | † |
| Grindelia herb 1:2 extract from <i>Grindelia camporum</i> herb 372.5 mg | 745 mL | † |
| Ginger rhizome 1:2 extract from <i>Zingiber officinale</i> rhizome 250 mg | 500 mL | † |
| Fennel (<i>Foeniculum vulgare</i>) essential oil | 15 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water, 46% alcohol and maltodextrin.

Content 200 mL (6.8 fl oz)
Product No M4490

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

UriCo Phytosynergist®



UriCo Phytosynergist® contains a blend of herbs to support normal urinary system function.

These herbs provide a range of compounds including mucilage, an essential oil (consisting mainly of the monoterpene diosphenol), flavonoids, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, triterpenoid saponins (especially glycyrrhizin) and other saponins.

These key phytochemicals and other compounds within this herbal formulation work to:

- support healthy mucous membranes within the urinary tract
- support healthy urinary tract function
- maintain healthy urinary tract tissue
- support healthy prostate tissue
- enhances the immune system*

Caution: Contraindicated in known allergy to plants of the daisy family. Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Not to be taken long-term. ♦

Additional Support

- Combine with Echinacea Premium tablets or liquid or Andrographis Complex tablets for additional immune system support.
- Consider Golden Seal 500mg tablets for mucous membrane health.
- Increase water intake.*

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Couch Grass rhizome 1:1 extract from <i>Elymus repens</i> rhizome 1.5 g | 1.5 mL | † |
| Echinacea root 1:2 extract from <i>Echinacea angustifolia</i> root 625 mg | 1.25 mL | † |
| Licorice root extract from <i>Glycyrrhiza glabra</i> root 2.1 g | 1.25 mL | † |
| Buchu leaf 1:2 extract from <i>Agathosma betulina</i> leaf 500 mg | 1.0 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water, 40% alcohol and maltodextrin.

Content 200 mL (6.8 fl oz)
Product No M4500

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

See Echinacea Quality Information on page 38

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

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Liquid Extracts

Unique Extraction: 1:2 Cold Percolation Process

The MediHerb® 1:2 Cold Percolation method is unlike other herbal extraction processes; no heat or concentration are used, both of which may cause damage to the delicate plant material.

In addition to the herb itself, we use raw materials in manufacturing our herbal extracts, which are manufactured using pharmaceutical grade ethanol and purified water to allow for broader extraction.

The greatest care is taken to prevent any contamination from outside sources throughout the extraction process:

- all extraction equipment is designed and built from stainless steel
- air used in the manufacturing complex is thoroughly cleansed using pharmaceutical standard filtering units

Quantified Activity = Quality Assured

The Quantified Activity Program is unique to MediHerb® and to date has quantified over 70 herbs under the guidance of Kerry Bone.

Quantified Activity extracts are guaranteed through quality assurance to contain a minimum level of specific key constituents, determined by the latest research and clinical experience and consistency from batch to batch.

Standardized Extracts

Standardized extracts are different to quantified activity extracts in that they are guaranteed to contain a specific level (rather than a minimum level) of a key constituent stated on the label.

The Quantified Activity and Standardized extracts are denoted in the liquid extract entries. For more information regarding Quantified Activity, please see page 6 of the MediHerb® Philosophy section.



Advantages of Using Liquid Herbs



The key advantages of using liquid herbs is that formulas can be customized for each individual patient. Three patients could all present joint health-related issues, but each one could have a different combination – one person’s joint health issue may be accompanied by temporary pain associated with strenuous exercise, the next with difficulty with sleeping and another who is tired or stressed out. Using individualized formulas, based on research from recognized texts, allows practitioners to create custom formulas to ensure that each patient is receiving the optimal remedy for their needs.

Customized liquid blends promote confidence and loyalty because patients know that this is their own personal blend which is not commercially available.

Other advantages for using liquids:

- Extremely easy to take.
- Price value in relation to clinical value. Liquids are an excellent way of getting a potent dose in a concentrated form.
- Liquids are great for people who have difficulty swallowing tablets and can be mixed with syrups for ease of administration.
- Bioavailability – herbal extracts are readily absorbed, therefore the active principles can be delivered much faster than the majority of tablets or capsules, which must first be broken down by the digestive tract. This is especially valuable for a person with slow digestion or those needing immediate results.
- Taste issues can be easily overcome by adding the herbs to delicious flavors such as dark grape juice or herbal extract flavoring mixes.*



◆ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

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Albizia 1:2



Albizia (*Albizia lebeck*)

Albizia contains saponins and other compounds. Albizia may help to:

- promote healthy upper respiratory and skin function
- assist in maintaining healthy breathing passages to support free and clear breathing
- respond normally to occasional seasonal stresses
- support normal immune system response (particularly in the upper respiratory and gastrointestinal tract)
- support the body's organs of elimination
- promote the body's normal resistance function
- support healthy response to environmental stresses*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Albizia bark 1:2 extract from <i>Albizia lebeck</i> bark 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 23% alcohol.

| Content | Product No |
|--------------------|------------|
| 200 mL (6.8 fl oz) | M6600 |

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Ashwagandha 1:1

Standardized



Ashwagandha (*Withania somnifera*)

Ashwagandha contains naturally occurring steroidal compounds, alkaloids and other phytochemicals that together produce a tonic and adaptogenic effect for the entire body.

Ashwagandha 1:1 is standardized to contain 2.0 mg/mL of withanolides to ensure optimal strength and quality.

Ashwagandha is used traditionally to:

- encourage healthy response to environmental stresses
- ease the effects of temporary everyday life changes
- promote an overall feeling of well-being
- support the body as it ages*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. If you have a thyroid condition, use strictly under physician direction. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Ashwagandha root 1:1 extract from <i>Withania somnifera</i> root 5.0 g Containing withanolides 10 mg | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

| Content | Product No |
|--------------------|------------|
| 200 mL (6.8 fl oz) | M6620 |

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

See Ashwagandha Quality Information on page 75

Astragalus 1:2



Astragalus (*Astragalus membranaceus*)

Astragalus contains triterpenoid saponins, flavonoids, sterols and other compounds that serve as a tonic with ability to:

- restore and enhance the body's immune system
- support healthy adrenal and digestive function
- maintain healthy cardiovascular function
- promote a healthy physical, mental and emotional response to everyday stressors*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Astragalus root 1:2 extract from <i>Astragalus membranaceus</i> root 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 23% alcohol.

| Content | Product No |
|--------------------|------------|
| 200 mL (6.8 fl oz) | M6630 |

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Bacopa 1:2



Bacopa (*Bacopa monnieri*)

Bacopa contains dammarane saponins, flavonoids, sterols and other compounds which combine as a tonic to:

- support normal memory function
- support brain function
- promote mental clarity, concentration and focus*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Bacopa herb 1:2 extract from <i>Bacopa monnieri</i> herb 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 23% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M6640

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Black Cohosh 1:2

Quantified Activity



Black Cohosh (*Cimicifuga racemosa*)

Black Cohosh contains triterpene glycosides, isoflavones, resin and other compounds.

Black Cohosh 1:2 contains a minimum of 15 mg/mL of triterpene glycosides (as 27-deoxyactein) to ensure optimal strength and quality.

The substances in Black Cohosh work together to:

- ease the effects of menopause and menstruation
- promote a natural, healthy balance within the female endocrine system
- promote the body's normal resistance function
- maintain and support healthy joints*

Caution: Contraindicated in pregnancy, lactation and in women with estrogen-dependent tumors such as breast cancer. Caution in patients with liver problems, who frequently use alcohol or take any medications. ♦

| Supplement Facts | | |
|---|--------|-----|
| Serving size: | 2.5 mL | |
| Servings per container: | 80 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Black Cohosh root 1:2 extract from <i>Cimicifuga racemosa</i> root 1.25 g Containing triterpene glycosides as 27-deoxyactein 37.5 mg | 2.5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 60% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M6680

Suggested Use

Dilute 2.5 mL (approx. ½ teaspoon) in water or juice once per day, or as directed.

Black Walnut Hulls 1:10



Black Walnut (*Juglans nigra*)

Black Walnut Hulls contain naphthoquinones (especially juglone) and other compounds which help:

- cleanse the gastrointestinal tract
- support proper digestion
- promote healthy intestinal organism balance
- help maintain healthy skin*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Black Walnut hull 1:10 extract from <i>Juglans nigra</i> hull 500 mg | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 60% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M6700

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

*** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

Bugleweed 1:2



Bugleweed (*Lycopus* spp.)

Bugleweed contains phenolics, flavonoids and other compounds which:

- maintain normal thyroid function
- support a healthy cardiovascular system
- support healthy metabolism*

Caution: Contraindicated in pregnancy and lactation. Contraindicated in hypothyroidism and enlargement of the thyroid without functional disorder. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Bugleweed herb 1:2 extract from <i>Lycopus</i> spp. herb 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 23% alcohol.

Content 200 mL (6.8 fl oz) **Product No** M6740

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Bupleurum 1:2



Bupleurum (*Bupleurum falcatum*)

Bupleurum contains triterpenoid saponins (called saikosaponins), sterols and other phytochemicals that actively:

- promote healthy liver function
- support adrenal gland health
- stimulate protein synthesis
- promote the body's normal resistance function*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Bupleurum root 1:2 extract from <i>Bupleurum falcatum</i> root 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

Content 200 mL (6.8 fl oz) **Product No** M6750

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Burdock 1:2



Burdock (*Arctium lappa*)

Burdock contains an essential oil, acetylenic compounds, phenolic acids and other substances that work together to:

- support healthy blood
- support healthy liver and gallbladder function
- support normal flushing of toxins from the body
- encourage the healthy function of the organs of elimination
- boost the immune system and the body's natural resistance function
- help keep skin healthy*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Burdock root 1:2 extract from <i>Arctium lappa</i> root 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 23% alcohol.

Content 200 mL (6.8 fl oz) **Product No** M6760

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Calendula 1:2



Calendula (*Calendula officinalis*)

Calendula contains triterpenoid saponins, triterpene alcohols and their esters, flavonoids, sterols, carotenes and other compounds which together:

- help maintain healthy skin
- support the body's normal tissue repair process
- promote healthy vascular system function
- promote healthy mucosal tissue within the upper gastrointestinal tract
- encourage healthy menstrual cycling
- support healthy lymphatic system function
- support the integrity of the oral mucosa*

Caution: Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Supplement Facts

| | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 25 | |
| Calendula flower 1:2 extract from <i>Calendula officinalis</i> flower 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: 90% alcohol and purified water.

Content **Product No**
200 mL (6.8 fl oz) M6770

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

California Poppy 1:2



California Poppy (*Eschscholzia californica*)

California Poppy contains alkaloids, flavonoids and other compounds which work together to help:

- support the body's ability to cope with normal environmental stress
- enhance the ability to relax during the night
- ease the discomfort caused by exercise-related aches and pains*

Caution: Contraindicated in pregnancy and lactation. ♦

Supplement Facts

| | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| California Poppy herb 1:2 extract from <i>Eschscholzia californica</i> herb 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M6780

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Celery Seed 1:2

Quantified Activity



Celery (*Apium graveolens*)

Celery Seed contains an essential oil (consisting of terpenes and phthalides), flavonoids and other substances.

Celery Seed 1:2 contains a minimum of 10 mg/mL of phthalides (as butylphthalide and sedanolide) to ensure optimal strength and quality.

The substances in Celery Seed work together to:

- encourage normal pH in the presence of high dietary intake of acid-forming foods
- support healthy urinary system function
- promote the body's normal, protective resistance function
- maintain and support healthy joints*

Caution: Contraindicated in kidney disorders. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Supplement Facts

| | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Celery Seed fruit 1:2 extract from <i>Apium graveolens</i> fruit 2.5 g Containing phthalides as butylphthalide and sedanolide 50 mg | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 60% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M6800

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

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Chamomile 1:2



Chamomile (*Matricaria recutita*)

Chamomile 1:2 contains an essential oil (containing α -bisabolol, chamazulene, bisabolol oxides), flavonoids and other compounds.

These phytochemicals in Chamomile 1:2 work together to:

- reduce occasional gas build-up in the intestines
- encourage relaxation and support a healthy nervous system response
- support normal intestinal motility
- support the integrity of the intestinal mucosa
- support healthy digestion and appetite
- stimulate the body's normal tissue restoration functions*

Caution: Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Chamomile flower 1:2 extract from <i>Matricaria recutita</i> flower 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 60% alcohol.

| Content | Product No |
|--------------------|------------|
| 200 mL (6.8 fl oz) | M6805 |

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

See Chamomile Quality Information on page 33

Chaste Tree 1:2



Chaste Tree (*Vitex agnus-castus*)

Chaste Tree contains flavonoids (especially methoxylated flavones), iridoid glycosides (such as aucubin), sesquiterpenes, an essential oil and other compounds which together:

- promote a natural, healthy balance within the female endocrine system (particularly in relation to supporting normal progesterone levels)
- encourage healthy menstrual cycling
- ease discomfort associated with premenstrual syndrome
- support normal reproductive function in women
- maintain healthy skin in circumstances requiring a normal hormone balance (in men and women)
- ease temporary feelings of tension associated with the menstrual cycle*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|------|-----|
| Serving size: | 1 mL | |
| Servings per container: | 200 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Chaste Tree fruit 1:2 extract from <i>Vitex agnus-castus</i> fruit 500 mg | 1 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 60% alcohol.

| Content | Product No |
|--------------------|------------|
| 200 mL (6.8 fl oz) | M6820 |

Suggested Use

Dilute 1 – 4 mL (approx. 50 – 200 drops) in water or juice once per day, or as directed.

See Chaste Tree Quality Information on page 31

Cinnamon Quills 1:4



Cinnamon (*Cinnamomum cassia*)

Cinnamon Quills contain an essential oil with the major constituent being cinnamic aldehyde (cinnamaldehyde), other phenylpropanes, terpenes and other compounds that work together to:

- support peripheral blood circulation
- encourage healthy perspiration function
- enhance the body's natural ability to break down respiratory tract secretions
- support normal intestinal motility
- promote healthy digestion
- help keep the digestive system healthy
- maintain healthy blood sugar levels already within a normal range when combined with a balanced diet*

Caution: Contraindicated in pregnancy and lactation. Contraindicated in known allergy to Cinnamon and Peruvian Balsam. ♦

| Supplement Facts | | |
|---|------|-----|
| Serving size: | 8 mL | |
| Servings per container: | 25 | |
| Amount per Serving | | %DV |
| Calories | 32 | |
| Cinnamon Quills bark 1:4 extract from <i>Cinnamomum cassia</i> bark 2 g | 8 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: 70% alcohol and purified water.

| Content | Product No |
|--------------------|------------|
| 200 mL (6.8 fl oz) | M6832 |

Suggested Use

Dilute 8 mL in water or juice once per day, or as directed.

Cleavers 1:2



Cleavers (*Galium aparine*)

Cleavers contains iridoid glycosides, phenolic acids and other compounds to:

- support lymphatic system function
- support normal flushing of toxins from the body
- encourage healthy fluid levels
- promote healthy skin*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Cleavers herb 1:2 extract from <i>Galium aparine</i> herb 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 23% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M6840

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Coleus 1:1

Quantified Activity



Coleus (*Coleus forskohlii*)

Coleus contains the diterpene forskolin as a major constituent.

Coleus 1:1 contains a minimum of 2.5 mg/mL of forskolin to ensure optimal strength and quality.

The compounds in Coleus, and forskolin in particular, work together to:

- support a healthy cardiovascular system
- relax smooth muscle
- help maintain normal blood pressure already within a normal range
- support and maintain cellular health
- enhance nutrient absorption
- promote healthy digestion*

Caution: Contraindicated in hypotension. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Coleus root 1:1 extract from <i>Coleus forskohlii</i> root 5.0 g Containing forskolin 12.5 mg | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water, maltodextrin and 60% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M6850

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Damiana 1:2



Damiana (*Turnera diffusa*)

Damiana contains an essential oil (containing sesquiterpenes and monoterpenes), arbutin, resins and other compounds which:

- support normal male and female physiology and function
- support healthy digestion
- provide a soothing nerve tonic to ease the effects of everyday tension*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Damiana leaf 1:2 extract from <i>Turnera diffusa</i> leaf 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 60% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M6890

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

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Dandelion Leaves 1:1



Dandelion (*Taraxacum officinale*)

Dandelion Leaves contain sesquiterpene lactones, triterpenes, sterols, vitamins, minerals and other compounds that traditionally work to:

- encourage healthy fluid levels
- stimulate healthy urinary flow*

Caution: Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Dandelion leaf 1:1 extract from <i>Taraxacum officinale</i> leaf 5.0 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 23% alcohol.

Content 200 mL (6.8 fl oz)
Product No M6900

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Dandelion Root 1:2



Dandelion (*Taraxacum officinale*)

Dandelion Root contains sesquiterpene lactones, phenolic acids, triterpenes, sterols, vitamins, minerals and other substances that together:

- support healthy liver and gallbladder function by supporting bile production to digest fats, and by assisting the liver in natural filtration and neutralization of accumulated toxins
- encourage natural function among the body's major organs of elimination*

Caution: Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Dandelion root 1:2 extract from <i>Taraxacum officinale</i> root 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 23% alcohol.

Content 200 mL (6.8 fl oz)
Product No M6910

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Dong Quai 1:2



Dong Quai (*Angelica polymorpha*)

Dong Quai contains an essential oil (consisting mainly of ligustilide and n-butylidene phthalide), sterols and other compounds that together:

- promote healthy female reproductive system function
- ease the effects of menopause and menstruation
- promote and support normal blood production
- provide temporary relief of occasional, mild constipation
- support and maintain normal fluid levels around joints
- support the body's natural defenses against emotional and environmental stressors
- help maintain healthy circulation*

Caution: Contraindicated in the first trimester of pregnancy, especially in higher doses. Not to be used in severe menorrhagia. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Dong Quai root 1:2 extract from <i>Angelica polymorpha</i> (<i>A. sinensis</i>) root 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

Content 200 mL (6.8 fl oz)
Product No M6920

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Echinacea Premium[®]

Echinacea Premium 1:2

Quantified Activity



Echinacea (*Echinacea angustifolia*)

Echinacea Premium 1:2 combines the roots of *Echinacea angustifolia* and *Echinacea purpurea* to enlist properties unique to each.

The blending of these two plant species ensures that the specific caffeic acid derivatives (cichoric acid, echinacoside, cynarin) and the lipophilic components (especially alkylamides) are present in appropriate quantities. This product contains a minimum of 1.5 mg/mL of alkylamides to ensure optimal strength and quality.

These substances work together to:

- support healthy immune system function
- support healthy immune system response following stress
- may stimulate normal interferon production for healthy immune system response
- encourage healthy upper respiratory tract function*

Caution: Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Echinacea Purpurea 1:2

Quantified Activity



Echinacea (*Echinacea purpurea*)

Echinacea purpurea root contains caffeic acid derivatives (especially cichoric acid) and lipophilic components (especially alkylamides) and other phytochemicals.

Echinacea Purpurea 1:2 contains a minimum of 1.0 mg/mL of alkylamides to ensure optimal strength and quality.

These substances work together to:

- enhance immune system function
- support healthy immune system response following stress
- support the tissue cleansing activity of the lymphatic system
- support normal white blood cell activity
- support normal response to environmental stresses
- promote healthy lung function
- support healthy upper respiratory tissue*

Caution: Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Supplement Facts

| | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40, 93 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Echinacea root 1:2 extract from <i>Echinacea purpurea</i> root 1.5 g | 3 mL | † |
| Echinacea root 1:2 extract from <i>Echinacea angustifolia</i> root 1.0 g | 2 mL | † |
| Total alkylamides from both extracts 7.5 mg | | |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 60% alcohol.

| Content | Product No |
|---------------------|------------|
| 200 mL (6.8 fl oz) | M6930 |
| 465 mL (15.7 fl oz) | M6934 |

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Educational Tools

L0815: Echinacea Premium – Nature’s Everyday Immune Support Handout

L4912: Immune System Health Handout

L0806: MediHerb[®] Echinacea Research Handout

L0332: MediHerb[®] The Quality Choice for Practitioners Handout

[See Echinacea Quality Information on page 38](#)

Supplement Facts

| | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Echinacea root 1:2 extract from <i>Echinacea purpurea</i> root 2.5 g | 5 mL | † |
| Containing alkylamides 5.0 mg | | |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 60% alcohol.

| Content | Product No |
|--------------------|------------|
| 200 mL (6.8 fl oz) | M6940 |

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Educational Tools

L0815: Echinacea Premium – Nature’s Everyday Immune Support Handout

L0806: MediHerb[®] Echinacea Research Handout

[See Echinacea Quality Information on page 38](#)

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

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Echinacea Purpurea 1:3 Glycetract



Echinacea (*Echinacea purpurea*)

Echinacea purpurea root contains caffeic acid derivatives (especially cichoric acid) and lipophilic components (especially alkylamides) and other phytochemicals which work together to:

- enhance immune system function
- support healthy immune system response following stress
- support the tissue cleansing activity of the lymphatic system
- support normal white blood cell activity
- support normal response to environmental stresses
- promote healthy lung function
- support healthy upper respiratory tissue*

Caution: Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Echinacea root 1:3 extract from <i>Echinacea purpurea</i> root | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water, glycerol, potassium sorbate and <5% alcohol.

Content 200 mL (6.8 fl oz)
Product No M6950

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

See Echinacea Quality Information on page 38

Eleuthero 1:2

Standardized



Eleuthero (*Eleutherococcus senticosus*)

Eleuthero contains a diverse group of constituents called eleutherosides, triterpenoid saponins and other compounds.

Eleuthero 1:2 is standardized to contain 0.5 mg/mL of eleutheroside E to ensure optimal strength and quality.

The phytochemicals in Eleuthero work together to:

- enhance the body's natural ability to adapt to temporary stress
- support physical and mental endurance
- ease the effects of heavy exercise
- promote vitality
- restore and enhance immune system function
- act as a general tonic*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40, 93 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Eleuthero root 1:2 extract from <i>Eleutherococcus senticosus</i> root | 5 mL | † |
| Containing eleutheroside E 2.5 mg | | |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water, 45% alcohol, glycerol and maltodextrin.

Content 200 mL (6.8 fl oz)
465 mL (15.7 fl oz)
Product No M7420
M7424

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Eyebright 1:2



Eyebright (*Euphrasia officinalis*)

Eyebright contains iridoid glycosides (especially aucubin), flavonoids and other substances that work together to:

- assist in maintaining healthy breathing passages to support free and clear breathing
- help maintain healthy mucus function
- maintain healthy eyes
- promote healthy immune system response to environmental stresses
- support healthy upper respiratory function*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Eyebright herb 1:2 extract from <i>Euphrasia officinalis</i> herb | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

Content 200 mL (6.8 fl oz)
Product No M6980

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Ginger 1:2



Ginger (*Zingiber officinale*)

Ginger contains an essential oil (consisting of terpenoids), pungent principles (including gingerols) and other compounds which help:

- ease the effects of occasional upset stomach
- promote healthy circulation
- support a healthy response to environmental stresses
- support normal healthy platelet function and prostaglandin activity in a normal system
- cleanse the colon and promote healthy digestion
- support and help maintain normal body temperature
- promote the body's normal resistance function
- maintain and support healthy joints*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------|-----|
| Serving size: | 2.5 mL | |
| Servings per container: | 80 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Ginger rhizome 1:2 extract from <i>Zingiber officinale</i> rhizome 1.25 g | 2.5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: 90% alcohol and purified water.

Content 200 mL (6.8 fl oz) **Product No** M7010

Suggested Use

Dilute 2.5 mL (approx. ½ teaspoon) in water or juice once per day, or as directed.

Ginkgo 2:1

Standardized



Ginkgo (*Ginkgo biloba*)

Ginkgo leaves contain flavonoids, terpene lactones (including ginkgolides and bilobalide) and other compounds.

Ginkgo 2:1 is standardized to contain 9.6 mg/mL of ginkgo flavonglycosides (ginkgo flavone glycosides) to ensure optimal strength and quality.

Ginkgo can:

- provide antioxidant activity
- support normal memory function
- promote mental clarity
- maintain healthy eyes
- support normal hearing function
- support the body as it ages
- help maintain proper energy
- support a healthy cardiovascular system
- support healthy blood function
- support healthy oxygen flow to the brain and peripheral areas of the body*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|--|------|-----|
| Serving size: | 1 mL | |
| Servings per container: | 200 | |
| Amount per Serving | | %DV |
| Ginkgo leaf 2:1 extract from <i>Ginkgo biloba</i> leaf 2.0 g Containing ginkgo flavonglycosides 9.6 mg | 1 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 50% alcohol.

Content 200 mL (6.8 fl oz) **Product No** M7020

Suggested Use

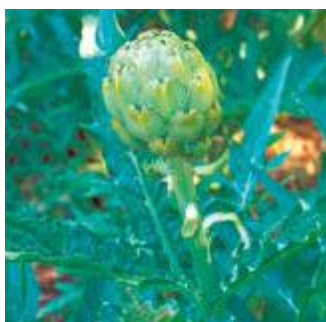
Dilute 1 mL (approx. 50 drops) in water or juice 3 times per day, or as directed.

Educational Tools

L0332: MediHerb® The Quality Choice for Practitioners Handout

See Ginkgo Quality Information on page 45

Globe Artichoke 1:2



Globe Artichoke (*Cynara scolymus*)

Globe Artichoke contains sesquiterpene lactones, caffeic acid derivatives, and flavonoids to:

- support gallbladder function
- maintain normal cholesterol levels already in a normal range
- support healthy liver function and tissue integrity
- protect liver tissue by supporting normal cellular defenses
- support normal bile production and secretion
- promote a proper intestinal environment and stimulate digestion
- encourage healthy fluid levels
- help maintain healthy blood
- support healthy digestion*

Caution: Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Globe Artichoke leaf 1:2 extract from <i>Cynara scolymus</i> leaf 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 60% alcohol.

Content 200 mL (6.8 fl oz) **Product No** M7030

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Golden Seal 1:3

Quantified Activity



Golden Seal (*Hydrastis canadensis*)

Golden Seal contains alkaloids (especially hydrastine and berberine) and other phytochemicals.

Golden Seal 1:3 contains a minimum of 6.0 mg/mL of both hydrastine and berberine to ensure optimal strength and quality. ♦

The substances in Golden Seal, particularly these alkaloids, work together to:

- assist in maintaining healthy breathing passages to support free and clear breathing
- help maintain healthy mucous membranes
- cleanse the gastrointestinal tract
- help maintain healthy mucus function
- stimulate digestion
- support the normal production and flow of bile
- help support the body's response to environmental stress*

Caution: Contraindicated in pregnancy, lactation and patients with high blood pressure. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Golden Seal root & rhizome 1:3 extract from <i>Hydrastis canadensis</i> root & rhizome 1.67 g | 5 mL | † |
| Containing hydrastine 30 mg and berberine 40 mg | | |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M7050

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

See Golden Seal Quality Information on page 46

Gotu Kola 1:1

Standardized



Gotu Kola (*Centella asiatica*)

Gotu Kola contains pentacyclic triterpene ester saponins (especially asiaticoside).

Gotu Kola 1:1 is standardized to contain 18 mg/mL of triterpenes to ensure optimal strength and quality.

Gotu Kola can:

- promote healthy tissue function
- support the body's normal tissue repair process
- enhance the body's natural ability to adapt to temporary stress
- support physical and mental endurance
- tone the veins and promote healthy vascular system function
- enhance vascular integrity*

Caution: Contraindicated in known allergy to Gotu Kola. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Gotu Kola herb 1:1 extract from <i>Centella asiatica</i> herb 5.0 g | 5 mL | † |
| Containing triterpenes 90 mg | | |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M7060

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Gymnema 1:1



Gymnema (*Gymnema sylvestre*)

Gymnema contains a complex mixture of saponins and other compounds which:

- help suppress normal cravings for sugar in the diet*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Gymnema leaf 1:1 extract from <i>Gymnema sylvestre</i> leaf 5.0 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 23% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M7080

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Educational Tools

L0332: MediHerb® The Quality Choice for Practitioners Handout

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Hawthorn Leaves 1:2



Hawthorn (*Crataegus monogyna*)

Hawthorn Leaves contain oligomeric procyanidins, flavonoids and other compounds which work together to:

- support the healthy functioning of the heart muscle
- promote cardiovascular system health
- provide antioxidant activity*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Hawthorn leaf and flower 1:2 extract from <i>Crataegus monogyna</i> leaf and flower 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M7097

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Horsetail 1:2



Horsetail (*Equisetum arvense*)

Horsetail contains caffeic acid esters, flavonoids, silica and other substances to:

- support and maintain cellular integrity
- promote healthy skin and connective tissue
- encourage healthy urinary tract function
- help support healthy fluid levels
- support healthy blood function*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Horsetail herb 1:2 extract from <i>Equisetum arvense</i> herb 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 23% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M7120

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Korean Ginseng 1:2

Standardized



Korean Ginseng (*Panax ginseng*)

Korean Ginseng contains a complex mixture of steroidal saponins called ginsenosides and other compounds.

Korean Ginseng 1:2 is standardized to contain 10.4 mg/mL of ginsenosides (calculated as Rb₂ to Rb₁ is NLT 0.4 by HPLC) to ensure optimal strength and quality.

Korean Ginseng can:

- promote vitality and stamina in people of any age
- work as a tonic to benefit the entire body
- ease the effects of heavy exercise
- support the body as it ages
- restore and strengthen immune system function
- support and maintain cellular health
- support the body's natural defenses against emotional and environmental stressors
- enhance mental clarity*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. ♦

| Supplement Facts | | |
|--|--------|-----|
| Serving size: | 2.5 mL | |
| Servings per container: | 80 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Korean Ginseng main root 1:2 extract from <i>Panax ginseng</i> main root 1.25 g Containing ginsenosides* 26 mg | 2.5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: 60% alcohol, purified water and glucose.

*Rb₂ to Rb₁ is NLT 0.4 by HPLC

Content **Product No**
200 mL (6.8 fl oz) M7160

Suggested Use

Dilute 2.5 mL (approx. ½ teaspoon) in water or juice once per day, or as directed.

See Korean Ginseng Quality Information on page 60

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

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Licorice 1:1



Licorice (*Glycyrrhiza glabra*)

Licorice contains triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, sterols and other compounds to:

- promote healthy adrenal gland function
- support and soothe the digestive and urinary tract systems
- support the integrity of the oral mucosa
- promote a healthy response to environmental stresses
- support healthy lung function
- support the body's normal cough reflex
- facilitate the body's natural ability to break up respiratory secretions
- encourage normal bowel movement*

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. ♦

| Supplement Facts | | |
|---|--------|-----|
| Serving size: | 2.5 mL | |
| Servings per container: | 80 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Licorice root 1:1 extract from <i>Glycyrrhiza glabra</i> root 2.5 g | 2.5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 20% alcohol.

Content 200 mL (6.8 fl oz) **Product No** M7180

Suggested Use

Dilute 2.5 mL (approx. ½ teaspoon) in water or juice once per day, or as directed.

Licorice High Grade

Quantified Activity



Licorice (*Glycyrrhiza glabra*)

High quality Licorice contains triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, sterols and other compounds.

Licorice High Grade contains a higher percentage of glycyrrhizin than the regular Licorice 1:1 product and is set at a minimum of 30 mg/mL of glycyrrhizin to ensure optimal strength and quality.

The phytochemicals in Licorice High Grade, particularly the glycyrrhizin, work together to:

- promote healthy adrenal gland function
- support and soothe the digestive and urinary tract systems
- support the integrity of the oral mucosa
- promote a healthy response to environmental stresses
- support healthy lung function
- support the body's normal cough reflex
- facilitate the body's natural ability to break up respiratory secretions
- encourage normal bowel movement*

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. ♦

| Supplement Facts | | |
|---|--------|-----|
| Serving size: | 2.5 mL | |
| Servings per container: | 80 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Licorice root extract from <i>Glycyrrhiza glabra</i> root 4.2 g Containing glycyrrhizin 75 mg | 2.5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water, 20% alcohol and maltodextrin.

Content 200 mL (6.8 fl oz) **Product No** M7190

Suggested Use

Dilute 2.5 mL (approx. ½ teaspoon) in water or juice once per day, or as directed.

Marshmallow Root 1:5 Glycetract



Marshmallow (*Althaea officinalis*)

Marshmallow Root 1:5 Glycetract contains mucilage and other compounds, providing all the benefits of a marshmallow extract without the alcohol.

Marshmallow root has demulcent properties which:

- support healthy mucus function
- support healthy lung function
- support healthy urinary tract function
- support healthy mucous membranes*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Marshmallow root 1:5 extract from <i>Althaea officinalis</i> root 1.0 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water, glycerol, potassium sorbate and lemon grass oil.

Content 200 mL (6.8 fl oz) **Product No** M7200

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Milk Thistle 1:1



Milk Thistle (*Silybum marianum*)

Milk Thistle contains flavanolignans (collectively known as silymarin), flavonoids and other compounds which work together to:

- provide antioxidant activity
- support healthy liver function and tissue integrity
- protect liver tissue by supporting normal cellular defenses
- aid in the elimination of toxins from the liver
- support the normal processing of hormones in the body
- support normal bile secretion
- encourage healthy protein synthesis
- support healthy skin
- promote normal response to environmental stresses
- enhance healthy bowel function*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 25 | |
| Milk Thistle fruit 1:1 extract from <i>Silybum marianum</i> fruit 5.0 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: 69% alcohol and purified water.

Content 200 mL (6.8 fl oz) **Product No** M7210

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

See Milk Thistle Quality Information on page 64

Motherwort 1:2



Motherwort (*Leonurus cardiaca*)

Motherwort contains alkaloids, flavonoids, bitter glycosides and other compounds which together:

- promote cardiovascular health
- soothe the nervous system
- support healthy female reproductive system health*

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Motherwort herb 1:2 extract from <i>Leonurus cardiaca</i> herb 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 23% alcohol.

Content 200 mL (6.8 fl oz) **Product No** M7240

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Nettle Leaf 1:2



Nettle Leaf (*Urtica dioica*)

Nettle Leaf contains flavonol glycosides, vitamins, minerals, silicon and other compounds to:

- promote healthy skin and bones
- support the body's organs of elimination
- promote the body's normal resistance function
- support healthy response to environmental stresses
- maintain and support healthy joints*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Nettle leaf 1:2 extract from <i>Urtica dioica</i> leaf 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 23% alcohol.

Content 200 mL (6.8 fl oz) **Product No** M7260

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Nettle Root 1:2



Nettle Root (*Urtica dioica*)

Nettle Root contains sterols and other compounds to help:

- support healthy prostate gland function
- facilitate healthy urine flow*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. The National Institute on Aging recommends that men get regular medical checkups with a thorough prostate exam. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Nettle root 1:2 extract from <i>Urtica dioica</i> root 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 23% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M7270

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Oregon Grape 1:2



Oregon Grape (*Berberis aquifolium*)

Oregon Grape contains alkaloids (especially berberine and oxycanthine) and other substances which:

- promote healthy liver and intestinal function
- encourage the healthy function of the organs of elimination
- support normal flushing of toxins from the body
- promote healthy skin
- help maintain healthy blood
- enhance and support the immune system*

Caution: Contraindicated in pregnancy and lactation. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Oregon Grape root & rhizome 1:2 extract from <i>Berberis aquifolium</i> (<i>Mahonia aquifolium</i>) root & rhizome 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 23% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M7300

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Poke Root 1:5



Poke Root (*Phytolacca decandra*)

Poke Root contains triterpenoid saponins, lectins and other substances which:

- support healthy lymphatic system function (particularly of the throat region)
- promote healthy skin
- encourage healthy immune system response*

Caution: Contraindicated in lymphocytic leukemia and gastrointestinal irritation. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|--|------|-----|
| Serving size: | 1 mL | |
| Servings per container: | 200 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Poke Root root 1:5 extract from <i>Phytolacca decandra</i> root 200 mg | 1 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M7330

Suggested Use

Dilute 1 mL (approx. 50 drops) in water or juice once per day, or as directed.

Red Clover 1:2



Red Clover (*Trifolium pratense*)

Red Clover contains isoflavonoids, volatile oil and other substances which:

- support normal flushing of toxins from the body
- encourage the healthy function of the organs of elimination
- promote healthy skin
- help maintain healthy blood*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Red Clover flower 1:2 extract from <i>Trifolium pratense</i> flower 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 23% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M7350

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Rehmannia 1:2



Rehmannia (*Rehmannia glutinosa*)

Rehmannia contains iridoid glycosides and other compounds and was used traditionally to help:

- support healthy adrenal gland function
- clear heat and cool the blood
- maintain normal body temperature*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Rehmannia root 1:2 extract from <i>Rehmannia glutinosa</i> root 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 23% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M7360

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Sage 1:2

Quantified Activity



Sage (*Salvia officinalis*)

Sage contains an essential oil (containing monoterpenes, including thujone), phenolic compounds (such as rosmarinic acid) and other phytochemicals.

Sage 1:2 contains a minimum of 0.64 mg/mL of essential oil to ensure optimal strength and quality.

The phytochemicals in Sage, particularly the essential oil, work together to:

- support and promote oral health
- ease the effects of intestinal gas build up
- provide relief from discomfort associated with menopause
- stimulate the central nervous system*

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Sage aerial parts 1:2 extract from <i>Salvia officinalis</i> aerial parts 2.5 g Containing essential oils calc. as cineole and thujone 3.2 mg | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: 60% ethanol and purified water.

Content **Product No**
200 mL (6.8 fl oz) M7370

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

*** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

Saw Palmetto 1:2



Saw Palmetto (*Serenoa repens*)

Saw Palmetto contains free fatty acids, glycerides, sterols and other compounds to:

- support healthy urinary tract and prostate gland function
- ease occasional smooth muscle spasms
- facilitate healthy urine flow*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. The National Institute on Aging recommends that men get regular medical checkups with a thorough prostate exam. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| Saw Palmetto fruit 1:2 extract from <i>Serenoa repens</i> fruit 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M7390

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Schisandra 1:2



Schisandra (*Schisandra chinensis*)

Schisandra contains dibenzocyclooctene lignans and other substances which:

- support lung and adrenal gland function
- boost energy and stamina
- help cleanse the liver
- ease the effects of everyday tension and stress
- stimulate the nervous system
- enhance memory and mental clarity
- support and maintain cellular health
- provide antioxidant activity*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Schisandra fruit 1:2 extract from <i>Schisandra chinensis</i> fruit 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M7400

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

See Schisandra Quality Information on page 53

Skullcap 1:2



Skullcap (*Scutellaria lateriflora*)

Skullcap contains flavonoids, particularly baicalin and scutellarin and other compounds to:

- support nervous system health
- promote relaxation and encourage sleep
- relax and soothe the temporary tension associated with the menstrual cycle*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Skullcap herb 1:2 extract from <i>Scutellaria lateriflora</i> herb 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M7430

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

See Skullcap Substitution Information on page 5

St John's Wort 1:2

Quantified Activity



St John's Wort (*Hypericum perforatum*)

St John's Wort contains the naphthodianthrone hypericin and pseudohypericin (hypericins), flavonoids, phenolics and other compounds.

St John's Wort 1:2 contains a minimum of 0.2 mg/mL of hypericins to ensure optimal strength and quality.

The phytochemicals in St John's Wort work together to:

- calm the nerves and restore balance in temporary mood swings
- support healthy emotional and nervous system response following stress, prolonged exercise or during menstruation
- support the body's natural ability to cope with the changes of everyday life
- provide a tonic for the nervous system
- ease the effects of occasional stress
- promote optimal immune system response in relation to environmental stresses*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 20 | |
| St John's Wort flowering herb 1:2 extract from <i>Hypericum perforatum</i> flowering herb 2.5 g | 5 mL | † |
| Containing hypericins 1.0 mg | | |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

Content 200 mL (6.8 fl oz) **Product No** M7440

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

See St John's Wort Quality Information on page 66

St John's Wort High Grade 1:2

Quantified Activity



St John's Wort (*Hypericum perforatum*)

High quality St John's Wort contains the naphthodianthrone hypericin and pseudohypericin (hypericins), flavonoids, phenolics and other compounds.

St John's Wort High Grade 1:2 contains a higher percentage of hypericins than the regular St John's Wort product. This product contains a minimum of 0.4 mg/mL of hypericins to ensure optimal strength and quality.

The phytochemicals in St John's Wort High Grade 1:2, particularly the naphthodianthrone, work together to:

- calm the nerves and restore balance in temporary mood swings
- support healthy emotional and nervous system response following stress, prolonged exercise or during menstruation
- support the body's natural ability to cope with the changes of everyday life
- provide a tonic for the nervous system
- ease the effects of occasional stress
- promote optimal immune system response in relation to environmental stresses*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product. ♦

| Supplement Facts | | |
|---|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| St John's Wort flowering herb 1:2 extract from <i>Hypericum perforatum</i> flowering herb 2.5 g | 5 mL | † |
| Containing hypericins 2.0 mg | | |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 60% alcohol.

Content 200 mL (6.8 fl oz) **Product No** M7450

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

See St John's Wort Quality Information on page 66

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Turmeric 1:1



Turmeric (*Curcuma longa*)

Turmeric contains an essential oil (which contains sesquiterpenes) and yellow pigments referred to as diarylheptanoids (including curcumin).

These compounds work together to:

- provide antioxidant activity
- support healthy liver function and bile secretion
- support and enhance the proper breakdown of dietary fats
- promote normal platelet function and circulation in a normal system
- support and maintain cellular health
- promote the body's normal, protective response to environmental stresses
- maintain and support healthy joints*

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Turmeric rhizome 1:1 extract from <i>Curcuma longa</i> rhizome 5.0 g | 5 mL | † |
| Containing curcuminoids 10 mg | | |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 69% alcohol.

Content 200 mL (6.8 fl oz) **Product No** M7470

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Uva Ursi 1:2



Uva Ursi (*Arctostaphylos uva-ursi*)

Uva Ursi contains hydroquinone glycosides (particularly arbutin), polyphenols, flavonoids and other compounds which:

- encourage healthy urinary tract function
- tone and support the genitourinary tract*

Caution: Contraindicated in pregnancy and lactation. Not suitable for prolonged use. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Uva Ursi leaf 1:2 extract from <i>Arctostaphylos uva-ursi</i> leaf 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

Content 200 mL (6.8 fl oz) **Product No** M7480

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Valerian 1:2



Valerian (*Valeriana officinalis*)

Valerian contains iridoids (known as valepotriates), an essential oil, cyclopentane sesquiterpenes (including valerenic acid) and other compounds which work together to:

- support nervous system health
- promote relaxation and encourage sleep
- ease the effects of temporary or occasional stress*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Valerian root 1:2 extract from <i>Valeriana officinalis</i> root 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

Content 200 mL (6.8 fl oz) **Product No** M7490

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

See Valerian Quality Information on page 69

White Peony 1:2



White Peony (*Paeonia lactiflora*)

White Peony contains a unique monoterpene glycoside called paeoniflorin and other phytochemicals to:

- support women's general well-being
- support normal functioning within the upper female reproductive tract
- ease temporary feelings of tension associated with the menstrual cycle
- support healthy circulation
- encourage healthy response to environmental stresses
- stimulate the central nervous system
- enhance memory and mental clarity
- ease the effects of cramping associated with menstruation*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 10 | |
| White Peony root 1:2 extract from <i>Paeonia lactiflora</i> root 2.5 g | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M7510

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

See [Paeonia Quality Information on page 42](#)

Wild Yam 1:2

Quantified Activity



Wild Yam (*Dioscorea villosa*)

Wild Yam contains the glycosidic steroidal saponin dioscin and other compounds.

Wild Yam 1:2 contains a minimum of 15 mg/mL steroidal saponins as dioscin to ensure optimal strength and quality.

Wild Yam helps:

- provide antispasmodic activity to ease occasional spasms of smooth muscle including those of the intestine and those associated with the menstrual cycle
- ease the effects of symptoms associated with menopause
- maintain and support healthy joints*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

| Supplement Facts | | |
|--|--------------|-----|
| Serving size: | 5 mL (1 tsp) | |
| Servings per container: | 40 | |
| Amount per Serving | | %DV |
| Calories | 15 | |
| Wild Yam root & rhizome 1:2 extract from <i>Dioscorea villosa</i> root & rhizome 2.5 g Containing steroidal saponins as dioscin 75 mg | 5 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 60% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M7530

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

See [Wild Yam Quality Information on page 73](#)

Wormwood 1:5



Wormwood (*Artemisia absinthium*)

Wormwood contains bitter substances (including sesquiterpene lactones such as absinthin), an essential oil which contains thujone and other compounds which:

- stimulate gastric juice output and appetite
- promote healthy intestinal flora
- support healthy digestive function and intestinal environment*

Caution: Contraindicated in pregnancy and lactation. ♦

| Supplement Facts | | |
|--|------|-----|
| Serving size: | 1 mL | |
| Servings per container: | 200 | |
| Amount per Serving | | %DV |
| Calories | 5 | |
| Wormwood herb 1:5 extract from <i>Artemisia absinthium</i> herb 200 mg | 1 mL | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Purified water and 45% alcohol.

Content **Product No**
200 mL (6.8 fl oz) M7540

Suggested Use

Dilute 1 mL (approx. 50 drops) in water or juice once per day, or as directed.

♦ For other contraindications and cautions please refer to the Herb-Drug Interaction Chart on page 129. Please consult the product packaging label for the most accurate product information.

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Category Index

†(QA) = Quantified Activity Extract

| Antioxidant Activity | | |
|---|--|--|
| TABLETS AND CAPSULES Bacopa Complex Boswellia Complex ChelaCo Ganoderma & Shiitake Garlic Forte Ginkgo Forte Gotu Kola Complex Hawthorn | HerbaVital Horsechestnut Complex LivCo® Livton® Complex PulmaCo Silymarin Turmeric Forte VitanoX® | LIQUID EXTRACTS Ginkgo 2:1 (Standardized) Hawthorn Leaves 1:2 Milk Thistle 1:1 Sage 1:2 (QA)† Schisandra 1:2 Turmeric 1:1 |
| Bowel Function | | |
| TABLETS AND CAPSULES Primary: Artemisinin Complex Colax Golden Seal 500mg Gotu Kola Complex Gut Flora Complex Myrrh Forte Wormwood Complex Secondary: Boswellia Complex Burdock Complex Cramplex | DermaCo DiGest Forte Ganoderma & Shiitake Livton® Complex Silymarin Thyroid Complex PHYTOSYNERGIST® LIQUIDS DiGest Phytosynergist® LIQUID EXTRACTS Black Walnut Hulls 1:10 Burdock 1:2 | Calendula 1:2 Chamomile 1:2 Damiana 1:2 Dandelion Root 1:2 Ginger 1:2 Globe Artichoke 1:2 Golden Seal 1:3 (QA)† Licorice 1:1 Licorice High Grade (QA)† Marshmallow Root 1:5 Glycetract Milk Thistle 1:1 Wormwood 1:5 |
| Carbohydrate Metabolism | | |
| LIQUID EXTRACTS Coleus 1:1 Gymnema 1:1 | | |
| Cardiovascular Function | | |
| TABLETS AND CAPSULES Primary: Coleus Forte Garlic Forte Hawthorn HerbaVital | Secondary: Bilberry 6000mg Gotu Kola Complex LIQUID EXTRACTS Astragalus 1:2 | Coleus 1:1 (QA)† Ginkgo 2:1 (Standardized) Hawthorn Leaves 1:2 Korean Ginseng 1:2 (Standardized) Motherwort 1:2 |
| Circulatory System | | |
| TABLETS AND CAPSULES Primary: Bilberry 6000mg Garlic Forte Ginkgo Forte Gotu Kola Complex HerbaVital Horsechestnut Complex VitanoX® Secondary: Astragalus Complex Boswellia Complex Coleus Forte | Cramplex FemCo Golden Seal 500mg Hawthorn Valerian Complex Withania Complex PHYTOSYNERGIST® LIQUIDS Capsella Complex Phytosynergist® Fe-Max Iron Tonic Phytosynergist® LIQUID EXTRACTS Astragalus 1:2 Celery Seed 1:2 (QA)† | Cinnamon Quills 1:4 Coleus 1:1 (QA)† Dong Quai 1:2 Ginger 1:2 Ginkgo 2:1 (Standardized) Golden Seal 1:3 (QA)† Hawthorn Leaves 1:2 Horsetail 1:2 Korean Ginseng 1:2 (Standardized) Motherwort 1:2 Turmeric 1:1 White Peony 1:2 |

†(QA) = Quantified Activity Extract

| Cholesterol Health | | |
|--|---|--|
| TABLETS AND CAPSULES Garlic Forte Silymarin | LIQUID EXTRACTS Albizia 1:2 Globe Artichoke 1:2 | Gymnema 1:1 Milk Thistle 1:1 Turmeric 1:1 |
| Connective Tissue | | |
| TABLETS AND CAPSULES Bilberry 6000mg Bone Complex Vitanox® | LIQUID EXTRACTS Calendula 1:2 Gotu Kola 1:1 (Standardized) | Hawthorn Leaves 1:2 Horsetail 1:2 |
| Digestive Function | | |
| TABLETS AND CAPSULES Primary: Artemisinin Complex ChelaCo Coleus Forte DiGest Forte HiPep LivCo® Livton® Complex Myrrh Forte Silymarin Turmeric Forte Secondary: Andrographis Complex Burdock Complex | Colax Cramplex DermaCo Golden Seal 500mg Gut Flora Complex Kava Forte Nevaton® Forte Wormwood Complex PHYTOSYNERGIST® LIQUIDS DiGest Phytosynergist® Fe-Max Iron Tonic Phytosynergist® LIQUID EXTRACTS Black Walnut Hulls 1:10 Burdock 1:2 | Chamomile 1:2 Cinnamon Quills 1:4 Coleus 1:1 (QA)† Dandelion Root 1:2 Ginger 1:2 Globe Artichoke 1:2 Golden Seal 1:3 (QA)† Licorice 1:1 Licorice High Grade (QA)† Marshmallow Root 1:5 Glycetract Milk Thistle 1:1 Oregon Grape 1:2 Turmeric 1:1 Wormwood 1:5 |
| Endocrine – Adrenal | | |
| TABLETS AND CAPSULES Primary: Adrenal Complex Eleuthero Rhodiola & Ginseng Complex Rhodiola & Schisandra Withania Complex | Secondary: Astragalus Complex Kava Forte Nervagesic Rehmannia Complex Thyroid Complex | LIQUID EXTRACTS Astragalus 1:2 Eleuthero 1:2 (Standardized) Gotu Kola 1:1 (Standardized) Korean Ginseng 1:2 (Standardized) Licorice 1:1 Licorice High Grade (QA)† Rehmannia 1:2 Schisandra 1:2 |
| Endocrine – Female | | |
| TABLETS AND CAPSULES Adrenal Complex Chaste Tree | FemCo Thyroid Complex | LIQUID EXTRACTS Bugleweed 1:2 Chaste Tree 1:2 |
| Endocrine – Thyroid | | |
| TABLETS AND CAPSULES Thyroid Complex | LIQUID EXTRACTS Bugleweed 1:2 Coleus 1:1 (QA)† | |
| Essential Fatty Acid Complex | | |
| TABLETS AND CAPSULES Evening Primrose Oil | | |

†(QA) = Quantified Activity Extract

| Female Health | | |
|---|--|---|
| TABLETS AND CAPSULES Primary: Adrenal Complex Bone Complex Chaste Tree Cramplex Eleuthero Evening Primrose Oil FemCo HerbaVital LivCo® Nevaton® Forte Thyroid Complex Tribulus | Valerian Complex Wild Yam Complex Secondary: Kava Forte Nervagesic Rhodiola & Schisandra Withania Complex PHYTOSYNERGIST® LIQUIDS Capsella Complex Phytosynergist® Fe-Max Iron Tonic Phytosynergist® | LIQUID EXTRACTS Ashwagandha 1:1 (Standardized) Black Cohosh 1:2 (QA)† Bupleurum 1:2 Chaste Tree 1:2 Cinnamon Quills 1:4 Dong Quai 1:2 Korean Ginseng 1:2 (Standardized) Licorice 1:1 Licorice High Grade (QA)† Motherwort 1:2 Poke Root 1:5 White Peony 1:2 Wild Yam 1:2 (QA)† |
| Fat Metabolism | | |
| TABLETS AND CAPSULES Livton® Complex Silymarin | LIQUID EXTRACTS Coleus 1:1 (QA)† Dandelion Root 1:2 | Globe Artichoke 1:2 Milk Thistle 1:1 Turmeric 1:1 |
| Gallbladder Support | | |
| TABLETS AND CAPSULES Livton® Complex | LIQUID EXTRACTS Burdock 1:2 Dandelion Root 1:2 Globe Artichoke 1:2 | |
| Gastrointestinal Flora | | |
| TABLETS AND CAPSULES Secondary: Artemisinin Complex Andrographis Complex DiGest Forte Myrrh Forte | PHYTOSYNERGIST® LIQUIDS DiGest Phytosynergist® | LIQUID EXTRACTS Black Walnut Hulls 1:10 Golden Seal 1:3 (QA)† Marshmallow Root 1:5 Glycetract Wormwood 1:5 |
| General Support – Stress | | |
| TABLETS AND CAPSULES Primary: Adrenal Complex Bacopa Complex Ginkgo Forte Kava Forte Nervagesic Nevaton® Forte Rhodiola & Ginseng Complex Rhodiola & Schisandra St John's Wort 1.8g Valerian Complex Withania Complex | Secondary: Astragalus Complex Eleuthero FemCo HerbaVital HiPep Thyroid Complex Tribulus PHYTOSYNERGIST® LIQUIDS Capsella Complex Phytosynergist® Fe-Max Iron Tonic Phytosynergist® LIQUID EXTRACTS Ashwagandha 1:1 (Standardized) Astragalus 1:2 | Bacopa 1:2 California Poppy 1:2 Chamomile 1:2 Eleuthero 1:2 (Standardized) Ginkgo 2:1 (Standardized) Gotu Kola 1:1 (Standardized) Korean Ginseng 1:2 (Standardized) Licorice 1:1 Licorice High Grade (QA)† Motherwort 1:2 Schisandra 1:2 Skullcap 1:2 St John's Wort 1:2 (QA)† St John's Wort High Grade 1:2 (QA)† Valerian 1:2 |

†(QA) = Quantified Activity Extract

| Immune System Function | | |
|---|---|---|
| <p>TABLETS AND CAPSULES</p> <p>Primary: Andrographis Complex Astragalus Complex Burdock Complex Echinacea Premium Eleuthero Ganoderma & Shiitake Garlic Forte Golden Seal 500mg Gut Flora Complex Viranon</p> | <p>Secondary: Adrenal Complex ChelaCo DiGest Forte Evening Primrose Oil HerbaVital Rhodiola & Ginseng Complex Rhodiola & Schisandra Thyroid Complex Withania Complex</p> <p>PHYTOSYNERGIST® LIQUIDS DiGest Phytosynergist® Herbal Throat Spray Phytosynergist®</p> | <p>LIQUID EXTRACTS Ashwagandha 1:1 (Standardized) Astragalus 1:2 Burdock 1:2 Echinacea Premium 1:2 (QA)† Echinacea Purpurea 1:2 (QA)† Echinacea Purpurea 1:3 Glycetract Eleuthero 1:2 (Standardized) Korean Ginseng 1:2 (Standardized) Poke Root 1:5 St John's Wort 1:2 (QA)† St John's Wort High Grade 1:2 (QA)†</p> |
| Kidney Function | | |
| <p>TABLETS AND CAPSULES Boswellia Complex Cranberry Complex DermaCo</p> | <p>LIQUID EXTRACTS Astragalus 1:2 Celery Seed 1:2 (QA)† Dandelion Leaves 1:1</p> | <p>Golden Seal 1:3 (QA)† Nettle Leaf 1:2 Schisandra 1:2</p> |
| Liver Function | | |
| <p>TABLETS AND CAPSULES Andrographis Complex ChelaCo Colax DermaCo DiGest Forte FemCo Golden Seal 500mg HerbaVital</p> | <p>LivCo® Livton® Complex Nevaton® Forte Rhodiola & Schisandra Silymarin Turmeric Forte Vitanox®</p> <p>LIQUID EXTRACTS Bupleurum 1:2</p> | <p>Burdock 1:2 Dandelion Root 1:2 Globe Artichoke 1:2 Golden Seal 1:3 (QA)† Milk Thistle 1:1 Oregon Grape 1:2 Schisandra 1:2 Turmeric 1:1</p> |
| Lymphatic Function | | |
| <p>TABLETS AND CAPSULES DermaCo Echinacea Premium</p> | <p>LIQUID EXTRACTS Calendula 1:2 Cleavers 1:2 Echinacea Premium 1:2 (QA)†</p> | <p>Echinacea Purpurea 1:2 (QA)† Echinacea Purpurea 1:3 Glycetract Poke Root 1:5</p> |
| Male Health | | |
| <p>TABLETS AND CAPSULES</p> <p>Primary: Adrenal Complex HerbaVital LivCo® ProstaCo Rhodiola & Ginseng Complex Rhodiola & Schisandra Tribulus</p> | <p>Secondary: Astragalus Complex Bone Complex Eleuthero Thyroid Complex Withania Complex</p> | <p>LIQUID EXTRACTS Ashwagandha 1:1 (Standardized) Damiana 1:2 Eleuthero 1:2 (Standardized) Ginkgo 2:1 (Standardized) Horsetail 1:2 Korean Ginseng 1:2 (Standardized) Nettle Root 1:2 Saw Palmetto 1:2</p> |

†(QA) = Quantified Activity Extract

| Menopause | | |
|--|---|--|
| <p>TABLETS AND CAPSULES</p> <p>Primary: Adrenal Complex Bone Complex Eleuthero HerbaVital Tribulus Valerian Complex Wild Yam Complex</p> <p>Secondary: Chaste Tree Cranberry Complex</p> | <p>Evening Primrose Oil Hawthorn Nevaton® Forte Rhodiola & Ginseng Complex Rhodiola & Schisandra Withania Complex</p> <p>PHYTOSYNERGIST® LIQUIDS Fe-Max Iron Tonic Phytosynergist®</p> <p>LIQUID EXTRACTS Ashwagandha 1:1 (Standardized) Black Cohosh 1:2 (QA)†</p> | <p>Chaste Tree 1:2 Dong Quai 1:2 Hawthorn Leaves 1:2 Korean Ginseng 1:2 (Standardized) Licorice 1:1 Licorice High Grade (QA)† Rehmannia 1:2 Sage 1:2 (QA)† St John's Wort 1:2 (QA)† White Peony 1:2 Wild Yam 1:2 (QA)†</p> |
| Menstruation | | |
| <p>TABLETS AND CAPSULES</p> <p>Primary: Chaste Tree Cramplex FemCo Nevaton® Forte</p> <p>Secondary: Ginkgo Forte Nervagesic</p> | <p>Saligesic Wild Yam Complex</p> <p>PHYTOSYNERGIST® LIQUIDS Capsella Complex Phytosynergist® Fe-Max Iron Tonic Phytosynergist®</p> <p>LIQUID EXTRACTS Calendula 1:2 California Poppy 1:2</p> | <p>Chamomile 1:2 Chaste Tree 1:2 Dong Quai 1:2 Ginger 1:2 Ginkgo 2:1 (Standardized) Motherwort 1:2 Skullcap 1:2 Valerian 1:2 White Peony 1:2 Wild Yam 1:2 (QA)†</p> |
| Metabolism | | |
| <p>TABLETS AND CAPSULES</p> <p>Thyroid Complex</p> | <p>LIQUID EXTRACTS Bugleweed 1:2 Coleus 1:1 (QA)†</p> | |
| Muscle Function | | |
| <p>TABLETS AND CAPSULES</p> <p>Primary: Cramplex Kava Forte Nervagesic Saligesic St John's Wort 1.8g</p> | <p>Secondary: Coleus Forte FemCo Valerian Complex Wild Yam Complex</p> | <p>LIQUID EXTRACTS Black Cohosh 1:2 (QA)† California Poppy 1:2 Coleus 1:1 (QA)† Saw Palmetto 1:2 Wild Yam 1:2 (QA)†</p> |
| Musculoskeletal Function | | |
| <p>TABLETS AND CAPSULES</p> <p>Primary: Bone Complex Boswellia Complex Cramplex Kava Forte Nervagesic Saligesic St John's Wort 1.8g Turmeric Forte</p> <p>Secondary: Adrenal Complex Coleus Forte</p> | <p>Evening Primrose Oil FemCo Rehmannia Complex Valerian Complex Vitanox® Wild Yam Complex Withania Complex</p> <p>LIQUID EXTRACTS Black Cohosh 1:2 (QA)† Bupleurum 1:2 California Poppy 1:2 Celery Seed 1:2 (QA)†</p> | <p>Coleus 1:1 (QA)† Dandelion Root 1:2 Dong Quai 1:2 Ginger 1:2 Gotu Kola 1:1 (Standardized) Licorice 1:1 Licorice High Grade (QA)† Nettle Leaf 1:2 Saw Palmetto 1:2 Turmeric 1:1 Valerian 1:2 Wild Yam 1:2 (QA)†</p> |

Nervous System Function

TABLETS AND CAPSULES

Primary:

Bacopa Complex
Ginkgo Forte
Kava Forte
Nervagesic
Nevaton® Forte
Rhodiola & Ginseng Complex
Rhodiola & Schisandra
St John's Wort 1.8g
Valerian Complex
Withania Complex

Secondary:

Astragalus Complex
Eleuthero
Evening Primrose Oil
FemCo
Gotu Kola Complex
LivCo®
Thyroid Complex

LIQUID EXTRACTS

Ashwagandha 1:1 (Standardized)
Astragalus 1:2
Bacopa 1:2
California Poppy 1:2

Chamomile 1:2
Damiana 1:2
Eleuthero 1:2 (Standardized)
Ginkgo 2:1 (Standardized)
Gotu Kola 1:1 (Standardized)
Korean Ginseng 1:2 (Standardized)
Motherwort 1:2
Schisandra 1:2
Skullcap 1:2
St John's Wort 1:2 (QA)†
St John's Wort High Grade 1:2 (QA)†
Valerian 1:2
White Peony 1:2

Premenstrual Syndrome

TABLETS AND CAPSULES

Primary:

Chaste Tree
Crampex
FemCo
Nevaton® Forte

Secondary:

Bacopa Complex
Horsechestnut Complex
Nervagesic
Rhodiola & Ginseng Complex
Rhodiola & Schisandra
Silymarin
Thyroid Complex
Withania Complex

LIQUID EXTRACTS

Black Cohosh 1:2 (QA)†
Bupleurum 1:2
Chaste Tree 1:2
Dong Quai 1:2
Ginkgo 2:1 (Standardized)
Milk Thistle 1:1
Schisandra 1:2
Turmeric 1:1
White Peony 1:2

Protein Metabolism

TABLETS AND CAPSULES

LivCo®
Silymarin

LIQUID EXTRACTS

Bupleurum 1:2
Milk Thistle 1:1

Respiratory Function – Lower

TABLETS AND CAPSULES

Adrenal Complex
Albizia Complex
Coleus Forte
Golden Seal 500mg
Myrrh Forte
PulmaCo
ResCo®

PHYTOSYNERGIST® LIQUIDS

Broncafect Phytosynergist®
Herbal Throat Spray Phytosynergist®
ResCo Phytosynergist®

LIQUID EXTRACTS

Albizia 1:2
Bupleurum 1:2

Coleus 1:1 (QA)†
Ginkgo 2:1 (Standardized)
Golden Seal 1:3 (QA)†
Licorice 1:1
Licorice High Grade (QA)†
Marshmallow Root 1:5 Glycetract
Red Clover 1:2

Respiratory Function – Upper

TABLETS AND CAPSULES

Albizia Complex
Broncafect®
Ganoderma & Shiitake
Golden Seal 500mg
Sinus Forte

PHYTOSYNERGIST® LIQUIDS

Herbal Throat Spray Phytosynergist®

LIQUID EXTRACTS

Albizia 1:2
Eyebright 1:2

Golden Seal 1:3 (QA)†
Poke Root 1:5

†(QA) = Quantified Activity Extract

| Skeletal | | |
|---|---|---|
| <p>TABLETS AND CAPSULES</p> <p>Primary: Bone Complex Boswellia Complex Saligesic</p> <p>Secondary: Adrenal Complex Evening Primrose Oil Rehmannia Complex</p> | <p>Vitanox® Withania Complex</p> <p>LIQUID EXTRACTS Black Cohosh 1:2 (QA)† Bupleurum 1:2 Celery Seed 1:2 (QA)† Dandelion Root 1:2 Dong Quai 1:2</p> | <p>Ginger 1:2 Gotu Kola 1:1 (Standardized) Licorice 1:1 Licorice High Grade (QA)† Nettle Leaf 1:2 Turmeric 1:1 Valerian 1:2 Wild Yam 1:2 (QA)†</p> |
| Skin Function | | |
| <p>TABLETS AND CAPSULES</p> <p>Primary: Albizia Complex Andrographis Complex Chaste Tree Coleus Forte DermaCo Gotu Kola Complex Rehmannia Complex</p> <p>Secondary: Burdock Complex Evening Primrose Oil FemCo Golden Seal 500mg</p> | <p>LivCo® Livton® Complex Silymarin Thyroid Complex</p> <p>LIQUID EXTRACTS Albizia 1:2 Burdock 1:2 Calendula 1:2 Cleavers 1:2 Coleus 1:1 (QA)† Dandelion Root 1:2 Echinacea Purpurea 1:2 (QA)†</p> | <p>Echinacea Purpurea 1:3 Glycetract Globe Artichoke 1:2 Golden Seal 1:3 (QA)† Gotu Kola 1:1 (Standardized) Horsetail 1:2 Milk Thistle 1:1 Nettle Leaf 1:2 Oregon Grape 1:2 Poke Root 1:5 Red Clover 1:2 Schisandra 1:2</p> |
| Sleep and Relaxation | | |
| <p>TABLETS AND CAPSULES</p> <p>Adrenal Complex Chaste Tree Kava Forte Nervagesic Nevaton® Forte</p> | <p>Rhodiola & Ginseng Complex Rhodiola & Schisandra Valerian Complex Withania Complex</p> | <p>LIQUID EXTRACTS California Poppy 1:2 Chamomile 1:2 Skullcap 1:2 St John's Wort 1:2 (QA)† Valerian 1:2</p> |
| Sugar Metabolism | | |
| <p>TABLETS AND CAPSULES</p> <p>Gotu Kola Complex Gymnema Silymarin</p> | <p>LIQUID EXTRACTS Gymnema 1:1 Marshmallow Root 1:5 Glycetract</p> | |
| Urinary System Function | | |
| <p>TABLETS AND CAPSULES</p> <p>Primary: Andrographis Complex Cramplex Cranberry Complex Echinacea Premium ProstaCo</p> | <p>Secondary: Adrenal Complex Bilberry 6000mg</p> <p>PHYTOSYNERGIST® LIQUIDS UriCo Phytosynergist®</p> <p>LIQUID EXTRACTS Astragalus 1:2</p> | <p>Celery Seed 1:2 (QA)† Dandelion Leaves 1:1 Horsetail 1:2 Licorice 1:1 Licorice High Grade (QA)† Marshmallow Root 1:5 Glycetract Nettle Root 1:2 Uva Ursi 1:2</p> |
| Water Balance | | |
| <p>TABLETS AND CAPSULES</p> <p>Cranberry Complex Horsechestnut Complex</p> | <p>LIQUID EXTRACTS Celery Seed 1:2 (QA)† Dandelion Leaves 1:1</p> | <p>Globe Artichoke 1:2 Horsetail 1:2</p> |

†(QA) = Quantified Activity Extract. **For more information regarding Quantified Activity, please see page 6**

Index of Component Herbs

The Index of Component Herbs lists all herbs used in MediHerb® products in the following order: liquid extracts, single herb tablets, complex tablets or capsules and Phytosynergist® liquids.

| Common Name | Product | Page |
|------------------------------------|-----------------------------------|------|
| A | | |
| Adhatoda (Malabar Nut Tree) | PulmaCo tablets | 57 |
| Albizia | Albizia 1:2 | 85 |
| | Albizia Complex tablets | 25 |
| Andrographis | Andrographis Complex tablets | 25 |
| | Gut Flora Complex capsules | 48 |
| Anise (Aniseed) | Gut Flora Complex capsules | 48 |
| Ashwagandha (Withania) | Ashwagandha 1:1 | 85 |
| | Thyroid Complex tablets | 67 |
| | Withania Complex tablets | 74 |
| | Adrenal Tonic Phytosynergist® | 76 |
| Astragalus | Fe-Max Iron Tonic Phytosynergist® | 80 |
| | Astragalus 1:2 | 85 |
| | Astragalus Complex tablets | 26 |
| B | | |
| Bacopa | Bacopa 1:2 | 86 |
| | Bacopa Complex tablets | 27 |
| | Thyroid Complex tablets | 67 |
| Baical Skullcap (Chinese Skullcap) | Albizia Complex tablets | 25 |
| | PulmaCo tablets | 57 |
| Bearberry (Uva Ursi) | Uva Ursi 1:2 | 103 |
| | Cranberry Complex tablets | 36 |
| Bilberry | Bilberry 6000mg tablets | 28 |
| Black Cohosh | Black Cohosh 1:2 | 86 |
| | Bone Complex tablets | 29 |
| | Wild Yam Complex tablets | 72 |
| Black Walnut | Black Walnut Hulls 1:10 | 86 |
| | Wormwood Complex tablets | 75 |
| Bladderwrack | Thyroid Complex tablets | 67 |
| Boswellia | Boswellia Complex tablets | 29 |
| Buchu | Cranberry Complex tablets | 36 |
| | UriCo Phytosynergist® | 82 |
| Bugleweed | Bugleweed 1:2 | 87 |
| Bupleurum | Bupleurum 1:2 | 87 |
| | Livton® Complex tablets | 54 |
| | Rehmannia Complex tablets | 57 |
| Burdock | Burdock 1:2 | 87 |
| | Burdock Complex tablets | 30 |
| | DermaCo tablets | 36 |
| Butcher's Broom | Horsechestnut Complex tablets | 51 |

| Common Name | Product | Page |
|---|-------------------------------------|------|
| C | | |
| Calendula | Calendula 1:2 | 88 |
| | Herbal Throat Spray Phytosynergist® | 81 |
| California Poppy | California Poppy 1:2 | 88 |
| | Nervagesic tablets | 55 |
| Cascara | Colax tablets | 33 |
| Cayenne | Sinus Forte tablets | 65 |
| Celery Seed | Celery Seed 1:2 | 88 |
| | Boswellia Complex tablets | 29 |
| Chamomile | Chamomile 1:2 | 89 |
| | Colax tablets | 33 |
| | HiPep tablets | 51 |
| | DiGest Phytosynergist® | 79 |
| Chaste Tree | Chaste Tree 1:2 | 89 |
| | Chaste Tree tablets | 31 |
| Chen Pi (Tangerine) | DiGest Forte tablets | 37 |
| Chinese Skullcap (Baical Skullcap) | Albizia Complex tablets | 25 |
| | PulmaCo tablets | 57 |
| Cinnamon | Cinnamon Quills 1:4 | 89 |
| Cleavers | Cleavers 1:2 | 90 |
| | DermaCo tablets | 36 |
| Clove | Wormwood Complex tablets | 75 |
| | Herbal Throat Spray Phytosynergist® | 81 |
| Codonopsis | Fe-Max Iron Tonic Phytosynergist® | 80 |
| Coleus | Coleus 1:1 | 90 |
| | Coleus Forte tablets | 34 |
| Corydalis (<i>Corydalis yanhusuo</i>) | Cramplex tablets | 35 |
| | Nervagesic tablets | 55 |
| Couch Grass | UriCo Phytosynergist® | 82 |
| Cramp Bark | Cramplex tablets | 35 |
| Cranberry | Cranberry Complex tablets | 36 |
| Crataeva | Cranberry Complex tablets | 36 |
| | ProstaCo capsules | 56 |
| D | | |
| Damiana | Damiana 1:2 | 90 |
| Dandelion | Dandelion Leaves 1:1 | 91 |
| | Dandelion Root 1:2 | 91 |
| | Colax tablets | 33 |
| | Livton® Complex tablets | 54 |
| | DiGest Phytosynergist® | 79 |
| Dill Seed | Colax tablets | 33 |
| Dong Quai | Dong Quai 1:2 | 91 |
| | Capsella Complex Phytosynergist® | 78 |

| Common Name | Product | Page |
|--------------------|-------------------------------------|------|
| E | | |
| Echinacea | Echinacea Premium 1:2 | 92 |
| | Echinacea Purpurea 1:2 | 92 |
| | Echinacea Purpurea 1:3 Glycetract | 93 |
| | Echinacea Premium tablets | 38 |
| | Andrographis Complex tablets | 25 |
| | Astragalus Complex tablets | 26 |
| | Broncafect® tablets | 30 |
| | Sinus Forte tablets | 65 |
| | Adrenal Tonic Phytosynergist® | 76 |
| | Broncafect Phytosynergist® | 77 |
| | DiGest Phytosynergist® | 79 |
| | Herbal Throat Spray Phytosynergist® | 81 |
| | UriCo Phytosynergist® | 82 |
| Elecampane | ResCo Phytosynergist® | 82 |
| Eleuthero | Eleuthero 1:2 | 93 |
| | Eleuthero tablets | 41 |
| | Astragalus Complex tablets | 26 |
| | Bacopa Complex tablets | 27 |
| Epimedium | Bone Complex tablets | 29 |
| Euphorbia | ResCo® tablets | 58 |
| | ResCo Phytosynergist® | 82 |
| Evening Primrose | Evening Primrose Oil capsules | 41 |
| Eyebright | Eyebright 1:2 | 93 |
| | Sinus Forte tablets | 65 |
| F | | |
| False Unicorn | Capsella Complex Phytosynergist® | 78 |
| Fennel | PulmaCo tablets | 57 |
| | ResCo® tablets | 58 |
| | ResCo Phytosynergist® | 82 |
| Fenugreek | Turmeric Forte tablets | 68 |
| Feverfew | Albizia Complex tablets | 25 |
| | DiGest Forte tablets | 37 |
| | Rehmannia Complex tablets | 57 |
| Fringe Tree | Livton® Complex tablets | 54 |
| G | | |
| Ganoderma (Reishi) | Ganoderma & Shiitake tablets | 43 |
| Garlic | Garlic Forte tablets | 44 |
| | ChelaCo tablets | 32 |
| Gentian | DiGest Forte tablets | 37 |
| | DiGest Phytosynergist® | 79 |
| Ginger | Ginger 1:2 | 94 |
| | Boswellia Complex tablets | 29 |
| | Broncafect® tablets | 30 |
| | Crampex tablets | 35 |
| | DiGest Forte tablets | 37 |
| | ResCo® tablets | 58 |
| | Broncafect Phytosynergist® | 77 |
| | Fe-Max Iron Tonic Phytosynergist® | 80 |
| | ResCo Phytosynergist® | 82 |

| Common Name | Product | Page |
|-------------------|------------------------------------|------|
| G | | |
| Ginkgo | Ginkgo 2:1 | 94 |
| | Ginkgo Forte tablets | 45 |
| | Gotu Kola Complex tablets | 47 |
| | HerbaVital tablets | 50 |
| | Horsechestnut Complex tablets | 51 |
| | PulmaCo tablets | 57 |
| Globe Artichoke | Globe Artichoke 1:2 | 94 |
| | Livton® Complex tablets | 54 |
| Golden Rod | Sinus Forte tablets | 65 |
| Golden Seal | Golden Seal 1:3 | 95 |
| | Golden Seal 500mg tablets | 46 |
| | Sinus Forte tablets | 65 |
| Gotu Kola | Gotu Kola 1:1 | 95 |
| | Gotu Kola Complex tablets | 47 |
| Grape Seed | Gotu Kola Complex tablets | 47 |
| | HerbaVital tablets | 50 |
| | Vitanox® tablets | 71 |
| Green Tea | Vitanox® tablets | 71 |
| Grindelia | PulmaCo tablets | 57 |
| | ResCo® tablets | 58 |
| | ResCo Phytosynergist® | 82 |
| Gymnema | Gymnema 1:1 | 95 |
| | Gymnema tablets | 49 |
| H | | |
| Hawthorn | Hawthorn Leaves 1:2 | 96 |
| | Hawthorn tablets | 49 |
| | ChelaCo tablets | 32 |
| Hemidesmus | Rehmannia Complex tablets | 57 |
| Holy Basil | Andrographis Complex tablets | 25 |
| Horsechestnut | Horsechestnut Complex tablets | 51 |
| Horsetail | Horsetail 1:2 | 96 |
| J | | |
| Jamaican Dogwood | Nervagesic tablets | 55 |
| Japanese Knotweed | HerbaVital tablets | 50 |
| Jujube (Ziziphus) | Valerian Complex tablets | 69 |
| K | | |
| Kava | Kava Forte tablets | 52 |
| Korean Ginseng | Korean Ginseng 1:2 | 96 |
| | HerbaVital tablets | 50 |
| | Rhodiola & Ginseng Complex tablets | 59 |
| | Wild Yam Complex tablets | 72 |
| | Withania Complex tablets | 74 |
| Kudzu | Bone Complex tablets | 29 |

| Common Name | Product | Page |
|-----------------------------|-------------------------------------|------|
| L | | |
| Licorice | Licorice 1:1 | 97 |
| | Licorice High Grade | 97 |
| | Adrenal Complex tablets | 24 |
| | Broncafect® tablets | 30 |
| | HiPep tablets | 51 |
| | ResCo® tablets | 58 |
| | Viranon tablets | 70 |
| | Withania Complex tablets | 74 |
| | Adrenal Tonic Phytosynergist® | 76 |
| | Broncafect Phytosynergist® | 77 |
| | Fe-Max Iron Tonic Phytosynergist® | 80 |
| | ResCo Phytosynergist® | 82 |
| UriCo Phytosynergist® | 82 | |
| M | | |
| Malabar Nut Tree (Adhatoda) | PulmaCo tablets | 57 |
| Marshmallow | Marshmallow Root 1:5 Glycetract | 97 |
| | Herbal Throat Spray Phytosynergist® | 81 |
| Meadowsweet | HiPep tablets | 51 |
| Milk Thistle | Milk Thistle 1:1 | 98 |
| | ChelaCo tablets | 32 |
| | HerbaVital tablets | 50 |
| | LivCo® tablets | 53 |
| | Livton® Complex tablets | 54 |
| | Silymarin tablets | 64 |
| | DiGest Phytosynergist® | 79 |
| Motherwort | Motherwort 1:2 | 98 |
| Mullein | ResCo® tablets | 58 |
| | ResCo Phytosynergist® | 82 |
| Myrrh | Myrrh Forte tablets | 55 |
| | Herbal Throat Spray Phytosynergist® | 81 |
| N | | |
| Nettle | Nettle Leaf 1:2 | 98 |
| | Nettle Root 1:2 | 99 |
| | ProstaCo capsules | 56 |
| | Fe-Max Iron Tonic Phytosynergist® | 80 |
| O | | |
| Oregano | Gut Flora Complex capsules | 48 |
| Oregon Grape | Oregon Grape 1:2 | 99 |
| | DermaCo tablets | 36 |
| P | | |
| Passion Flower | Valerian Complex tablets | 69 |
| Phellodendron | Gut Flora Complex capsules | 48 |
| Pleurisy Root | Broncafect® tablets | 30 |
| | Broncafect Phytosynergist® | 77 |
| Poke Root | Poke Root 1:5 | 99 |

| Common Name | Product | Page |
|--------------------|-------------------------------------|------|
| R | | |
| Raspberry Leaf | Cramplex tablets | 35 |
| Red Clover | Red Clover 1:2 | 100 |
| | Bone Complex tablets | 29 |
| Rehmannia | Rehmannia 1:2 | 100 |
| | Rehmannia Complex tablets | 57 |
| | Adrenal Complex tablets | 24 |
| | Adrenal Tonic Phytosynergist® | 76 |
| Reishi (Ganoderma) | Ganoderma & Shiitake tablets | 43 |
| Rhodiola | Rhodiola & Ginseng Complex tablets | 59 |
| | Rhodiola & Schisandra tablets | 61 |
| Rhubarb | Burdock Complex tablets | 30 |
| Rosemary | Bacopa Complex tablets | 27 |
| | LivCo® tablets | 53 |
| | Vitanox® tablets | 71 |
| S | | |
| Sage | Sage 1:2 | 100 |
| | Wild Yam Complex tablets | 72 |
| | Herbal Throat Spray Phytosynergist® | 81 |
| Saffron | Nevaton® Forte tablets | 56 |
| Sarsaparilla | Artemisinin Complex tablets | 26 |
| | DermaCo tablets | 36 |
| Saw Palmetto | Saw Palmetto 1:2 | 101 |
| | ProstaCo capsules | 56 |
| Schisandra | Schisandra 1:2 | 101 |
| | Bacopa Complex tablets | 27 |
| | FemCo tablets | 42 |
| | LivCo® tablets | 53 |
| | Nevaton® Forte tablets | 56 |
| | Rhodiola & Schisandra tablets | 61 |
| Shatavari | FemCo tablets | 42 |
| | Wild Yam Complex tablets | 72 |
| Sheep Sorrel | Burdock Complex tablets | 30 |
| Shepherd's Purse | Capsella Complex Phytosynergist® | 78 |
| Shiitake | Ganoderma & Shiitake tablets | 43 |
| Skullcap | Skullcap 1:2 | 101 |
| | Nevaton® Forte tablets | 56 |
| | Withania Complex tablets | 74 |
| | Burdock Complex tablets | 30 |
| Slippery Elm | Burdock Complex tablets | 30 |
| St John's Wort | St John's Wort 1:2 | 102 |
| | St John's Wort High Grade 1:2 | 102 |
| | St John's Wort 1.8g tablets | 66 |
| | Nevaton® Forte tablets | 56 |
| | Viranon tablets | 70 |
| | Wild Yam Complex tablets | 72 |
| Stemona | Wormwood Complex tablets | 75 |
| Stevia | Fe-Max Iron Tonic Phytosynergist® | 80 |
| Sweet Wormwood | Artemisinin Complex | 26 |

| Common Name | Product | Page |
|------------------------|-----------------------------------|------|
| T | | |
| Tangerine (Chen Pi) | DiGest Forte tablets | 37 |
| Thuja | Viranon tablets | 70 |
| Thyme | Broncafect® tablets | 30 |
| | ResCo® tablets | 58 |
| | Broncafect Phytosynergist® | 77 |
| Tribulus | Tribulus tablets | 67 |
| Turmeric | Turmeric 1:1 | 103 |
| | Boswellia Complex tablets | 29 |
| | PulmaCo tablets | 57 |
| | Turmeric Forte tablets | 68 |
| | Vitanox® tablets | 71 |
| U | | |
| Uva Ursi (Bearberry) | Uva Ursi 1:2 | 103 |
| | Cranberry Complex tablets | 36 |
| V | | |
| Valerian | Valerian 1:2 | 103 |
| | Valerian Complex tablets | 69 |
| W | | |
| White Horehound | Broncafect® tablets | 30 |
| | Broncafect Phytosynergist® | 77 |
| White Peony | White Peony 1:2 | 104 |
| | FemCo tablets | 42 |
| | Capsella Complex Phytosynergist® | 78 |
| Wild Yam | Wild Yam 1:2 | 104 |
| | Cramplex tablets | 35 |
| | Wild Yam Complex tablets | 72 |
| Willow Bark | Saligesic tablets | 62 |
| Withania (Ashwagandha) | Ashwagandha 1:1 | 85 |
| | Thyroid Complex tablets | 67 |
| | Withania Complex tablets | 74 |
| | Fe-Max Iron Tonic Phytosynergist® | 80 |
| Wormwood | Wormwood 1:5 | 104 |
| | DiGest Forte tablets | 37 |
| | Wormwood Complex tablets | 75 |
| Y | | |
| Yellow Dock | Colax tablets | 33 |
| | DermaCo tablets | 36 |
| Z | | |
| Ziziphus (Jujube) | Valerian Complex tablets | 69 |

Index of Botanical Names

| Botanical Name | Common Name |
|---|---------------------------|
| A | |
| <i>Actaea racemosa</i> | Black Cohosh |
| <i>Aesculus hippocastanum</i> | Horsechestnut |
| <i>Agathosma betulina</i> | Buchu |
| <i>Albizia lebeck</i> | Albizia |
| <i>Allium sativum</i> | Garlic |
| <i>Althaea officinalis</i> | Marshmallow |
| <i>Andrographis paniculata</i> | Andrographis |
| <i>Anethum graveolens</i> | Dill Seed |
| <i>Angelica polymorpha (Angelica sinensis)</i> | Dong Quai |
| <i>Apium graveolens</i> | Celery Seed |
| <i>Arctium lappa</i> | Burdock |
| <i>Arctostaphylos uva-ursi</i> | Uva Ursi (Bearberry) |
| <i>Artemisia absinthium</i> | Wormwood |
| <i>Artemisia annua</i> | Sweet Wormwood |
| <i>Asclepias tuberosa</i> | Pleurisy Root |
| <i>Asparagus racemosus</i> | Shatavari |
| <i>Astragalus membranaceus</i> | Astragalus |
| B | |
| <i>Bacopa monnieri</i> | Bacopa |
| <i>Berberis aquifolium (Mahonia aquifolium)</i> | Oregon Grape |
| <i>Boswellia serrata</i> | Boswellia |
| <i>Bupleurum falcatum</i> | Bupleurum |
| C | |
| <i>Calendula officinalis</i> | Calendula |
| <i>Camellia sinensis</i> | Green Tea |
| <i>Capsella bursa-pastoris</i> | Shepherd's Purse |
| <i>Capsicum annuum</i> | Cayenne |
| <i>Centella asiatica</i> | Gotu Kola |
| <i>Chamaelirium luteum</i> | False Unicorn |
| <i>Chionanthus virginica</i> | Fringe Tree |
| <i>Cinnamomum cassia</i> | Cinnamon Quills |
| <i>Citrus reticulata</i> | Tangerine (Chen Pi) |
| <i>Codonopsis pilosula</i> | Codonopsis |
| <i>Coleus forskohlii</i> | Coleus |
| <i>Commiphora molmol</i> | Myrrh |
| <i>Corydalis ambigua</i> | Corydalis |
| <i>Corydalis yanhusuo</i> | <i>Corydalis yanhusuo</i> |
| <i>Crataegus monogyna</i> | Hawthorn |
| <i>Crataeva nurvala</i> | Crataeva |
| <i>Crocus sativus</i> | Saffron |
| <i>Curcuma longa</i> | Turmeric |
| <i>Cynara scolymus</i> | Globe Artichoke |

| Botanical Name | Common Name |
|---|-----------------------------|
| D | |
| <i>Dioscorea villosa</i> | Wild Yam |
| E | |
| <i>Echinacea angustifolia, Echinacea purpurea</i> | Echinacea |
| <i>Eleutherococcus senticosus</i> | Eleuthero |
| <i>Elymus repens</i> | Couch Grass |
| <i>Epimedium sagittatum</i> | Epimedium |
| <i>Equisetum arvense</i> | Horsetail |
| <i>Eschscholzia californica</i> | California Poppy |
| <i>Euphorbia hirta</i> | Euphorbia |
| <i>Euphrasia officinalis</i> | Eyebright |
| F | |
| <i>Filipendula ulmaria</i> | Meadowsweet |
| <i>Foeniculum vulgare</i> | Fennel |
| <i>Frangula purshiana</i> | Cascara |
| <i>Fucus vesiculosus</i> | Bladderwrack |
| G | |
| <i>Galium aparine</i> | Cleavers |
| <i>Ganoderma lucidum</i> | Reishi (Ganoderma) |
| <i>Gentiana lutea</i> | Gentian |
| <i>Ginkgo biloba</i> | Ginkgo |
| <i>Glycyrrhiza glabra</i> | Licorice |
| <i>Grindelia camporum</i> | Grindelia |
| <i>Gymnema sylvestre</i> | Gymnema |
| H | |
| <i>Hemidesmus indicus</i> | Hemidesmus |
| <i>Hydrastis canadensis</i> | Golden Seal |
| <i>Hypericum perforatum</i> | St John's Wort |
| I | |
| <i>Inula helenium</i> | Elecampane |
| J | |
| <i>Juglans nigra</i> | Black Walnut |
| <i>Justicia adhatoda</i> | Malabar Nut Tree (Adhatoda) |
| L | |
| <i>Lentinula edodes</i> | Shiitake |
| <i>Leonurus cardiaca</i> | Motherwort |
| <i>Lycopus spp.</i> | Bugleweed |
| M | |
| <i>Mahonia aquifolium (Berberis aquifolium)</i> | Oregon Grape |
| <i>Marrubium vulgare</i> | White Horehound |
| <i>Matricaria recutita</i> | Chamomile |

| Botanical Name | Common Name |
|--------------------------------------|------------------------------------|
| O | |
| <i>Ocimum tenuiflorum</i> | Holy Basil |
| <i>Oenothera biennis</i> | Evening Primrose |
| <i>Origanum vulgare</i> | Oregano |
| P | |
| <i>Paeonia lactiflora</i> | White Peony |
| <i>Panax ginseng</i> | Korean Ginseng |
| <i>Passiflora incarnata</i> | Passion Flower |
| <i>Phellodendron amurense</i> | Phellodendron |
| <i>Piper methysticum</i> | Kava |
| <i>Piscidia piscipula</i> | Jamaican Dogwood |
| <i>Phytolacca decandra</i> | Poke Root |
| <i>Pimpinella anisum</i> | Anise (Aniseed) |
| <i>Polygonum cuspidatum</i> | Japanese Knotweed |
| <i>Pueraria lobata</i> | Kudzu |
| R | |
| <i>Rehmannia glutinosa</i> | Rehmannia |
| <i>Rheum palmatum</i> | Rhubarb |
| <i>Rhodiola rosea (Sedum roseum)</i> | Rhodiola |
| <i>Rosmarinus officinalis</i> | Rosemary |
| <i>Rubus idaeus</i> | Raspberry |
| <i>Rumex acetosella</i> | Sheep Sorrel |
| <i>Rumex crispus</i> | Yellow Dock |
| <i>Ruscus aculeatus</i> | Butcher's Broom |
| S | |
| <i>Salix purpurea</i> | Willow Bark |
| <i>Salvia officinalis</i> | Sage |
| <i>Schisandra chinensis</i> | Schisandra |
| <i>Scutellaria baicalensis</i> | Chinese Skullcap (Baical Skullcap) |
| <i>Scutellaria lateriflora</i> | Skullcap |
| <i>Sedum roseum (Rhodiola rosea)</i> | Rhodiola |
| <i>Serenoa repens</i> | Saw Palmetto |
| <i>Silybum marianum</i> | Milk Thistle |
| <i>Smilax officinalis</i> | Sarsaparilla |
| <i>Smilax regelii</i> | Sarsaparilla |
| <i>Solidago virgaurea</i> | Golden Rod |
| <i>Stemona sessilifolia</i> | Stemona |
| <i>Stevia rebaudiana</i> | Stevia |
| <i>Syzygium aromaticum</i> | Clove |

| Botanical Name | Common Name |
|-------------------------------------|------------------------|
| T | |
| <i>Tanacetum parthenium</i> | Feverfew |
| <i>Taraxacum officinale</i> | Dandelion |
| <i>Thuja occidentalis</i> | Thuja |
| <i>Thymus vulgaris</i> | Thyme |
| <i>Tribulus terrestris</i> | Tribulus |
| <i>Trifolium pratense</i> | Red Clover |
| <i>Trigonella foenum-graecum</i> | Fenugreek |
| <i>Turnera diffusa</i> | Damiana |
| U | |
| <i>Ulmus rubra</i> | Slippery Elm |
| <i>Urtica dioica</i> | Nettle |
| V | |
| <i>Vaccinium macrocarpon</i> | Cranberry |
| <i>Vaccinium myrtillus</i> | Bilberry |
| <i>Valeriana officinalis</i> | Valerian |
| <i>Verbascum thapsus</i> | Mullein |
| <i>Viburnum opulus</i> | Cramp Bark |
| <i>Vitex agnus-castus</i> | Chaste Tree |
| <i>Vitis vinifera</i> | Grape Seed |
| W | |
| <i>Withania somnifera</i> | Ashwagandha (Withania) |
| Z | |
| <i>Zingiber officinale</i> | Ginger |
| <i>Ziziphus jujuba var. spinosa</i> | Jujube (Ziziphus) |

Index of Common Names

| Common Name | Botanical Name |
|------------------------------------|---------------------------------|
| A | |
| Adhatoda (Malabar Nut Tree) | <i>Justicia adhatoda</i> |
| Albizia | <i>Albizia lebbek</i> |
| Andrographis | <i>Andrographis paniculata</i> |
| Anise (Aniseed) | <i>Pimpinella anisum</i> |
| Ashwagandha (Withania) | <i>Withania somnifera</i> |
| Astragalus | <i>Astragalus membranaceus</i> |
| B | |
| Bacopa | <i>Bacopa monnieri</i> |
| Baical Skullcap (Chinese Skullcap) | <i>Scutellaria baicalensis</i> |
| Bearberry (Uva Ursi) | <i>Arctostaphylos uva-ursi</i> |
| Bilberry | <i>Vaccinium myrtillus</i> |
| Black Cohosh | <i>Actaea racemosa</i> |
| Black Walnut | <i>Juglans nigra</i> |
| Bladderwrack | <i>Fucus vesiculosus</i> |
| Boswellia | <i>Boswellia serrata</i> |
| Buchu | <i>Agathosma betulina</i> |
| Bugleweed | <i>Lycopus</i> spp. |
| Bupleurum | <i>Bupleurum falcatum</i> |
| Burdock | <i>Arctium lappa</i> |
| Butcher's Broom | <i>Ruscus aculeatus</i> |
| C | |
| Calendula | <i>Calendula officinalis</i> |
| California Poppy | <i>Eschscholzia californica</i> |
| Cascara | <i>Frangula purshiana</i> |
| Cayenne | <i>Capsicum annum</i> |
| Celery Seed | <i>Apium graveolens</i> |
| Chamomile | <i>Matricaria recutita</i> |
| Chaste Tree | <i>Vitex agnus-castus</i> |
| Chen Pi (Tangerine) | <i>Citrus reticulata</i> |
| Chinese Skullcap (Baical Skullcap) | <i>Scutellaria baicalensis</i> |
| Cinnamon Quills | <i>Cinnamomum cassia</i> |
| Cleavers | <i>Galium aparine</i> |
| Clove | <i>Syzygium aromaticum</i> |
| Codonopsis | <i>Codonopsis pilosula</i> |
| Coleus | <i>Coleus forskohlii</i> |
| Corydalis | <i>Corydalis ambigua</i> |
| <i>Corydalis yanhusuo</i> | <i>Corydalis yanhusuo</i> |
| Couch Grass | <i>Elymus repens</i> |

| Common Name | Botanical Name |
|--------------------|---|
| C | |
| Cramp Bark | <i>Viburnum opulus</i> |
| Cranberry | <i>Vaccinium macrocarpon</i> |
| Crataeva | <i>Crataeva nurvala</i> |
| D | |
| Damiana | <i>Turnera diffusa</i> |
| Dandelion | <i>Taraxacum officinale</i> |
| Dill Seed | <i>Anethum graveolens</i> |
| Dong Quai | <i>Angelica polymorpha (Angelica sinensis)</i> |
| E | |
| Echinacea | <i>Echinacea angustifolia, Echinacea purpurea</i> |
| Elecampane | <i>Inula helenium</i> |
| Eleuthero | <i>Eleutherococcus senticosus</i> |
| Epimedium | <i>Epimedium sagittatum</i> |
| Euphorbia | <i>Euphorbia hirta</i> |
| Evening Primrose | <i>Oenothera biennis</i> |
| Eyebright | <i>Euphrasia officinalis</i> |
| F | |
| False Unicorn | <i>Chamaelirium luteum</i> |
| Fennel | <i>Foeniculum vulgare</i> |
| Fenugreek | <i>Trigonella foenum-graecum</i> |
| Feverfew | <i>Tanacetum parthenium</i> |
| Fringe Tree | <i>Chionanthus virginica</i> |
| G | |
| Ganoderma (Reishi) | <i>Ganoderma lucidum</i> |
| Garlic | <i>Allium sativum</i> |
| Gentian | <i>Gentiana lutea</i> |
| Ginger | <i>Zingiber officinale</i> |
| Ginkgo | <i>Ginkgo biloba</i> |
| Globe Artichoke | <i>Cynara scolymus</i> |
| Golden Rod | <i>Solidago virgaurea</i> |
| Golden Seal | <i>Hydrastis canadensis</i> |
| Gotu Kola | <i>Centella asiatica</i> |
| Grape Seed | <i>Vitis vinifera</i> |
| Green Tea | <i>Camellia sinensis</i> |
| Grindelia | <i>Grindelia camporum</i> |
| Gymnema | <i>Gymnema sylvestre</i> |
| H | |
| Hawthorn | <i>Crataegus monogyna</i> |
| Hemidesmus | <i>Hemidesmus indicus</i> |
| Holy Basil | <i>Ocimum tenuiflorum</i> |
| Horsechestnut | <i>Aesculus hippocastanum</i> |

| Common Name | Botanical Name |
|-----------------------------|--|
| H | |
| Horsetail | <i>Equisetum arvense</i> |
| J | |
| Jamaican Dogwood | <i>Piscidia piscipula</i> |
| Japanese Knotweed | <i>Polygonum cuspidatum</i> |
| Jujube (Ziziphus) | <i>Ziziphus jujuba</i> var. <i>spinosa</i> |
| K | |
| Korean Ginseng | <i>Panax ginseng</i> |
| Kudzu | <i>Pueraria lobata</i> |
| L | |
| Licorice | <i>Glycyrrhiza glabra</i> |
| M | |
| Malabar Nut Tree (Adhatoda) | <i>Justicia adhatoda</i> |
| Marshmallow | <i>Althaea officinalis</i> |
| Meadowsweet | <i>Filipendula ulmaria</i> |
| Milk Thistle | <i>Silybum marianum</i> |
| Motherwort | <i>Leonurus cardiaca</i> |
| Mullein | <i>Verbascum thapsus</i> |
| Myrrh | <i>Commiphora molmol</i> |
| N | |
| Nettle | <i>Urtica dioica</i> |
| O | |
| Oregano | <i>Origanum vulgare</i> |
| Oregon Grape | <i>Berberis aquifolium</i> (<i>Mahonia aquifolium</i>) |
| P | |
| Passion Flower | <i>Passiflora incarnata</i> |
| Phellodendron | <i>Phellodendron amurense</i> |
| Pleurisy Root | <i>Asclepias tuberosa</i> |
| Poke Root | <i>Phytolacca decandra</i> |
| R | |
| Raspberry | <i>Rubus idaeus</i> |
| Red Clover | <i>Trifolium pratense</i> |
| Rehmannia | <i>Rehmannia glutinosa</i> |
| Reishi (Ganoderma) | <i>Ganoderma lucidum</i> |
| Rhodiola | <i>Rhodiola rosea</i> (<i>Sedum roseum</i>) |
| Rhubarb | <i>Rheum palmatum</i> |
| Rosemary | <i>Rosmarinus officinalis</i> |
| S | |
| Saffron | <i>Crocus sativus</i> |
| Sage | <i>Salvia officinalis</i> |
| Sarsaparilla | <i>Smilax officinalis</i> |
| Sarsaparilla | <i>Smilax regelii</i> |

| Common Name | Botanical Name |
|------------------------|--|
| S | |
| Saw Palmetto | <i>Serenoa repens</i> |
| Schisandra | <i>Schisandra chinensis</i> |
| Shatavari | <i>Asparagus racemosus</i> |
| Sheep Sorrel | <i>Rumex acetosella</i> |
| Shepherd's Purse | <i>Capsella bursa-pastoris</i> |
| Shiitake | <i>Lentinula edodes</i> |
| Skullcap | <i>Scutellaria lateriflora</i> |
| Slippery Elm | <i>Ulmus rubra</i> |
| St John's Wort | <i>Hypericum perforatum</i> |
| Stemona | <i>Stemona sessilifolia</i> |
| Stevia | <i>Stevia rebaudiana</i> |
| Sweet Wormwood | <i>Artemisia annua</i> |
| T | |
| Tangerine (Chen Pi) | <i>Citrus reticulata</i> |
| Thuja | <i>Thuja occidentalis</i> |
| Thyme | <i>Thymus vulgaris</i> |
| Tribulus | <i>Tribulus terrestris</i> |
| Turmeric | <i>Curcuma longa</i> |
| U | |
| Uva Ursi (Bearberry) | <i>Arctostaphylos uva-ursi</i> |
| V | |
| Valerian | <i>Valeriana officinalis</i> |
| W | |
| White Horehound | <i>Marrubium vulgare</i> |
| White Peony | <i>Paeonia lactiflora</i> |
| Wild Yam | <i>Dioscorea villosa</i> |
| Willow | <i>Salix purpurea</i> |
| Withania (Ashwagandha) | <i>Withania somnifera</i> |
| Wormwood | <i>Artemisia absinthium</i> |
| Y | |
| Yellow Dock | <i>Rumex crispus</i> |
| Z | |
| Ziziphus (Jujube) | <i>Ziziphus jujuba</i> var. <i>spinosa</i> |

Excipient Glossary



Tablet Excipients

MediHerb® uses a range of pharmaceutical grade excipients in the manufacture of its tablet range. These excipients are carefully chosen using experience gained from over 15 years of manufacturing herbal tablets and are necessary to aid the manufacturing process, stability, disintegration and to allow ease of swallowing. MediHerb® aims to achieve maximum clinical efficacy in the lowest daily dosage, hence our tablets contain high levels of herbs and very low levels of excipients. Most commonly used excipients are:

Calcium Phosphate

Dibasic calcium phosphate dihydrate is the binder or filler which actually holds the tablet together and allows it to be compressed to form a tablet. It also assists in formulation flow and resists the uptake of moisture, thus reducing the risk of poor stability. Dibasic calcium phosphate dihydrate is not a significant source of dietary calcium.

Cellulose

Microcrystalline cellulose acts with dibasic calcium phosphate dihydrate as the binder that holds the tablet together. It also works to assist with tablet disintegration.

Silica

Silicon dioxide is used as a glidant to assist with the flow properties of the tablet powder as it travels through the tablet machine. Good flow characteristics are crucial to the manufacture of tablets with consistent weight and active content. Silicon dioxide is also used to increase the hardness of the tablets to ensure they are robust enough to handle coating, packaging and transport.

Sodium Starch Glycolate

Due to the high proportion of herb used in the MediHerb® tablets, an aid to disintegration is required to ensure that the tablets disintegrate in less than 30 minutes. Sodium starch glycolate from potato performs this function best for the high potency tablets manufactured by MediHerb®.

Magnesium Stearate – Vegetable Origin

Most tablets need some form of lubrication to assist in the removal of the tablet from the tableting machine die. Magnesium stearate of vegetable origin is the most effective ingredient for this purpose. The vegetable form of magnesium stearate is a naturally occurring long-chain saturated fatty acid and is not hydrogenated.

Hypromellose (Cellulose Derivative)

Hypromellose is used as a film coating agent on most MediHerb® tablets. It is applied as a thin inert layer and has four important actions:

1. The thin layer makes the tablet much more resistant to dust formation in the packaging.
2. When the tablet surface gets wet in the mouth a lubricant, mucilagenous layer is formed on the tablet which facilitates swallowing.
3. The inert layer acts to hide any unpleasant odors or tastes that are found in many herbal tablets.
4. It aids in enhancing the stability of the product by forming a barrier to the external environment.

Enteric Coating

Some MediHerb® tablets and capsules have a specialized enteric coating which makes them acid resistant. This is important for some herbs which can cause gastric discomfort and for herbs that have actives which are damaged by stomach acid. Enterically coated tablets and capsules pass through the highly acidic environment of the stomach safely, then dissolve once they reach the pH neutral environment of the small intestine.

Solubility Test: Enterically coated tablets and capsules must be stable for 2 hours in dilute hydrochloric acid and then dissolve within 1 hour when placed in pH 7 buffer.

Maltodextrin

Maltodextrin is usually used as a carrier substance in the manufacture of herbal extracts used in tablets.

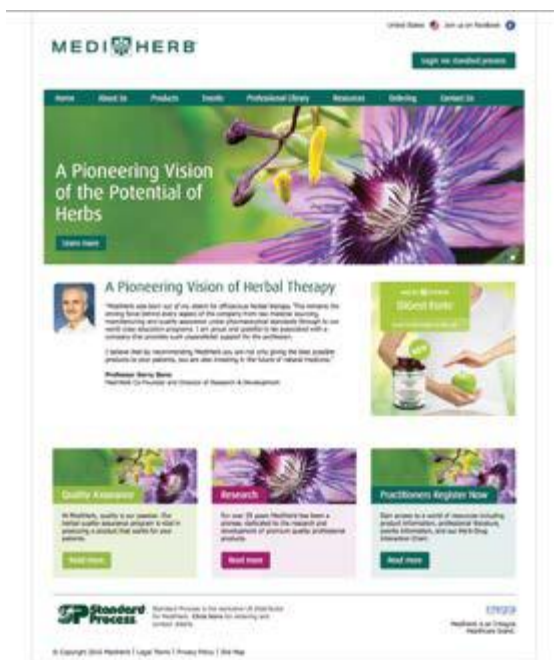
Health Care Professional Resources



www.mediherb.com

The MediHerb® website is the most comprehensive site on herbal support for health care professionals providing you with a free of charge resource to enhance your herbal knowledge and clinical skills. Use your Standard Process website login to gain exclusive members only access to www.mediherb.com.

www.mediherb.com features both public and members only information.



Public Area

This area contains information on MediHerb® philosophy, outlining the history of the company and detailing the quality processes that deliver the world's finest herbal products. There is also a link to the Standard Process website where our online product catalog details our extensive range of superior quality tablet, capsule and liquid products. Clinic tools and resources such as Patient Brochures are also available in the public section for you and your patients to download and print.

Members Only Area

This is where the site gets really interesting! You can go into the different areas to view comprehensive information on:

MediHerb® Professional Library: use the dynamic search engine to discover all the herbal information we have produced dating back to 1987. Here you can search for information by 'herb', 'phytochemical', 'condition', 'topic' or 'activity'. The below publications are available exclusively from the MediHerb® website:

■ The Phytotherapist's Perspective

This publication features technical reviews authored by Kerry Bone and Michelle Morgan and includes articles written for the *Townsend Letter for Doctors and Patients*, monographs detailing technical and clinical information on specific herbs and an assortment of other articles outlining herbs suitable for specific conditions.

■ Modern Phytotherapist

This authoritative journal of herbalism features articles by leading health care professionals from around the world. The journal discusses philosophy and methodology of herbal practice, clinical practice issues, case studies, practice management methods and also includes reports and letters to the editors.

■ Professional Review

The professional review is a fully-referenced presentation of the traditional and current scientific information available on individual herbs. It provides detailed information on botany, chemistry, pharmacodynamics, pharmacokinetics, toxicity, clinical studies, actions, indications and uses, dosage, adverse effects, contraindications and precautions.

Research News: find out about the latest research conducted by MediHerb® R&D Department as well as independent research using MediHerb® products.

Seminars, New Products and News: view the latest information on all aspects of what is happening at MediHerb®.

To access the Members Only area, go to www.mediherb.com and click on "Login via Standard Process". This will direct you to the Standard Process website to register.

Clinic Tools and Resources

To help educate your patients and improve compliance, we have a great range of free tools available for your clinic.

Patient Brochures

Help your patients easily understand the products you recommend and improve compliance with our attractive full-color brochures written in patient friendly language.

Display Inserts

Highlight the key health benefits of our products to your patients with our attractive 8.5" x 11" display inserts. These are ideal countertop displays and can be presented in an acrylic display stand with our matching patient brochures.

Product Collection Handouts

Our informative handouts demonstrate how to use MediHerb® products as part of a complete synergistic approach for specific health areas.

Contraindications and Cautions

For a comprehensive list of contraindications and cautions for MediHerb® products, please refer to the Herb-Drug Interaction chart at the back of the catalog or on the MediHerb® website.

Product Detail Sheets

Product Detail Sheets are fully-referenced, easy-to-read information sheets describing individual MediHerb® products. Each sheet includes detailed product information including an overview of the traditional uses of the herbs in the formula, how the product works and the specialized testing and manufacturing processes specific to the product. Product Detail Sheets are available online to download, visit www.mediherb.com



New clinic tools and resources are continually being produced.

Visit www.mediherb.com to download the latest materials and www.standardprocess.com to order your free materials today.

To order contact the Standard Process Customer Care Department:

Phone: 800-558-8740 | **Online:** www.standardprocess.com

MediHerb® Liquid and Tablet Test Kits

Standard Process® and MediHerb® understand that each individual has unique health needs and not all products will work the same for everyone. With that in mind, we created convenient and easy-to-use test kits for the MediHerb® product line. Our test kits provide you with an efficient way to test and recommend the best supplements for each of your patients according to their individual needs.

For more information or to order a test kit, call the Standard Process Customer Care Department at **800-558-8740** or order online at www.standardprocess.com

Seminars for Qualified Health Care Professionals

MediHerb® regularly conducts professional seminars throughout the United States with experienced speakers such as Professor Kerry Bone BSc Dip Phyto., Berris Burgoyne BSc ND, and Lee Carroll BSc, BHSc (WHM). These seminars combine the best of traditional knowledge with the latest scientific research.

To view the Education & Events Calendar, visit www.mediherb.com or www.standardprocess.com



A Quality Partnership

Standard Process Inc.® is extremely proud to be the exclusive United States distributor for MediHerb® line of quality herbal products.

With a mutual commitment to product quality, a strictly monitored manufacturing process and rigorous product testing, Standard Process and MediHerb® are devoted to providing new advantages to healthy living while complementing good health.

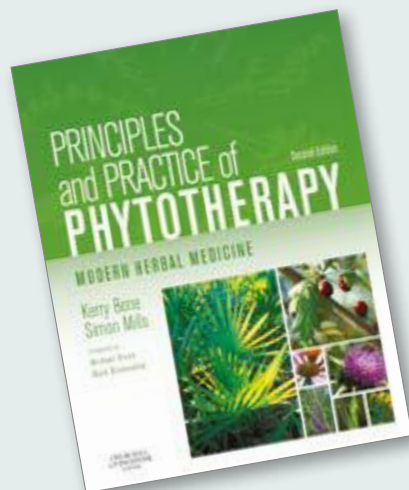
Both Standard Process and MediHerb® recognize the importance of patient education and that is why our products are available exclusively through qualified health care professionals. Standard Process and MediHerb® believe that whole food supplements and herbal products are natural complements for optimal health.*

MEDI  HERB®

 Standard Process®

Exclusive United States Distributor of MediHerb®

Herbal Reference Text Books



Principles and Practice of Phytotherapy

– SECOND EDITION

Modern Herbal Medicine

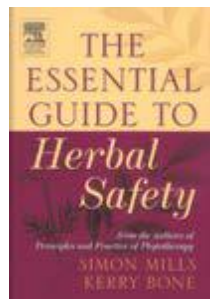
By Kerry Bone and Simon Mills

The first edition of *Principles and Practice of Phytotherapy* is well known as the leading text on herbal practice in naturopathic and herbal colleges throughout the world. The second edition brings a complete revision of the material in the first text including:

- A comprehensive update on the pharmacodynamics and pharmacokinetics of the essential herbal constituents
- Fifty fully updated, evidence-based monographs, including seven new herbs: Gotu Kola, Willow Bark, Bugleweed, Butcher's Broom, Boswellia, Myrrh and Tribulus
- New insights on herbal management of approximately 100 modern health conditions
- An extensive herb-drug interaction chart addressing key safety issues to help the reader differentiate between false and real concerns

This valued text was exhaustively researched and carefully compiled by Kerry Bone and Simon Mills, who have more than 60 years of combined experience in clinical practice, education, manufacturing and research. This text is a must-have resource for any health care professional or student.

This text was highly recognized by industry peers and awarded the prestigious 2013 James A. Duke Excellence in Botanical Literature Award by the American Botanical Council as the recognition of the authors' outstanding contribution to herbal knowledge.



The Essential Guide to Herbal Safety

By Kerry Bone and Simon Mills

The first accurate and comprehensive book on herbal safety – a must for all health care professionals!

This innovative book presents an extensive discussion of the principles of herbal safety and the current major issues relating to this important area. Leading international experts contribute to the book providing a wealth of information on issues such as quality, interactions, adverse reactions, toxicity, allergy, contact sensitivity and idiosyncratic reactions. In March 2006, the American Botanical Council (ABC) announced that *The Essential Guide to Herbal Safety* was the recipient of the James A. Duke Botanical Literature Award which honors the singular outstanding contribution by a book to the knowledge and understanding of herbal and aromatic plants.

Winner of the 2005
James A. Duke Botanical
Literature Award



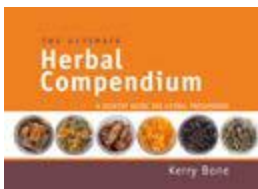
Phytotherapy Essentials: Healthy Children

Optimising Children's Health with Herbs

By Rob Santich and Kerry Bone

The first comprehensive text on children's health for the natural health care professional

Healthy Children has been written with the special needs of children in mind. The benefits, risks and requirements for herbal health support in children differ from those in adults. This book outlines the key principles that govern herbal practice for this special patient group. This well-researched text, written by Rob Santich and Kerry Bone who together have more than 50 years of clinical practice, examines the common health problems encountered by children together with up-to-date medical and herbal information. Tablet and liquid protocols are also provided as well as relevant case histories. This text provides a balanced and authoritative approach to children's health through sound, practical information based on clinical experience and evidence-based research.



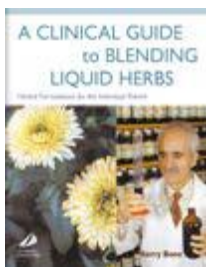
The Ultimate Herbal Compendium

A Desktop Guide for Herbal Prescribers

By Kerry Bone

The most comprehensive, accurate and up-to-date desktop herbal prescribing reference

The Ultimate Herbal Compendium is a reliable ready reference designed for the busy health care professional. It contains up-to-date easily found information on a wide range of herbs and conditions, including doses for herbs in tablet form as well as liquids. Careful research of all the available herbal information combined with Kerry Bone's 30 years of clinical practice ensures that all valid herbal treatment options can be considered.



A Clinical Guide to Blending Liquid Herbs:

Herbal Formulations for the Individual Patient

By Kerry Bone

This highly practical guide explains in-depth how to use and blend liquid extracts for optimum results making it a must for all herbal trained clinicians and students

Monographs of 125 popular herbs used in the form of liquid extracts provide the herbal clinician with accessible and clinically relevant information. The monographs have been specifically designed for use in the clinic with an emphasis on providing the essential information in an easy to read format and outlines traditional use and the most up-to-date pharmacological and clinical studies. This guide is comprehensively referenced and contains appendices for thorough explanations, indices of herb and herb action as well as complete glossaries and table of recommended dosages.



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Potential Herb-Drug Interactions for Commonly Used Herbs

How to Read the Chart

The chart is read from left to right. The information in the Basis of Concern column provides the evidence for the information in the Potential Interaction column. For example, *clinical studies* found that administration of St John's wort resulted in *decreased levels* of cancer chemotherapeutic drugs. (Italicized words represent the information in the Herb-Drug Interaction chart below.)

More details may be provided in the Basis of Concern column. For example, in a *clinical study with healthy volunteers* administration of St John's wort resulted in *increased clearance* of the hypoglycemic drug gliclazide, and so *may reduce the drug's efficacy*, however, *glucose and insulin response to glucose loading were unchanged*.

A recommended action is suggested on a risk assessment of the information in the Basis of Concern. In these examples:

- It is recommended that St John's wort is contraindicated in patients taking cancer chemotherapeutic drugs.
- In the case of gliclazide, because the trial found little effect on a clinically-relevant outcome, the potential interaction is considered low risk and a caution is recommended: the patient should be monitored, through the normal process of repeat consultations.

For more information on the process used to assess the herb-drug interaction research (and why some research is not included), how the risk of interaction is assessed, with worked examples from the chart: go to www.mediherb.com and view the Herb-Drug Interaction Chart under 'Resources'.

Health care professionals please note: when a drug is listed below and there is a potential interaction with the herb you intend to dispense, it is important that you or your patient discuss the potential interaction with their prescribing physician before you dispense the herb to the patient.

| Drug | Potential Interaction | Basis of Concern | Recommended Action |
|--|---|--|--|
| Bilberry <i>Vaccinium myrtillus</i> | | | |
| Warfarin | Potentiation of bleeding. | Herb Alone Antiplatelet activity observed in healthy volunteers (173 mg/day of bilberry anthocyanins). ¹ Case report of postoperative bleeding (bilberry extract undefined). ² Herb or Constituent and Drug Uncontrolled trial (600 mg/day of bilberry anthocyanins + 30 mg/day of vitamin C for 2 months, then reduced maintenance dose) of 9 patients taking anticoagulant drugs – treatment reduced retinal hemorrhages without impairing coagulation. ³ Case report (patient reported to consume “large amounts of bilberry fruits every day for five years”). ⁴ | Monitor at high doses (> 100 mg/day anthocyanins, low level of risk). |
| Black Cohosh <i>Actaea racemosa (cimicifuga racemosa)</i> | | | |
| Statin drugs eg atorvastatin | May potentiate increase in liver enzymes, specifically ALT. | Case report. ⁵ | Monitor (low level of risk). |
| Bladderwrack <i>Fucus vesiculosus</i> | | | |
| Hyperthyroid medication eg carbimazole | May decrease effectiveness of drug due to natural iodine content. ⁶ | Theoretical concern, no cases reported. | Contraindicated unless under close supervision. |
| Thyroid replacement therapies eg thyroxine | May add to effect of drug. | Theoretical concern linked to a case report where “kelp” caused hyperthyroidism in a person not taking thyroxine. ⁷ | Monitor (low level of risk). |
| Bugleweed <i>Lycopus virginicus, Lycopus europaeus</i> | | | |
| Radioactive iodine | May interfere with administration of diagnostic procedures using radioactive isotopes. ⁸ | Case report. | Contraindicated. |
| Thyroid hormones | Should not be administered concurrently with preparations containing thyroid hormone. ⁹ | Theoretical concern based on deliberations of German Commission E. | Contraindicated. |
| Cat's Claw <i>Uncaria tomentosa</i> | | | |
| HIV protease inhibitors | May increase drug level. | Case report, in a patient with cirrhosis being evaluated for a liver transplant. ¹⁰ | Monitor (low level of risk). |
| Cayenne (Chili Pepper) <i>Capsicum</i> spp. (See also Polyphenol-containing herbs) | | | |
| ACE inhibitor | May cause drug-induced cough. | Case report (topical capsaicin). Theoretical concern since capsaicin depletes substance P. ¹¹ | Monitor (very low level of risk). |
| Theophylline | May increase absorption and drug level. | Clinical study (healthy volunteers, chili-spiced meal). Absorption and drug level lower than during fasting. ¹² | Monitor (low level of risk). |

| Drug | Potential Interaction | Basis of Concern | Recommended Action |
|--|--|---|---|
| Celery Seed <i>Apium graveolens</i> | | | |
| Thyroxine | May reduce serum levels of thyroxine. | Case reports. ¹³ | Monitor (very low level of risk). |
| Chinese Skullcap <i>Scutellaria baicalensis</i> | | | |
| Losartan | May increase drug levels. | Clinical trial with healthy volunteers (water-based extract, 4 dried herb equivalent: 12 g/day). ¹⁴ | Monitor (low level of risk at typical doses). |
| Rosuvastatin | May decrease drug levels. | Clinical study with healthy volunteers using 150 mg/day of isolated constituent (baicalin). ¹⁵ | Monitor (low level of risk). ⁸ |
| Coleus <i>Coleus forskohlii</i> | | | |
| Antiplatelet and anticoagulant drugs | May alter response to drug. | Theoretical concern initially based on <i>in vitro</i> antiplatelet activity of active constituent forskolin, and <i>in vivo</i> antiplatelet activity in an animal model (oral doses: standardized Coleus extract and forskolin). ¹⁶ More recent <i>in vivo</i> animal research: standardized Coleus extract reduced the anticoagulant activity of warfarin. ¹⁷ | Monitor (low level of risk). |
| Hypotensive medication | May potentiate effects of drug. | Theoretical concern based on ability of high doses of forskolin and standardized Coleus extract to lower blood pressure in normotensive and hypertensive animals. ^{18,19} Clinical data from weight management trials: no effect on blood pressure in three trials, trend toward lower blood pressure in one small study. ^{20,21} No experimental or clinical studies conducted with hypotensive medication. | Monitor (low level of risk). |
| Prescribed medication | May potentiate effects of drug. | Theoretical concern based on ability of forskolin to activate increased intracellular cyclic AMP <i>in vitro</i> . ²² | Monitor (low level of risk). |
| Cranberry <i>Vaccinium macrocarpon</i> | | | |
| Midazolam | May increase drug levels. | Clinical trials with healthy volunteers: effect on drug levels conflicting – increased (double-strength juice, ²³ 240 mL tds; defined as a weak interaction ²³) and no effect (cranberry juice, † 200 mL tds). ²⁴ | Monitor (low level of risk). |
| Simvastatin | May increase side effects of drug. | Case report (355–473 mL/day cranberry juice drink (7% juice), rated as ‘possible’ interaction). ²⁵ | Monitor (low level of risk). |
| Warfarin | May alter INR (most frequently increase). | Case reports (where reported the dosage was often high: up to 2000 mL/day, juice strength undefined; 1.5–2 quarts (1420–1893 mL)/day of cranberry juice cocktail; 113 g/day, cranberry sauce). ^{26–34} Clinical trials: no significant effect found in atrial fibrillation patients (250 mL/day cranberry juice cocktail). ³⁵ In patients on warfarin for a variety of indications (8 oz (236 mL)/day cranberry juice cocktail) ³⁶ but increase observed in healthy volunteers (juice concentrate equivalent to 57 g of dry fruit/day). ³⁷ No alteration of prothrombin time in patients on stable warfarin therapy (480 mL/day cranberry juice) ³⁸ or of thromboplastin time in healthy volunteers (600 mL/day cranberry juice). ³⁴ See also note C. | Monitor (low level of risk at typical doses). |
| Dong Quai <i>Angelica sinensis</i> , <i>Angelica polymorpha</i> | | | |
| Warfarin | May potentiate effect of drug. | Case reports: increased INR and PT. ³⁹ increased INR and widespread bruising. ⁴⁰ | Monitor (low level of risk). |
| Echinacea <i>Echinacea angustifolia</i> , <i>Echinacea purpurea</i> | | | |
| Antiretroviral drugs | HIV non-nucleoside transcriptase inhibitors eg efavirenz: May alter drug levels. | Clinical trial (<i>E. purpurea</i> root; HIV-infected patients): no effect overall, but large interindividual variability occurred (from near 25% decreases to up to 50% increases in drug concentrations). All maintained an undetectable viral load. ⁴¹ | Monitor (low level of risk). |
| Immunosuppressant medication | HIV protease inhibitors eg darunavir: May decrease drug levels. | Clinical trial (<i>E. purpurea</i> root; HIV-infected patients): no effect overall, but some patients showed a decrease by as much as 40%. All maintained an undetectable viral load. (Patients were also taking a low dose of ritonavir). ⁴² | Monitor (low level of risk). |
| Midazolam | May decrease effectiveness of drug. ^{43,44} | Theoretical concern based on immune-enhancing activity of Echinacea. No cases reported. | Contraindicated |
| Eleuthero (Siberian Ginseng) <i>Eleutherococcus senticosus</i> | Decreases drug levels when drug administered intravenously. ⁴⁵ | Clinical study (<i>E. purpurea</i> root, 1.6 g/day). ⁴⁵ | Monitor (medium level of risk) when drug administered intravenously. |
| Digoxin | May increase plasma drug levels. | Case report: apparent increase in plasma level, but herb probably interfered with digoxin assay ⁴⁶ (patient had unchanged ECG despite apparent digoxin concentration of 5.2 nmol/L). ⁴⁶ In a later clinical trial no effect observed on plasma concentration. ⁴⁷ | Monitor (very low level of risk). |

| Drug | Potential Interaction | Basis of Concern | Recommended Action |
|---|---|--|--|
| Evening Primrose Oil <i>Oenothera biennis</i> | | | |
| Phenothiazines | May decrease effectiveness of drug. | Reports of worsening epilepsy in schizophrenics. No causal association demonstrated and no effect observed in later trials. ⁴⁸ | Monitor (very low level of risk). |
| Garlic <i>Allium sativum</i> (See also Hypoglycemic herbs) | | | |
| Antiplatelet and anticoagulant drugs | Aspirin: May increase bleeding time. Clopidogrel: May potentiate effect of drug. Warfarin: May potentiate effect of drug. Large doses could increase bleeding tendency. | Concern may be overstated, as antiplatelet/anticoagulant drugs are often coadministered eg aspirin and warfarin. Herb Alone Case reports of increased bleeding tendency with high garlic intake. In three of the four cases the bleeding occurred after surgery. ⁴⁹⁻⁵² Anecdotal: garlic taken shortly before testing interferes with platelet aggregation in control subjects. ⁵³ <i>Single-dose studies, and studies demonstrating a beneficial effect on disordered function, including for example, in atherosclerosis, are excluded.</i> Clinical studies (3 g/day or less of fresh garlic): inhibited platelet aggregation in three trials ¹ (about 2.4-2.7 g/day, patients and healthy volunteers), ⁵⁴⁻⁵⁶ but no effect on platelet aggregation in one trial ¹ (about 1.8 g/day, patients); ⁵⁷ decreased serum thromboxane in one trial (3 g/day, healthy volunteers) ⁵⁸ . † See note H. Clinical studies (4.2-5 g/day of fresh garlic, patients and healthy volunteers): no effect on platelet aggregation, fibrinogen level, prothrombin time, whole blood coagulation time. ⁵⁹⁻⁶¹ Clinical studies (8-10 g/day of fresh garlic, healthy volunteers): inhibited platelet aggregation and increased clotting time. ^{62,63} Herb and Drug Aspirin: No published studies. Clopidogrel: Garlic tablet ("odorless", dose undefined) added to improve drug therapy, reduced platelet hyperactivity in two patients. ⁵³ Warfarin: Two cases of increased INR and clotting times, very few details (garlic pearls, garlic tablets: dosage undefined). ⁶⁴ Clinical trial: no effect in healthy volunteers (enteric-coated tablets equivalent to 4 g/day of fresh garlic). ³⁷ | Monitor at doses equivalent to ≥ 3 g/day fresh garlic (low level of risk). Stop taking at least one week before surgery. |
| HIV protease inhibitors | Decreases drug level. | Saquinavir: Two clinical studies (garlic extract, standardized for alliin content) with healthy volunteers ^{65,66} – large variability (in one study, ⁶⁶ decrease (15%) was not significant). Ritonavir-boosted atazanavir: Case report (6 stir-fried garlic cloves three times per week). ⁶⁷ | Monitor (medium level of risk). |
| Ginger <i>Zingiber officinale</i> | | | |
| Antacids | May decrease effectiveness of drug. | Theoretical concern since ginger increases gastric secretory activity <i>in vivo</i> (animals). ⁴³ | Monitor (low level of risk). |
| Antiplatelet and anticoagulant drugs | Phenprocoumon: May increase effectiveness of drug. Warfarin: Increased risk of spontaneous bleeding. | Case report (dosage undefined): increased INR. ⁶⁸ Concern based on antiplatelet activity and potential to inhibit thromboxane synthetase. Herb Alone Clinical studies: inhibition of platelet aggregation (5 g, divided single dose, dried ginger) in healthy volunteers; ⁶⁹ and coronary artery disease patients (10 g, single dose, dried ginger) ⁷⁰ but no effect in healthy volunteers (2 g, single dose, dried ginger), ⁷¹ or coronary artery disease patients (4 g/day, dried ginger); ⁷² inhibition of platelet thromboxane production in healthy volunteers (5 g/day, fresh ginger). ⁷² Herb and Drug Case report: bleeding (ginger dosage undefined). ⁷³ No pharmacokinetic or pharmacodynamic effect demonstrated in a clinical trial with healthy volunteers (3.6 g/day, dried ginger). ⁷⁴ Epidemiological study: ginger (as a complementary medicine) was significantly associated with an increased risk of self-reported bleeding in patients taking warfarin. ⁷⁵ These results should be viewed cautiously (see note J). | Monitor at doses equivalent to < 4 g/day dried ginger (low level of risk). Monitor at doses equivalent to < 4 g/day dried ginger (very low risk). Contraindicated unless under close supervision at doses equivalent to > 4 g/day dried ginger. |
| Nifedipine | May produce a synergistic antiplatelet effect. | Clinical study (1 g/day, dried ginger) in healthy volunteers and hypertensive patients. ⁷⁶ | Contraindicated. |

| Drug | Potential Interaction | Basis of Concern | Recommended Action |
|--|---|--|---|
| Ginkgo* <i>Ginkgo biloba</i> | | | |
| Anticonvulsant medication eg carbamazepine, sodium valproate | May decrease the effectiveness of drug. | Case reports, two with well-controlled epilepsy, ⁷⁷ others anecdotal and uncertain. ⁷⁸⁻⁸⁰ | Monitor (medium level of risk). Increasing the intake of vitamin B6 may be advisable for patients taking anticonvulsants. ¹ |
| Antiplatelet and anticoagulant drugs | Prolongation of bleeding and/or increased bleeding tendency. | <p>Concern based on antiplatelet activity.</p> <p>Bleeding events associated with Ginkgo alone or in combination with these and other drugs have been reported but a causal relationship was not established conclusively. Although a retrospective population-based study found risk of hemorrhage was associated with elderly patients (65 years or older) who were taking Ginkgo alone.⁸¹</p> <p>Herb Alone</p> <p>Rare case reports of bleeding.^{82,84}</p> <p>Meta-analysis of randomized, placebo-controlled trials (healthy volunteers and patients); results indicate standardized Ginkgo extract does not increase the risk of bleeding.⁸⁵ Randomized, 5-year trial (elderly participants; Ginkgo 50:1 extract, 240 mg/day): no significant difference in incidence of hemorrhagic events.⁸⁶</p> <p>Herb and Drug</p> <p>Retrospective population-based study in Taiwan: the relative risk of hemorrhage associated with the use of Ginkgo extract combined with drugs (clopidogrel, clostazol, ticlopidine, warfarin) was not significant.⁸¹</p> <p><i>See also note M.</i></p> <p>Aspirin: Case reports (2, bleeding;⁸² one, extensive bruising after a fall – although possibly high Ginkgo dose (400 mg/day, undefined)).⁸⁷ Clinical studies: no additional effect on platelet function, platelet aggregation or bleeding time.^{88,90}</p> <p>Clostazol: Clinical studies with healthy volunteers (Ginkgo extract (undefined): single dose 120 mg) – bleeding time prolonged, no change in platelet aggregation or clotting time, and no significant correlation between prolongation of bleeding time and inhibition of platelet aggregation;⁹¹ no effect on pharmacokinetics or bleeding time, the increase in platelet aggregation was not significant (Ginkgo extract (undefined): 160 mg/day).⁹²</p> <p>Clopidogrel: Case report (bruising and bleeding). Clinical study with healthy volunteers (Ginkgo extract (undefined): single dose 120 mg) – no effect on platelet aggregation, bleeding times.⁹¹</p> <p>Ticlopidine: Case report (bleeding).⁸⁵ Clinical studies: no significant additional effect on bleeding time or platelet aggregation (Ginkgo 50:1 extract: single dose 80 mg; healthy volunteers),⁹⁴ and at the higher dose (120 mg/day) did not affect drug levels;⁹⁵ increased inhibitory response of platelets to testing with two agonists (ie antiplatelet effect) for drug and herb compared with drug alone, although effect was small and statistical and clinical significance is unknown (Ginkgo extract (undefined): 160 mg/day; pilot study of patients who had an acute ischemic stroke or transient ischemic attack).⁹⁶</p> <p>Warfarin: Case report (bleeding).⁸² Clinical studies (healthy volunteers and patients): no additional effect on INR, platelet aggregation, coagulation parameters or plasma drug level.^{74,97,98}</p> <p>Randomized, controlled trials (Ginkgo 50:1 extract: 120–360 mg/day).^{99,102}</p> | Monitor (low level of risk) |
| Antipsychotic medication eg haloperidol, olanzapine, clozapine | May potentiate the efficiency of drug in patients with schizophrenia. | | Prescribe cautiously. Reduce drug if necessary in conjunction with prescribing physician. |
| Antiretroviral drugs | HIV integrase inhibitors eg raltegravir: May alter drug levels HIV non-nucleoside transcriptase inhibitors eg efavirenz: May decrease drug levels. | Clinical study with healthy volunteers (Ginkgo 50:1 extract: 240 mg/day) found an increase in plasma levels, due to large interindividual variability, not considered to be of clinical importance. (The drug's pharmacokinetics are known for considerable intra- and interindividual variability.) ¹⁰³ | Monitor (low level of risk) |
| Atorvastatin – See Statin drugs below | | Case report. ¹⁰⁴ | Monitor (medium level of risk). |
| Benzodiazepines | May alter drug level. | Alprazolam: Clinical trial in healthy volunteers found no effect (Ginkgo 50:1 extract: 240 mg/day). ¹⁰⁵ Diazepam: Clinical trial in healthy volunteers found no effect (Ginkgo 50:1 extract: 240 mg/day). ¹⁰⁶ Midazolam: Clinical trials in healthy volunteers found conflicting results on drug levels: increased (defined as a weak interaction); ¹⁰⁷ Ginkgo 50:1 extract: 360 mg/day). ¹⁰⁷ decreased (Ginkgo 50:1 extract: 240 mg/day) ¹⁰⁸ and no effect (Ginkgo 50:1 extract: 240 mg/day). ¹⁰⁹ | Monitor (low level of risk). |

| Drug | Potential Interaction | Basis of Concern | Recommended Action |
|--|--|---|---|
| Hypoglycemic drugs | Glipizide: May cause hypoglycemia. | Observation from aborted trial: hypoglycemia occurred in volunteers with normal glucose tolerance within 60 minutes. ¹¹⁰ Ginkgo 50:1 extract was administered as a single dose of 120 mg. ¹¹¹ | Monitor (low level of risk). |
| | Metformin: May enhance effectiveness of drug. | Clinical trial: elimination half-life was increased at doses of metformin 850 mg, three times a day. Effect not significant at doses to 500 mg, twice a day. Ginkgo 50:1 extract was administered as a single dose of 120 mg. ¹¹⁰ | Monitor at doses of metformin > 1 g/day (medium level of risk). Reduce drug if necessary in conjunction with prescribing physician. |
| | Pioglitazone: May increase drug level. | Clinical trial with healthy volunteers (Ginkgo 50:1 extract: 120 mg/day). ¹¹² | Monitor (low level of risk). |
| | Tolbutamide: May decrease effectiveness of drug. | Clinical trials with healthy volunteers: nonsignificant reduction in glucose-lowering effect of drug (Ginkgo 50:1 extract: 360 mg/day). ¹⁰⁷ pharmacokinetics not altered (Ginkgo 50:1 extract: 240 and 360 mg/day). ^{107,109} | Monitor (low level of risk). |
| | May increase drug levels or side effects. | Clinical studies: mixed results found for mean plasma drug level – increase (120 mg/day) ¹¹³ and no effect (240 mg/day). ¹¹⁴ However, at the higher dose, maximal plasma drug level and heart rate was increased with adverse drug reactions for participants with highest plasma drug levels (headache, dizziness, hot flashes). ¹¹⁴ | Monitor at doses < 240 mg/day (medium level of risk). Contraindicated for higher doses. |
| Omeprazole | May decrease drug levels. | Clinical trials with healthy volunteers found conflicting results on drug levels: decreased (Ginkgo 50:1 extract: 280 mg/day) ¹¹⁵ and no effect (Ginkgo 50:1 extract: 240 mg/day). ¹⁰⁹ | Monitor (low level of risk). |
| Statin drugs | May decrease drug levels. | Atorvastatin: Clinical study with healthy volunteers (Ginkgo 50:1 extract: 360 mg/day). No pharmacodynamic effect was observed. ¹¹⁶ Simvastatin: Clinical study with healthy volunteers (Ginkgo 50:1 extract: 240 mg/day) – drug levels decreased, but active metabolite drug levels not affected. Pharmacodynamics (cholesterol lowering) of the drug not significantly affected, although trend towards lowering of LDL-cholesterol efficacy observed. ¹¹⁷ | Monitor (low level of risk). |
| Talinolol | May increase drug levels. | Clinical trial with healthy volunteers. ¹¹⁸ | Monitor (low level of risk). |
| Golden Seal[®] <i>Hydrastis canadensis</i> | | | |
| Drugs which displace the protein binding of bilirubin eg phenylbutazone | May potentiate effect of drug on displacing bilirubin. | Herb Alone Theoretical concern based on <i>in vitro</i> data (displaced bilirubin from albumin) and in animals with high dose of berberine by injection (reduced bilirubin serum protein binding). ¹¹⁹ | Monitor (low level of risk). |
| Midazolam | May increase drug level. | Clinical trial (defined as a weak interaction). ¹²⁰ | Monitor (low level of risk). |
| Green Tea <i>Camellia sinensis</i> (See also Polyphenol-containing herbs and Tannin-containing herbs) | | | |
| Boronic acid-based protease inhibitors eg bortezomib | May decrease efficacy of drug. | Theoretical concern based on initial <i>in vitro</i> data and <i>in vivo</i> animal study (green tea constituent: EGCG reduced tumor cell death induced by drug). ¹²¹ However, a further <i>in vivo</i> animal study found EGCG was not antagonistic to the activity of the drug. ¹²² See note P. | Contraindicated at high doses (around 600 mg/day EGCG or 1 g/day green tea catechins). ⁹ More information required for doses below this level. |
| Folate | May decrease absorption. | Clinical study with healthy volunteers. ¹²³ Clinical significance unclear, as was a one-day study (ie not ongoing administration), with 50 mg of green tea catechins administered before, during and up to 2 hours after folate (for a total of 250 mg of catechins). | If taken simultaneously, may need to increase dose of folate. The effect may be relatively small – more information is required. |
| Immunosuppressives | May increase drug levels. | Case report (patient was a CYP3A4 poor metabolizer). ¹²⁴ | Monitor (medium level of risk). |
| Sildenafil | May increase bioavailability of drug. | Clinical study with healthy volunteers (2 g, single dose, green tea powder containing 60 mg catechins). Blood pressure and electrocardiogram were unchanged. ¹²⁵ | Monitor (low level of risk). |
| Statin drugs eg simvastatin | May increase plasma level and side effect of drug. | One case reported of muscle pain (side effect). Pharmacokinetic evaluation indicated green tea (1 cup) increased the bioavailability of simvastatin in this patient. ¹²⁶ | Monitor (low level of risk). |
| Sunitinib | May reduce bioavailability of drug. | Case report (effect appeared dose-dependent). Considering the pharmacokinetic data (interaction in mice), the authors recommended avoiding green tea intake or leaving an interval of 4 hours between beverage and drug intake. ¹²⁷ | Contraindicated , unless taken at least 4 hours apart . |
| Warfarin | May inhibit effect of drug; decreased INR. | Case report (brewed green tea: 0.5–1 gallon/day). ¹²⁸ | Monitor (very low level of risk). |

| Drug | Potential Interaction | Basis of Concern | Recommended Action |
|--|---|---|---|
| Hawthorn <i>Crataegus monogyna</i> , <i>Crataegus laevigata</i> (<i>C. oxyacantha</i>) (See also Tannin-containing herbs) | | | |
| Digoxin | May increase effectiveness of drug. | Clinical studies indicate a (beneficial) synergistic effect. ^{129,130} Pharmacokinetics not affected in a clinical study (healthy volunteers). ¹³¹ | Monitor (low level of risk). |
| Hypotensive drugs | May increase effectiveness of drug. | Controlled trials where drugs known to be taken by all or many heart disease patients; blood pressure decreased significantly (2 trials). ^{132,133} decreased nonsignificantly (1 trial) ¹³⁴ and was unchanged (1 trial). ¹³⁵ Significant decrease in blood pressure observed in diabetics taking hypotensive drugs (1 trial). ¹³⁶ | Monitor (low level of risk). |
| Hypoglycemic herbs eg <i>Gymnema sylvestre</i> (See also Ginkgo, Korean Ginseng, Milk Thistle, St John's Wort) | | | |
| Hypoglycemic drugs including insulin | May potentiate hypoglycemic activity of drug. | In uncontrolled trials, high dose, long-term administration of <i>Gymnema</i> extract (equivalent to 10–13 g/day dried leaf) reduced insulin and hypoglycemic drug requirements in diabetics. ^{137,138} Several trials have found no effect for garifin on blood glucose in type 2 diabetics, although in a double-blind, placebo-controlled trial (using enteric-coated tablets), a reduction in the dosage of oral hypoglycemic drugs was required (these patients had fasting blood glucose above 8.0 mmol/L (144 mg/dL)). ¹³⁹ | Prescribe cautiously and monitor blood sugar regularly. Warn patient about possible hypoglycemic effects. Reduce drug if necessary in conjunction with prescribing physician. |
| Kava <i>Piper methysticum</i> | | | |
| CNS depressants eg alcohol, barbiturates, benzodiazepines | Potentiation of drug effects. | Theoretical concern based on deliberations of German Commission E ⁹ and the anxiolytic activity of kava. ⁴³ Two apparent case reports (kava + benzodiazepines (alprazolam, flunitrazepam)). ^{140,141} Clinical trials with healthy volunteers: no additional side effects observed for kava (extract containing 240 mg/day of kava lactones) + benzodiazepine (bromazepam). ¹⁴² and kava (extract containing 210 mg/day of kavalactones) + alcohol. ¹⁴³ Clinical study with healthy volunteers: no effect on pharmacokinetic parameters of midazolam (extract provided 253 mg/day of kavalactones). ¹²⁰ | Monitor (low level of risk). |
| L-dopa and other Parkinson's disease treatments | Possible dopamine antagonist effects. | Case reports. ^{144,145} Although, kava is unlikely to be responsible for central dopaminergic antagonism (experimental model) ¹⁴⁶ and kava reduced parkinsonism induced by neuroleptic drugs (observational study, psychiatric patients). ¹⁴⁷ | Contraindicated unless under close supervision. |
| Korean Ginseng <i>Panax ginseng</i> | | | |
| Antihypertensive medications including nifedipine | General: May decrease effectiveness of drug. | Theoretical concern since hypertension is a feature of GAs. Clinical significance unclear. ⁴³ Assessment of 316 hospital patients found Korean ginseng to have a contrary effect only in a very small percentage: blood pressure increase in 5% of hypertensives; increase in 3% and decrease in 2% of normotensives; decrease in 6% of hypotensives. ¹⁴⁸ No information on concurrent medications. <i>Note for clinical trial data below:</i> Acute, single-dose trials excluded. High doses used in several trials. Herb Alone Clinical trials: no significant effects found in healthy volunteers, ^{149,150} those with metabolic syndrome, ¹⁵¹ type 2 diabetes ¹⁵² or glaucoma, ¹⁵³ although baseline blood pressure may be a factor. ¹⁵¹ Herb and Drug Clinical trials: decreased blood pressure in essential hypertension, ¹⁵⁴ and coronary artery disease ¹⁵⁵ but no effect in white coat hypertension ¹⁵⁴ and essential hypertension. ¹⁵⁶ | Monitor (very low level of risk). |
| Antiplatelet and anticoagulant drugs | Nifedipine: May increase drug levels. General: May potentiate effects of drug. | Clinical trial. ¹¹³ | Monitor (low level of risk). |
| Cancer chemotherapeutic drugs eg imatinib | Warfarin: May decrease effectiveness of drug. | Herb Alone Two epidemiological studies in Korea: long-term intake (3–5 years) prolonged plasma clotting times (APTT), ^{157,158} and decreased platelet aggregation. ¹⁵⁷ (Dosage in Korea is generally high.) Clinical trial (healthy volunteers): inhibited platelet aggregation, but no effect on coagulation (PT, APTT). ¹⁵⁹ | Monitor (low level of risk). |
| CNS stimulants | May potentiate adverse effect possibly by altered metabolism. | Herb and Drug One case reported (decreased INR) ¹⁶⁰ but clinical significance unclear. No effect demonstrated in three clinical trials (healthy volunteers and patients) for INR, prothrombin time and platelet aggregation. ¹⁶¹⁻¹⁶³ Although the design of the trials has been criticized. See note p. ¹⁶⁴ | Monitor (low level of risk). |
| HIV integrase inhibitors eg raltegravir | May potentiate adverse effect possibly by altered metabolism. | Case report (hepatotoxicity, probable causality). ¹⁶⁵ | Monitor (low level of risk). |
| CNS stimulants | May potentiate effects of drug. ⁴³ | Theoretical concern since CNS stimulation is a feature of GAs. Clinical significance unclear. | Monitor (low level of risk). |
| HIV integrase inhibitors eg raltegravir | May potentiate adverse effect possibly by altered metabolism. | Case report (elevated liver enzymes: probable causality, dosage unknown). ¹⁶⁶ | Monitor (low level of risk). |

| Drug | Potential Interaction | Basis of Concern | Recommended Action |
|---|--|---|--|
| Hypoglycemic drugs including insulin | May potentiate hypoglycemic activity of drug. ⁴⁴ | Theoretical concern based on clinically observed hypoglycemic activity of ginseng in newly diagnosed type 2 diabetics. ¹⁶⁷ Clinical significance unclear. No effect on insulin sensitivity or beta-cell function after very high doses in newly diagnosed type 2 diabetics or those with impaired glucose tolerance. ¹⁶⁸ Korean red ginseng (2.7 g/day) reduced the requirement for insulin in about 40% of diabetics in a small uncontrolled trial. ¹⁶⁹ No adverse effects in three trials of type 2 diabetics well controlled with diet and/or oral hypoglycemic drugs. ^{152,170,171} | Monitor (low level of risk). |
| MAO inhibitors eg phenelzine | May cause side effects such as headache, sleeplessness, tremor. | Case reports. ¹⁷²⁻¹⁷⁴ | Contraindicated. |
| Midazolam | May decrease drug level. | Clinical study with healthy volunteers (extract providing about 45 mg/day of ginsenosides). ¹⁷⁵ | Monitor (low level of risk). |
| Sildenafil | Potentiation of drug possible. | Theoretical concern based on <i>in vitro</i> studies which show ginseng increases nitric oxide release from corpus cavernosum tissue. ^{176,177} | Monitor (very low level of risk). |
| Laxative (anthraquinone-containing) herbs eg cascara (<i>Frangula purshiana</i> , <i>Rhamnus purshianus</i>), yellow dock (<i>Rumex crispus</i>) | | | |
| Antiarrhythmic agents | May affect activity if potassium deficiency resulting from long-term laxative abuse is present. | German Commission E and ESCOP recommendation. ^{9,178} | Avoid excessive doses of laxatives. Maintain patients on a high potassium diet. |
| Cardiac glycosides | May potentiate activity, if potassium deficiency resulting from long-term laxative abuse is present. | German Commission E and ESCOP recommendation. ^{9,178} | Monitor (low level of risk at normal doses). |
| Potassium-depleting agents eg thiazide diuretics, corticosteroids, licorice root (<i>Glycyrrhiza glabra</i>) | May increase potassium depletion. | German Commission E and ESCOP recommendation. ^{9,178} | Avoid excessive doses of laxatives. Maintain patients on a high potassium diet. |

Herb-Drug Interaction Chart: General Prescribing Guidelines

- Exercise great caution when prescribing herbs for patients taking drugs with a narrow therapeutic window. These drugs may become dangerously toxic or ineffective with only relatively small changes in their blood concentrations. Examples include digoxin, warfarin, antirejection (immunosuppressive) drugs, many anti-HIV drugs, theophylline, phenytoin and phenobarbital. These patients need to be monitored on a frequent, regular basis.
 - Exercise great caution when prescribing herbs for patients taking drugs:
 - if heart, liver, or kidney function is impaired,
 - in elderly patients,
 - in pregnant women,
 - in those who have received an organ transplant,
 - in those with a genetic disorder that disturbs normal biochemical functions.
- These patients need to be monitored on a frequent, regular basis.

- Care should be exercised with patients who exhibit long-term use of laxative herbs or potassium-losing diuretics.
 - Critical drugs should be taken at different times of the day from herbs (and food) to reduce chemical or pharmacokinetic interactions. They should be separated by at least 1 hour, preferably more.
 - Stop all herbs approximately 1 week before surgery. Milk thistle may help reduce the toxic after-effects of anesthetic drugs, so it can be taken up to the day before, and then again, after surgery.
 - Carefully monitor the effects of drugs such as antihypertensives and antidiabetic drugs when combining with herbal remedies. The herbs may make them more or less effective. In the ideal situation the dose of the drug could be adjusted.
 - Interactions may be dose related for the herb and the drug, for example, St John's wort and digoxin.

Reference and further reading: Mills S, Bone K (eds). *The Essential Guide to Herbal Safety*. Churchill Livingstone, USA, 2005.

| Drug | Potential Interaction | Basis of Concern | Recommended Action |
|--|--|---|---|
| <p>Licorice <i>Glycyrrhiza glabra</i></p> <p>Antihypertensive medications other than diuretics</p> | <p>General: May decrease effectiveness of drug.</p> | <p>When consumed in high doses, licorice can cause pseudoaldosteronism and high blood pressure.</p> <p>Herb or Constituent Alone</p> <p>Hypertension demonstrated in case reports, usually from long-term intake and/or very high dose.¹⁷⁹ Hypokalemic paralysis reported (184 mg/day of glycyrrhizin for 2 months), although hypertension was mild, possibly due to coexisting sodium wasting related to uropathy from prostate cancer.¹⁸⁰</p> <p>Clinical studies (up to 200 g/day of licorice): dose-dependent relationship found between licorice and increase in blood pressure, more pronounced effect in hypertensive patients than in normotensive volunteers, adverse effect greater in women, and effect shown for dose as low as 50 g/day of licorice (75 mg/day of glycyrrhethinic acid = 130 mg/day of glycyrrhizin) taken for 2 weeks.¹⁸¹⁻¹⁸³ Other studies show variation of effects on blood pressure (see note 7) – renal function may be a factor.¹⁸⁴ The increase in blood pressure after taking glycyrrhethinic acid (874 mg/day of glycyrrhizin) was more pronounced in salt-sensitive than salt-resistant volunteers.¹⁸⁵ Clinical study to establish a no-effect level for glycyrrhizin (healthy female volunteers): significant results (eg blood pressure, serum potassium and aldosterone) compared to controls found for daily dose of 4 mg/kg (220–332 mg/day) taken for 8 weeks, but no effect at lower doses of 1–2 mg/kg (55–166 mg/day) of glycyrrhizin.¹⁸⁶</p> <p>Herb and Drug</p> <p>Case reports (licorice tea, 3 L/day; patient still hypertensive despite treatment with drugs;¹⁸⁷ decoction of Chinese herbs containing 5 g licorice, taken for 14 days).¹⁸⁸</p> <p>Case report (patient consumed licorice herbal medicine (200–240 mg/day glycyrrhizin)). Drug dosage was reduced, leading to pseudoaldosteronism.¹⁸⁹ See note V.</p> | <p>Avoid long-term use at doses > 100 mg/day glycyrrhizin unless under close supervision.^U Place patients on a high potassium diet.</p> |
| <p>Cilostazol</p> | <p>May cause hypokalemia, which can potentiate the toxicity of the drug.</p> | <p>Case report (patient taking 150 mg/day of glycyrrhizin). Serum potassium levels were stable prior to administration of drug.¹⁹⁰</p> | <p>Avoid long-term use at doses > 100 mg/day glycyrrhizin unless under close supervision.^U Place patients on a high potassium diet.</p> <p>Monitor (medium level of risk). Place patients on a high potassium diet.</p> |
| <p>Corticosteroids</p> | <p>Cortisol: May potentiate the action (rather than increase level of drug).</p> | <p>Inhibition of the enzyme 11beta-HSD2 by glycyrrhizin leads to an increased level of cortisol in the kidney. This does not happen in the liver.</p> <p>The plasma half-life of cortisol may be prolonged when herb and drug are coadministered, but drug concentrations remain normal, possibly because of a concomitant fall in cortisol production.¹⁹¹ Prolonged half-life of cortisol may suggest the potential for licorice to prolong clearance (and hence, activity) of the drug. (Studies involving patients with Addison's disease or on hemodialysis are not listed here.)</p> <p>Herb or Constituent Alone</p> <p>Clinical studies with healthy volunteers^{182, 184, 192-198} and patients with essential hypertension¹⁸² (ongoing oral administration): increase in urinary excretion of cortisol, but no significant change in plasma cortisol.^{182, 184, 192-198} (although plasma cortisone decreased)^{192, 193, 199} and diurnal variation of plasma cortisol was unaffected.¹⁹⁵ Doseage was high: 100–200 g/day of licorice candy (containing glycyrrhizin or glycyrrhethinic acid equivalent to 262–2440 mg/day of glycyrrhizin)^{182, 194, 195, 198} 3.5 g/day of licorice tablets (containing 266 mg/day of glycyrrhizin).¹⁹⁶ 4.8 g/day of licorice extract (containing glycyrrhethinic acid = 587 mg/day of glycyrrhizin),¹⁹⁷ 225 mg/day glycyrrhizin,¹⁹² glycyrrhethinic acid (= 227–874 mg/day glycyrrhizin).^{184, 193}</p> <p>Clinical study with healthy volunteers and hypertensive patients (single dose, placebo-controlled; oral administration of glycyrrhethinic acid equivalent to 874 mg/day of glycyrrhizin): increased plasma cortisol/cortisone ratio (due mostly to a decrease in plasma cortisone); salivary cortisol increased.²⁰⁰</p> <p>Clinical study with healthy volunteers (topical application of a cream containing glycyrrhethinic acid): no effect on plasma cortisol.²⁰¹</p> <p>Herb or Constituent and Drug</p> <p>Clinical studies: increased plasma half-life of cortisol (oral administration of licorice candy (200 g/day, containing 580 mg/day glycyrrhizin) + intravenous cortisol to 7 healthy volunteers;¹⁸⁴ oral administration of glycyrrhethinic acid = 227 mg/day of glycyrrhizin¹⁸² + oral cortisol to 2 volunteers).^{202, 203} See also Note W.</p> <p><i>Ex vivo</i> study (skin samples from healthy volunteers and patients with psoriasis and eczema; glycyrrhethinic acid and drug topically applied): activity of hydrocortisone potentiated by glycyrrhethinic acid.²⁰⁴</p> | <p>Monitor (very low level of risk at normal doses).</p> |
| <p>Prednisolone</p> | <p>May potentiate the action or increase level of drug.</p> | <p>Two clinical studies with healthy volunteers (oral administration of glycyrrhizin or glycyrrhethinic acid); prednisolone administered intravenously): increased drug level²⁰⁵ and increased prednisolone/prednisone ratio^x in urine and plasma.²⁰⁶ Doseage was high: 200 mg/day glycyrrhizin,²⁰⁵ and 400 mg/day glycyrrhethinic acid (= 700 mg/day glycyrrhizin).²⁰⁶</p> | <p>Monitor (low level of risk at normal doses) when drug administered intravenously.</p> |

| Drug | Potential Interaction | Basis of Concern | Recommended Action |
|---|--|--|---|
| Digoxin | May cause hypokalemia which can potentiate the toxicity of the drug. | Herb Alone Hypokalemia demonstrated in case reports and clinical studies, usually from long-term intake and/or very high dose, however effect has been demonstrated in sensitive individuals at low doses (licorice containing 100 mg/day of glycyrrhizin). Side effects would be common at 400 mg/day of glycyrrhizin. ^{179,207,208} Herb and Drug Case report (patient taking herbal laxative containing licorice (1.2 g/day) and rhubarb (<i>Rheum</i> spp., 4.8 g/day)). In addition to digoxin, patient was also taking a potassium-depleting diuretic. ²⁰⁹ | Avoid long-term use at doses > 100 mg/day glycyrrhizin unless under close supervision. ¹⁰ Place patients on a high potassium diet. |
| Diuretics | Spironolone (potassium-sparing diuretic): Reduce side effects of drug. Thiazide and loop (potassium-depleting) diuretics: The combined effect of licorice and the drug could result in excessive potassium loss. ⁹ | Clinical study: in women with PCOS addition of licorice extract (containing about 463 mg/day glycyrrhizin) reduced side effects related to the diuretic activity of drug. ²¹⁰ Herb or Constituent Alone Hypokalemia demonstrated in case reports and clinical studies, usually from long-term intake and/or very high dose. ^{179,207,208} however effect has been demonstrated in patients for ongoing treatment with herbal medicines containing glycyrrhizin at doses of 80–240 mg/day. ²¹¹ Herb and Drug Case reports, usually from long-term intake and/or very high dose, ^{187,207,212-218} however effect has been demonstrated for ongoing treatment of glycyrrhizin as low as 80 mg/day. ²¹¹ Clinical trial (candy containing 40 mg/day of glycyrrhizin): decreased plasma potassium, with 20% of healthy volunteers hypokalemic in the first week. ²¹⁹ | Monitor (low level of risk at normal doses). Contraindicated unless under close supervision at doses > 40 mg/day glycyrrhizin. |
| Immunosuppressives eg sirolimus | May decrease drug clearance. | Population pharmacokinetic study with 112 Chinese adult renal transplant recipients: clearance of sirolimus decreased in those patients with abnormal ALT values who were taking herbal formulations containing glycyrrhizin (route and dosage unknown). ²²⁰ | Monitor (medium level of risk) in hepatically-impaired patients. |
| Midazolam | May decrease drug level. | Clinical study with healthy volunteers (potassium salt of glycyrrhizin, equivalent to 287 mg/day of glycyrrhizin). ²²¹ | Monitor (low level of risk at normal doses). |
| Omeprazole | May decrease drug level. | Clinical study with healthy volunteers (potassium salt of glycyrrhizin, equivalent to 287 mg/day of glycyrrhizin). ²²² | Monitor (low level of risk at normal doses). |
| Potassium-depleting drugs other than thiazide and loop diuretics eg corticosteroids, stimulant laxatives | May result in excessive potassium loss. | Herb Alone Hypokalemia demonstrated in case reports and clinical studies, usually from candy intake (high dose), however effect has been demonstrated in sensitive individuals at low doses (licorice containing 100 mg/day of glycyrrhizin). Side effects would be common at 400 mg/day of glycyrrhizin. ^{179,207} | Avoid long-term use at doses > 100 mg/day glycyrrhizin unless under close supervision. ¹⁰ Place patients on a high potassium diet. |
| Marshmallow Root <i>Althaea officinalis</i> | | | |
| Prescribed medication | May slow or reduce absorption of drugs. | Theoretical concern based on absorbent properties of marshmallow root. | Take at least 2 hours away from medication. |
| Meadowsweet <i>Filipendula ulmaria</i> (See also Tannin-containing herbs) | | | |
| Warfarin | May potentiate effects of drug. | Theoretical concern based on <i>in vivo</i> animal study demonstrating anticoagulant activity (dosage unavailable). ²²³ | Monitor (very low level of risk). |
| Milk Thistle <i>Silybum marianum</i> (See also Polyphenol-containing herbs) | | | |
| Hypoglycemic drugs including insulin | May improve insulin sensitivity. | Controlled trials: improved glycemic control and reduced insulin requirements in patients with type 2 diabetes and cirrhosis (silymarin: 600 mg/day). ²²⁴ although insulin requirements unchanged in another trial (silymarin: 200 mg/day). ²²⁵ Improved glycemic control in diabetics treated with hypoglycemic drugs (silymarin: 200 and 600 mg/day). ^{226,227} Improved blood glucose, blood insulin and insulin resistance in PCOS patients treated with metformin (silymarin: 750 mg/day). ²²⁸ but no effect on glucose metabolism in NAFLD patients including those with insulin resistance (silymarin: 280 and 600 mg/day). ^{229,230} | Prescribe cautiously and monitor blood sugar regularly. Warn patient about possible hypoglycemic effects. Reduce drug if necessary in conjunction with prescribing physician. |
| Immunosuppressives eg sirolimus | May decrease drug clearance. | Population pharmacokinetic study with 112 Chinese adult renal transplant recipients: clearance of sirolimus decreased in those patients with abnormal ALT values who were taking silymarin formulations (route and dosage unknown). ²³⁰ | Monitor (medium level of risk) in hepatically-impaired patients. |
| Losartan | May reduce efficacy of drug by inhibiting metabolism. | Clinical study (healthy volunteers; clinical significance unclear): inhibited metabolism of drug; the inhibition was greater in those of a particular CYP2C9 genotype (silymarin: 420 mg/day). ²³¹ See note Y. | Monitor (low level of risk). |
| Metronidazole | May decrease absorption of drug, by increasing clearance. | Clinical study with healthy volunteers (silymarin: 140 mg/day). ²³² | Monitor (medium level of risk). |
| Nifedipine | May delay the absorption rate of drug. | Clinical study with healthy volunteers (silymarin: 280 mg/day), but bioavailability unchanged. ²³³ | Monitor (low level of risk). |
| Ornidazole | May increase drug levels. | Clinical study with healthy volunteers (silymarin: 140 mg/day). ²³⁴ | Monitor (medium level of risk). |
| Talinolol | May increase drug levels. | Clinical study with healthy volunteers (silymarin: 420 mg/day). ²³⁵ | Monitor (low level of risk). |

| Drug | Potential Interaction | Basis of Concern | Recommended Action |
|--|--|---|---|
| Phellodendron* <i>Phellodendron amurense</i> | | | |
| Drugs that displace the protein binding of bilirubin eg phenylbutazone | May potentiate effect of drug on displacing bilirubin. | Herb Alone Theoretical concern based on <i>in vitro</i> data (displaced bilirubin from albumin) and in animals with high dose of berberine by injection (reduced bilirubin serum protein binding). ¹⁹ | Monitor (low level of risk). |
| Polyphenol-containing* or Flavonoid-containing herbs especially <i>Camellia sinensis</i> (green tea (<i>Camellia sinensis</i>)), lime flowers (<i>Tilia cordata</i>), milk thistle (<i>Silybum marianum</i>), rosemary (<i>Rosmarinus officinalis</i>) (See also Tannin-containing herbs) | | | |
| Immunosuppressives eg cyclosporin | Decreases drug levels, due to impaired absorption or increased metabolism. | Three case reports, in transplant patients (2 L/day of herbal tea; 1-1.5 L/day of chamomile tea; 'large quantities' of fruit tea containing hibiscus extract, and a drink containing black tea). Confirmed by rechallenge in one case, but no signs of rejection. ²³⁶ | Monitor (medium level of risk). Also advisable not to take simultaneously. |
| Iron | Inhibition of non-heme iron ⁶⁵ absorption. | Clinical study (included herb teas (German chamomile, vervain, lime flower, peppermint; all 3 g/300 mL), beverages (e.g. black tea, coffee, cocoa): effect dependent on polyphenol content (per serving: 20-400 mg). ²³⁷ See also note BB. Timing of intake may be important. See also note CC. Epidemiological study (United States): 1 cup/week of coffee associated with 10% lower serum ferritin in the elderly. ²³⁸ Epidemiological study (China): effect for eating chili on serum ferritin in women not significant. ²³⁹ Mixed results in other studies (healthy volunteers): rosemary (32.7 mg of polyphenols) ²⁴⁰ and cayenne (high dose: 14.2 g, fresh weight, ¹⁰ containing 25 mg polyphenols) ²⁴¹ caused inhibition; chamomile ²⁴² and turmeric (2.8 g, fresh weight, containing 50 mg polyphenols) ²⁴³ did not. See also note EE. Results for green tea have been conflicting: two studies found no effect (healthy volunteers and those with anemia) ^{243,244} two studies (healthy volunteers) found an effect. ^{240,245} Drinking green tea (1:100, 1 L/day) lowered serum ferritin in women with low levels of ferritin (< 25 mcg/L) at baseline. No effect in other women or men (vegetarians and omnivores), and no effect on iron status parameters. ²⁴⁶ Two epidemiological studies (French and Japanese populations) found mixed results for serum ferritin and hemoglobin, although risk of iron depletion or anemia was not increased. ^{247,248} Clinical study (150-300 mg/day EGG): decreased absorption in healthy women with low iron stores administered together with iron. Results significant only at higher dosage. ²⁴⁹ Concentrated extract of milk thistle reduced iron absorption in hemochromatosis patients. ²⁵⁰ | In anemia and where iron supplementation is required, do not take simultaneously with meals or iron supplements. |
| Saw Palmetto <i>Serenoa repens</i> | | | |
| Antiplatelet and anticoagulant drugs | May potentiate effect of drug. | Herb Alone Case report (hemorrhage during surgery) ²⁵¹ Clinical trials: reduced intraoperative bleeding from transurethral resection of the prostate procedure with preoperative use of liposterolic extract (2 trials), blood loss not different when compared with drug treatment (1 trial). ²⁵² Herb and Drug Case reports (2): increased INR (warfarin + simvastatin, ²⁵³ aspirin + clopidogrel, ²⁵⁴ – in the first case, the interaction may have been due to the vitamin E also present in the preparation, ²⁵⁵ in the second case, six times the usual dose of extract was taken). | Monitor (very low level of risk). |
| Schisandra <i>Schisandra chinensis</i> | | | |
| Immunosuppressives | May increase drug levels. | Sirolimus: Observations in some liver transplanted recipients. Clinical study: markedly increased drug levels in healthy volunteers ²⁵⁵ given <i>S. sphenanthera</i> extract, providing 67.5 mg/day of deoxyshisandrin ^{FF} . Tacrolimus: Observations in some renal and liver transplanted recipients. Clinical studies: markedly increased drug levels in healthy volunteers ²⁵⁶ and transplant recipients, ^{257,258} given <i>S. sphenanthera</i> extract, providing 67.5 mg/day of deoxyshisandrin ^{FF} . | Monitor (low level of risk at normal doses). |
| Midazolam | May increase drug levels. | Increased drug level (defined as a moderate interaction ⁹), increase in sleeping time and increase in mild to moderate adverse effects found in healthy volunteers, given <i>S. chinensis</i> extract, providing 22.5 mg/day of deoxyshisandrin ^{FF} . ²⁵⁹ | Monitor (medium level of risk at normal doses). |
| Prescribed medication | May accelerate clearance from the body. | Theoretical concern based on <i>in vivo</i> animal studies demonstrating enhanced phase I/II hepatic metabolism. ^{260,261} | Monitor (medium level of risk). |
| Talinolol | May increase drug levels. | Increased drug level and decreased clearance found in healthy volunteers, given <i>S. chinensis</i> extract, providing 33.75 mg/day of deoxyshisandrin ^{FF} . ¹¹⁸ | Monitor (low level of risk at normal doses). |

| Drug | Potential Interaction | Basis of Concern | Recommended Action |
|--|--|--|---|
| Slippery Elm Bark <i>Ulmus tubra</i> | | | |
| Prescribed medication | May slow or reduce absorption of drugs. | Theoretical concern based on absorbent properties of slippery elm. | Take at least 2 hours away from medication. |
| St John's Wort ⁶⁵ <i>Hypericum perforatum</i> (See also Tannin-containing herbs) | | | |
| Amitriptyline | Decreases drug levels. ²⁶² | Clinical study. | Monitor (medium level of risk). |
| Anticonvulsants eg carbamazepine, mephenytoin, phenobarbitone, phenytoin | May decrease drug levels via CYP induction. ^{263,265} | Theoretical concern. An open clinical trial demonstrated no effect on carbamazepine pharmacokinetics in healthy volunteers. ²⁶⁶ Case report: increase in seizures in patient taking several antiepileptic drugs, two of which are not metabolized by cytochrome P450. ²⁶⁷ Clinical study (healthy volunteers; clinical significance unclear): increased excretion of a mephenytoin metabolite in extensive metabolizers, but not in poor metabolizers. ²⁶⁸ See note <i>HH</i> . | Monitor (low level of risk). |
| Antihistamine eg fexofenadine | Decreases drug levels. | Clinical studies. ^{269,270} | Monitor (medium level of risk). |
| Antiplatelet and anticoagulant drugs | Clopidogrel: May potentiate effects of drug. | Clinical studies: increased responsiveness (decreased platelet aggregation or improved residual platelet reactivity) in hyporesponsive volunteers and patients. ²⁷¹⁻²⁷⁴ possibly via the formation of the active metabolite (CYP3A4 activity was increased), thus providing a beneficial effect in these patients. This is a complex situation, with the meaning of clopidogrel resistance/hyporesponsiveness debated. ^{275,276} | In patients with known clopidogrel resistance: Monitor (medium level of risk). In other patients: Monitor (risk is unknown). |
| | Phenprocoumon: Decreases plasma drug levels. | Clinical study. ²⁷⁶ | Contraindicated |
| | Warfarin: Decreases drug levels and INR. | Case reports (decreased INR (nine cases), increased INR (three cases)). ^{277,279} Clinical study with healthy volunteers (decreased drug level and INR). ¹⁶¹ | Contraindicated |
| Benzodiazepines | Decreases drug levels, and is probably dependent upon the hyperforin content. ²⁸⁰ | Alprazolam: Mixed results for drug levels in two clinical studies (similarly low amount of hyperforin, ~4 mg/day) – no effect (dried herb equivalent: 1:1 g/day) ²⁸¹ and decrease. ²⁸² | Monitor (medium level of risk). |
| | | Midazolam: Clinical studies, effect not regarded as clinically relevant for low (< 1 mg/day) hyperforin extracts. ^{270,280,283,284} | Hyperforin-rich extracts: Monitor (medium level of risk). Low-hyperforin extracts: Monitor (low level of risk). |
| | | Quazepam: Decreased drug levels, but no effect on pharmacodynamics (sedation). ²⁸⁵ | Monitor (low level of risk). |
| Calcium channel antagonists | Decreases drug levels. | Nifedipine: Clinical studies. ^{113,286} | Contraindicated |
| Cancer chemotherapeutic drugs eg irinotecan, imatinib | Decreases drug levels. | Verapamil: Clinical study. ²⁸⁷ | Contraindicated |
| Clozapine | Decreases drug levels. | Clinical studies. ²⁸⁸⁻²⁹¹ | Contraindicated |
| Digoxin | Decreases drug levels. | Case report. ²⁹² | Contraindicated |
| Doxetaxel (intravenous) | May decrease effectiveness of drug. | Clinical studies (several studies showed decrease, one study showed no effect) ^{283,293,295} but effect is dependent upon dose of herb and the hyperforin content. ²⁹⁵ | Contraindicated at doses equivalent to > 1 g/day dried herb, especially for high-hyperforin extracts. |
| Finasteride | May decrease drug levels. | Clinical study with cancer patients: ²⁹⁶ effect on pharmacokinetics probably not clinically relevant (eg plasma levels decreased by only 6%); drug-induced side effects were also reduced. See also <i>Note JJ</i> . | Contraindicated |
| HIV non-nucleoside transcriptase inhibitors eg nevirapine | Decreases drug levels. | Clinical study with healthy volunteers. ²⁹⁷ Case report: PSA level elevated (due to decreased efficacy of drug?) in patient with benign prostatic hyperplasia. ²⁹⁸ | Contraindicated |
| HIV protease inhibitors eg indinavir | Decreases drug levels. | Case report. ²⁹⁹ | Contraindicated |
| | | Clinical study. ³⁰⁰ | Contraindicated |

| Drug | Potential Interaction | Basis of Concern | Recommended Action |
|--|--|---|---|
| Hypoglycemic drugs | Gliclazide: May reduce efficacy of drug by increased clearance. | Clinical study with healthy volunteers, but glucose and insulin response to glucose loading were unchanged. ³⁰¹ | Monitor (low level of risk). |
| | Repaglinide: May alter metabolism of drug. | Clinical study with healthy volunteers: no effect, and glucose and insulin response to glucose loading were unchanged. ³⁰² | Monitor (very low level of risk). |
| Immunosuppressives | Tolbutamide: May affect blood glucose. | Two clinical studies (healthy volunteers): no effect on pharmacokinetics, ^{283,285} but there was an increased incidence of hypoglycemia in the trial using hyperforin-rich extract (33 mg/day). ²⁸³ | Monitor (low level of risk). |
| | Decreases drug levels. | Cyclosporin: Case reports, ^{303,311} case series, ^{312,313} clinical studies. ^{270,314} Interaction is dependent upon the hyperforin content. ^{306,316} Tacrolimus: Case report and clinical studies. ^{315,317} | Contraindicated especially for high-hyperforin extracts. |
| Ivabradine | May decrease drug levels. | Clinical trial with healthy volunteers. No pharmacodynamic effect was observed. ³¹⁸ | Monitor (medium level of risk). |
| S-Ketamine (oral) | May decrease drug levels. | Clinical study with healthy volunteers. No pharmacodynamic effect was observed (eg analgesic effect not altered). ³¹⁹ | Monitor (medium level of risk). |
| Methadone | Decreases drug levels, possibly inducing withdrawal symptoms. | Case reports. ³²⁰ | Contraindicated |
| Methylphenidate | May decrease efficacy. | Case report, ³²¹ but clinical significance unclear. | Monitor (low level of risk). |
| Morphine (oral) | May potentiate effects of drug. | Clinical study (healthy volunteers): ³²² pain scores were decreased when morphine co-administered with standardized extract at a dose of herb below those used to obtain an antidepressant or analgesic effect. The effect was dependent hyperforin content, but not hyperforin. The authors suggest the herb may be able to decrease the dose of morphine while obtaining the same analgesic effect. | Monitor (medium level of risk). |
| Omeprazole | May decrease drug levels. | Clinical trial. ³²³ | Monitor (low level of risk). |
| Oral contraceptives | May increase metabolism and reduce effectiveness of drug. | Breakthrough bleeding reported which was attributed to increased metabolism of drug. ^{277,283} Clinical significance unclear. Cases of unwanted pregnancies have been reported. ^{324,326} Contraceptive results for effect on bioavailability, hormone levels and ovulation demonstrated in three clinical studies, although some breakthrough bleeding occurred. ^{327,329} In one clinical trial an extract low in hyperforin did not affect plasma contraceptive drug levels or cause breakthrough bleeding. ³³⁰ Clinical trial: clearance of levonorgestrel at emergency contraceptive doses increased (not statistically significant). ³³¹ Clinical study: antiandrogenic effect of contraceptive not affected. ³³² | Hyperforin-rich extracts: Monitor (medium level of risk). Low-hyperforin extracts: Monitor (very low level of risk). |
| Oxycodone | Decreases drug levels. | Clinical trial with healthy volunteers. ³³³ | Monitor (medium level of risk). |
| SSRIs eg paroxetine, trazodone, sertraline and other serotonergic agents eg nefazodone, venlafaxine | Potentiation effects possible in regard to serotonin levels. | Case reports: clinical significance unclear. ³³⁴⁻³³⁹ | Monitor (very low level of risk). |
| | May decrease effect and/or drug levels. | Atorvastatin: Clinical study, serum LDL-cholesterol increased by 0.32 mmol/L (12.3 mg/dL) which corresponds to a decrease in effect of drug in patients by about 30%. Serum total cholesterol was also increased. ³⁴⁰ Pravastatin: Clinical study, no effect on plasma level in healthy volunteers. ³⁴¹ Rosuvastatin: Case report. ³⁴² Simvastatin: Two clinical studies, decrease in drug levels in healthy volunteers, ³⁴¹ and small increases in serum total cholesterol and LDL-cholesterol in patients. ³⁴³ | Monitor blood cholesterol regularly (medium level of risk). |
| Talinolol | May decrease drug levels. | Clinical study with healthy volunteers. ³⁴⁴ | Monitor (medium level of risk). |
| Theophylline | May decrease drug levels. | Case report. ³⁴⁵ No effect observed in clinical study. ³⁴⁶ | Monitor (low level of risk). |
| Voriconazole | Decreases drug levels. | Clinical study. ³⁴⁷ | Monitor (medium level of risk). |
| Zolpidem | May decrease drug levels (but with wide interindividual variability). ³⁴⁸ | Clinical study (healthy volunteers). ³⁴⁸ | Monitor (low level of risk). |

| Drug | Potential Interaction | Basis of Concern | Recommended Action |
|---|---|---|--|
| Tannin-containing or OPC-containing herbs | eg grape seed extract (<i>Vitis vinifera</i>), green tea (<i>Camellia sinensis</i>), hawthorn (<i>Crataegus spp.</i>), meadowsweet (<i>Filipendula ulmaria</i>), pine bark (<i>Pinus massoniana</i>), raspberry leaf (<i>Rubus idaeus</i>), sage (<i>Salvia fruticosa</i>), St John's wort (<i>Hypericum perforatum</i>), uva ursi (<i>Arctostaphylos uva-ursi</i>), willow bark (<i>Salix spp.</i>) (See also Polyphenol-containing herbs) | | |
| Minerals especially iron | Iron: May reduce absorption of non-heme iron ³⁴⁴ from food. | Clinical studies in healthy volunteers, administration during or immediately following the meal ^{237,249,356} (black tea, typical strength: 0.8–3.3 g/100 mL; ^{237,249,355} sorghum ¹⁴ (0.15% tannins) ³⁵⁷), and in women with iron deficiency anemia ³⁵⁷ (black tea: 1–2 x 150 mL of 1:100 infusion containing 78 mg of tannins per 150 mL). ³⁵⁷ Iron absorption reduced to a greater extent in those with iron deficiency anemia (IDA). ³⁵⁷ However, the results from single test meals may exaggerate the effect of iron inhibitors and enhancers. ³⁵⁸ Effects were not significant in a 14-day study. ²⁴⁵ Cases of IDA resistant to treatment: heavy black tea drinkers (2 cases, 1.5–2 L/day). ^{359,360} Epidemiological studies (12, to 2002) found mixed results, but some evidence of an association between drinking black tea and poor iron status. ³⁵⁸ Clinical study in patients with hemochromatosis (black tea: 250 mL with meal). ³⁶¹ | Take at least 2 hours away from food or medication. |
| | Zinc: May reduce absorption from food. | Clinical studies with healthy volunteers: results conflicting for effect on zinc (undefined tea). ³⁶² black tea ²⁴⁵ consumed at or immediately after food). | Take at least 2 hours away from food or medication. |
| Turmeric³⁶ Curcuma longa | | | |
| Talinolol | May decrease drug levels. | Clinical study with healthy volunteers (300 mg/day of curcuminoids). ³⁶³ | Monitor at high doses (≥ 300 mg/day curcumin, low level of risk). |
| Valerian Valeriana officinalis | | | |
| CNS depressants or alcohol | May potentiate effects of drug. | Theoretical concern expressed by US Pharmacopeial Convention. ³⁶⁴ However a clinical study found no potentiation with alcohol. ³⁶⁵ Case report of adverse effect with benzodiazepine drug (lorazepam) ³⁶⁶ – herb dosage undefined but likely high (tablet contained valerian and passionflower (<i>Passiflora incarnata</i>)). Alprazolam: Clinical study in healthy volunteers found no effect on drug levels (extract provided 11 mg/day total valeric acids). ³⁶⁷ | Monitor (very low level of risk). |
| Willow Bark Salix alba, Salix daphnoides, Salix purpurea, Salix fragilis (See also Tannin-containing herbs) | | | |
| Warfarin | May potentiate effects of drug. | Herb Alone Clinical study observed very mild but statistically significant antiplatelet activity (extract containing 240 mg/day of salicin). ³⁶⁸ | Monitor (low level of risk). |
| CODE FOR RECOMMENDED ACTION | | | |
| Contraindicated: Do not prescribe the indicated herb. | | | |
| Monitor: Can prescribe the indicated herb but maintain close contact and review the patient's status on a regular basis. Note that where the risk is assessed as medium, self-prescription of the herb in conjunction with the drug is not advisable. | | | |
| ABBREVIATIONS | | | |
| ACE: angiotensin-converting enzyme; ALT: alanine transaminase, also known as glutamic pyruvic transaminase (GPT); AMP: adenosine monophosphate; APTT: activated partial thromboplastin time; AUC: area under the plasma/serum concentration-time curve (measures extent of absorption); CNS: central nervous system; CYP: cytochrome P450; ECG: electrocardiogram/graph; EGCG: epigallocatechin gallate; GAS: ginseng abuse syndrome; HW: human immunodeficiency virus; 11beta-HSD2: 11beta-hydroxysteroid dehydrogenase type 2; IDA: iron deficiency anemia; INR: international normalized ratio; LDL: low density lipoprotein; NAFLD: nonalcoholic fatty liver disease; OPC: oligomeric procyanidin; PCOS: polycystic ovary syndrome; PSA: prostate specific antigen; PT: prothrombin time; SSRI: selective serotonin reuptake inhibitors; tds: three times per day; >: greater than or equal to; ≥: greater than or equal to; <: less than. | | | |

Health care professionals please note: when a patient presents using any of the drugs listed and there is a potential interaction with the herb you intend to dispense, it is important that you or your patient discuss the potential interaction with their prescribing physician before you dispense the herb to the patient.

NOTES

* This chart contains information the authors believe to be reliable or which has received considerable attention as potential issues. However, many theoretical concerns expressed by other authors have not been included. Due to the focus on safety, positive interactions between herbs and drugs, and the effect of drugs on the bioavailability of herbs are generally not included.

- A. Research paper describes administration of *Scutellaria baicalensis*. Trial authors confirm this was root of Chinese skullcap (*Scutellaria baicalensis*).³⁶⁹
- B. Analysis of Chinese skullcap root samples from Japan found the baicalin content varied from 3.5 to 12%. For a dose of 150 mg/day of baicalin, 1.2–4.3 g/day of dried root would be required.³⁷⁰
- C. Single-strength (freshly squeezed, 100%) cranberry juice is highly acidic and astringent, making it unpalatable. For this reason, cranberry juice is usually diluted and sweetened (often known as cranberry juice drink). Cranberry juice cocktail usually contains 25% cranberry juice, although can be up to 35%. Cranberry juice drinks contain about 10% cranberry juice. Cranberry sauce is about half the strength of cranberry juice cocktail, about the same strength as juice drinks. Cranberry juice can be concentrated to a dry powder (unsweetened and usually up to 25:1) and used in tablets and capsules. Juices can be prepared by diluting juice concentrates yielding a concentrated juice (eg double-strength juice, at twice the strength of single-strength, squeezed juice). It is likely that unless defined, cranberry juice referred to in case reports and clinical studies is juice drink containing around 10% cranberry juice.
- D. Refer to Assessment of Risk & Recommended Action (available on www.medherb.com) for definition of the extent of this interaction.
- E. The cranberry 'juice' administered was similar in concentration to a reference cranberry 'juice' containing about 25% cranberry juice,³⁷¹ but with a higher concentration of anthocyanins, and lower in catechins and organic acids. See also note C.
- F. No effect overall when midazolam was administered orally: oral clearance and area under the drug concentration-time curve were unchanged.
- G. Eleutherosides (from Eleuthero) and ginsenosides (from Korean ginseng) have some structural similarity with digoxin. Because of this similarity interference with serum digoxin measurements is possible, as confirmed when mice fed these herbs demonstrated digoxin activity in their serum. More specific assays are able to negate the interference.³⁷²
- H. These four trials used tablets containing a concentrated, standardized extract. A dosage of 900 mg/day of dry extract was equivalent to about 2.7 g/day of fresh garlic,³⁷³ and was said to provide 12 mg/day of alliin.^{54,62} Although there is some doubt as to the amount of alliin released from this brand of tablet from around 1995 to 2000.³⁷⁴
- J. There may have been variation in patients' interpretations (of bleeding) and the significant association between ginger use and bleeding was based on 7 self-reported events in 25 users.³⁷⁵
- K. Information is provided for specialized and/or concentrated extract, rather than galenical form of herb.

L. Ginkgotoxin (4'-O-methylpyridoxine) is present in substantial amounts in Ginkgo seed, and convulsions arising from ingestion of Ginkgo seed have been documented in Japan (infants are particularly vulnerable). Ginkgotoxin is known to inhibit vitamin B6 phosphorylation, which may lead to increased neuronal excitability.³⁷⁶ Poisoning by ginkgotoxin can be counteracted by vitamin B6,³⁷⁶ in cases of poisoning it is administered by intravenous injection.^{377,378} Ginkgotoxin is present in very small amounts in standardized Ginkgo leaf extracts,³⁷⁹ but is below the detection limits in human plasma after oral doses (240 mg of 50:1 extract, equivalent to 12 g of dried leaf).³⁸⁰ According to the manufacturer, despite the extensive use of this special extract (more than 150 million daily doses per year for more than two decades) no cases of epileptic seizure have been attributed to this extract.³⁸⁰ (Ginkgo preparations associated with the above case reports were undefined.) Strictly speaking this is a potential adverse effect (rather than a herb-drug interaction) as there is no pharmacokinetic data indicating an interaction for coadministration of Ginkgo and anticonvulsants in humans. An interaction is suggested though, because Ginkgo has been found to induce CYP2C19 activity (see entry for omeprazole), an enzyme involved in the metabolism of some anticonvulsants.³

M. Analysis of over 320 000 patients in a German adverse drug reaction reporting system (1999–2002) found no increase in prevalence of bleeding during Ginkgo intake compared to periods without Ginkgo in those taking anticoagulant or antiplatelet medication.³⁸¹ In a trial involving 3069 healthy volunteers treated for an average of 6.1 years, there were no statistically significant differences between placebo and Ginkgo in the rate of major bleeding or the incidence of bleeding in individuals taking aspirin. (Compliance during the trial was however low (at the end of the trial, about 60% were taking Ginkgo/placebo).³⁸² In Korea, Ginkgo extract is administered with ticlopidine for the prevention of ischemic stroke or acute coronary syndrome.³⁸³

N. Information is provided for herbs containing standard levels of active constituents. See elsewhere for information on extracts containing very high levels of active constituents such as berberine and curcumin.

P. The *in vitro* reduction by EGCG was overcome when the concentration of the drug was increased (to a level expected clinically ie in plasma from the standard drug dose).³⁸⁴ A further *in vivo* study found no reduction in the activity of the drug (when EGCG administered by injection to achieve plasma levels of 11–16 microm).¹²²

Q. The *in vitro* study found a pronounced reduction in the cytotoxic effect of the drug for a concentration of 2.5–5 microm of EGCG, and when applied as green tea polyphenols a very substantial effect occurred at a EGCG concentration of 1 microm (the other polyphenols may contribute to the activity).¹²¹ A pharmacokinetic study with healthy volunteers found a EGCG plasma concentration of 0.7 microm after a dose of 580 mg of EGCG, and a EGCG plasma concentration of 0.5 microm after a dose of 1 g of green tea polyphenols.³⁸⁵

R. A better design would have volunteers take warfarin alone for a period long enough to allow the drug to reach its maximum effect (about 3–5 days) before adding the herb.

S. Glycyrrhethinic acid, is the aglycone of glycyrrhizin. Glycyrrhizin, is the glycoside and contains the aglycone (glycyrrhethinic acid) and a sugar unit.

- T. No effect on blood pressure in healthy volunteers in two studies (130 mg/day of glycyrrhizic acid = 227 mg/day of glycyrrhizin, for 14 days;¹⁸⁴ licorice tablets (266 mg/day of glycyrrhizin) for 56 days);¹⁸⁶ including where plasma renin levels were high (3.1 ng/mL/h),¹⁸⁶ but in another study, blood pressure increased in healthy volunteers taking 546 mg/day of glycyrrhizin for 4 weeks, only for those with plasma renin activity greater than 1.5 ng/mL/h.¹⁸⁶
- U. This is a guide, based on a recommendation from the German Commission E for long-term consumption of licorice as a flavoring. Glycyrrhizin is also known as glycyrrhizic acid and glycyrrhizic acid.
- V. ACE-inhibitors cause mild natriuresis (an increase in sodium excretion in the urine) and occasionally hyperkalemia. The mechanism of the interaction is not known, although it may involve opposing effects on 1 β -hydroxysteroid dehydrogenase type 2 (glycyrrhizin inhibiting, ACE-inhibitor promoting), thus affecting mineralocorticoid receptor activity. Reduction of drug dosage revealed the existing hypokalemia caused by this dosage of glycyrrhizin.
- W. Maximum plasma cortisol (exogenous) was not increased in one volunteer;²⁰³ in the other, plasma (exogenous) cortisone/cortisol ratio decreased,²⁰² suggesting increased (exogenous) cortisol while (endogenous) cortisol decreased (although statistical and clinical significance is unknown, and may have been within the normal range). In these studies isotope-labelled cortisol was administered, which allowed exogenous and endogenous cortisol to be measured.
- X. A higher prednisolone/prednisone ratio indicates decreased conversion of prednisolone (active) to prednisone (inactive).
- Y. Several variants of CYP2C9 have been identified in humans: the most important mutations are CYP2C9*2 and CYP2C9*3. The CYP2C9*3 variant shows decreased metabolic activity for many drugs metabolized by CYP2C9. CYP2C9 is the main enzyme responsible for transforming losartan to its active metabolite.
- Z. The word tannin has a long established and extensive usage although it is considered in more recent years to lack precision. Polyphenol is the preferred term when considering the properties at a molecular level. Plant polyphenols are broadly divisible into proanthocyanidins (condensed tannins) and polymers of esters based on gallic and/or hexahydrodiphenic acid and their derivatives (hydrolyzable tannins).³⁸⁷ The terms 'tannin' and 'polyphenol' are sometimes used interchangeably. For example, the results of a clinical study are described: "polyphenols present in tea and coffee inhibited iron absorption in a dose-dependent manner". The 'polyphenol' content was measured using a spectrophotometric method for the determination of "tannins and other polyphenolics".³⁵⁶ Depending on the analytical method used, it is possible that the polyphenol content may actually be the content of tannins or tannins + polyphenols.³⁸⁸ It is recommended that both sections of this chart be considered: Polyphenol-containing or Flavonoid-containing herbs, and Tannin-containing or OPC-containing herbs.
- AA. Heme iron is derived from hemoglobin and myoglobin mainly in meat products. Non-heme iron is derived mainly from cereals, vegetables and fruits.
- BB. At an identical concentration of total polyphenols, black tea was more inhibitory than all the herb teas excluding peppermint: black tea was of equal inhibition to peppermint tea.²³⁷ The type of polyphenols present, as well as the concentration, may affect iron absorption.
- CC. Another clinical study also found a dose-dependent effect, and the reduced absorption was most marked when coffee was taken with the meal or one hour later. No decrease in iron absorption occurred when coffee was consumed one hour before the meal.³⁵⁵
- DD. Administered in freeze-dried form (4.2 g), which would be expected to have a lower inhibitory effect than with the use of fresh chili, as freeze drying probably decreased the ascorbic acid content (ascorbic acid enhances iron absorption).²⁴¹
- EE. The different results for cayenne and turmeric under the same experimental conditions, suggest it is not only the quantity of polyphenol present that determines the inhibition, but also for example, the structure of the polyphenol (and hence mechanism of iron binding).²⁴¹
- FF. Fructus Schisandra is defined as the fruit of *Schisandra chinensis* or *Schisandra sphenanthera* in traditional Chinese medicine. The major constituents are dibenzocyclooctene lignans. Several factors including harvest season, origin of herb and extraction solvent affect the levels of the individual lignans. Aqueous or ethanolic extracts of *S. chinensis* are not likely to contain more than 2.5 mg/g of deoxyschisandrin.^{389,390} A maximum dose of *S. chinensis* extract equivalent to 4 g/day, would provide 10 mg/day of deoxyschisandrin.
- GG. As noted for several drugs, the hyperforin content of the St John's wort preparation, as well as the dosage of herb, affects the extent of the interaction. All types of preparations can contain hyperforin, including dry extracts used in tablets and capsules. Hyperforin is however, unstable – particularly when in solution.³⁹¹ Tinctures and liquid extracts made using a standard ethanol content (45%) contain negligible amounts of hyperforin. Liquid extracts using a higher ethanol content (such as 60%) will contain a higher initial amount of hyperforin than standard liquid extracts. Over time the hyperforin content is substantially reduced and after a few months tinctures and liquid extracts contain no hyperforin.³⁹²
- HH. Genetic polymorphisms are important in determining differences in the response to drugs, and may influence interactions. There are many genetic variants of the CYP genes, including the CYP2C19 gene. Phenotypes of CYP2C19 have been classified functionally as extensive metabolizers and poor metabolizers, the latter having a deficiency of CYP2C19 activity.^{222,393}
- JJ. Two of the 10 patients with the highest hyperforin levels prior to drug administration showed the greatest decrease in the AUC_{0-∞} of docetaxel; for the other patients, no apparent correlation between hyperforin levels and the docetaxel AUC_{0-∞} was observed.
- KK. Of the 14 volunteers, in three, a small increase in AUC was observed after administration of St John's wort.
- LL. Sorghum also contains phytate. Both phytate and polyphenol inhibit nutrients such as iron.^{394,395}

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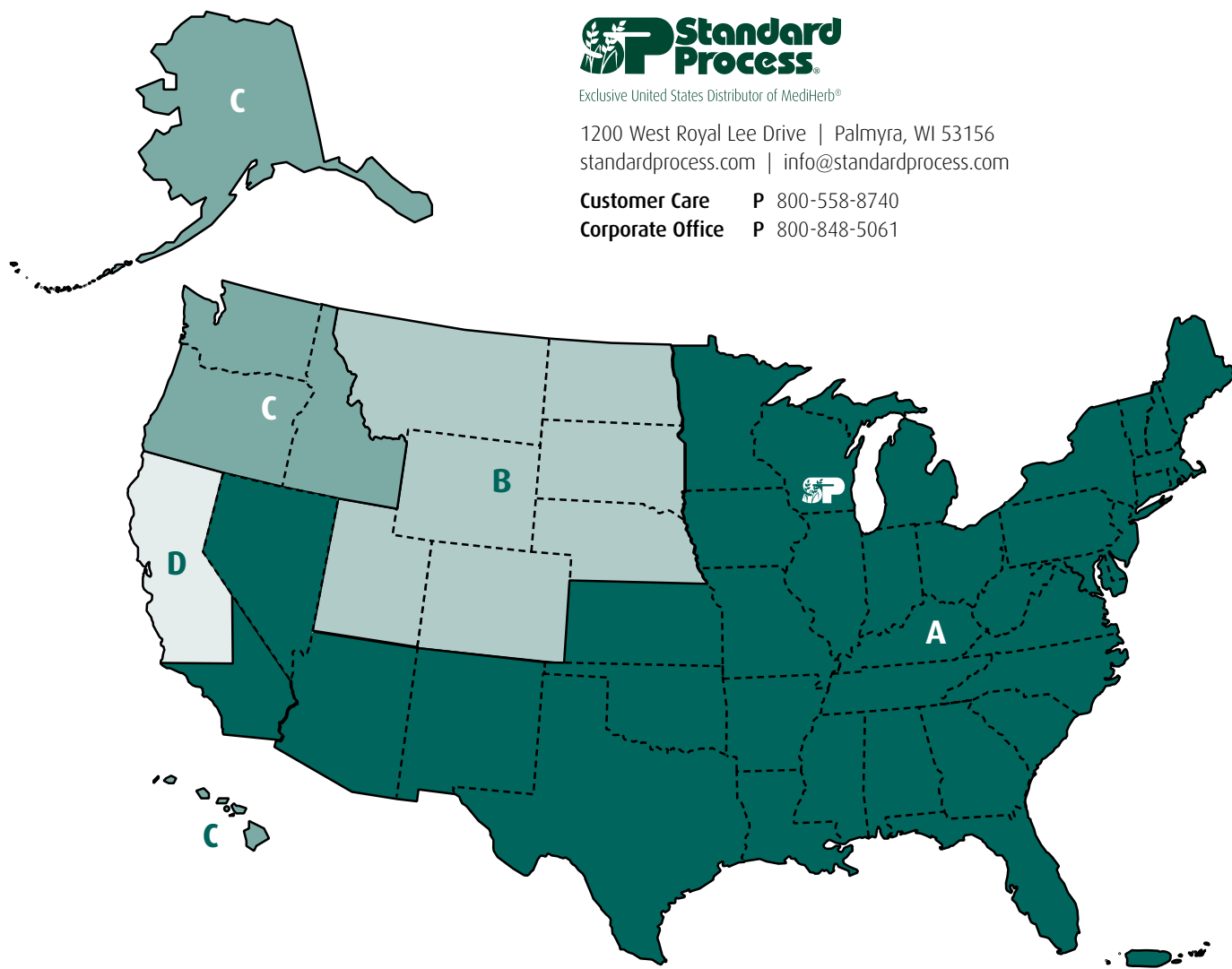


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