Kerry Bone’s Essentials

“MediHerb was born out of my desire for efficacious herbal therapy, which continues to be the driving force behind everything the company undertakes. In the same spirit of uncompromising quality, I am proud to present the new edition of Kerry Bone’s Essentials.

The first edition of Kerry Bone’s Essentials has helped many health care professionals keep a simple, effective dispensary with a good range of therapeutic options. Since that time, we have released new products which have become new prescribing favorites for me. In the new edition of Kerry Bone’s Essentials there are 15 products which are the core of my dispensing. In creating this collection, I believe we are providing a clear indication of how simple effective herbal prescribing can be.

Many of these Kerry Bone’s Essentials are certain to be favorites of yours already. It is my hope that the others may soon become part of your own essential dispensary.”

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

Professor Kerry Bone is the co-founder of MediHerb, practicing Medical Herbalist (29 years), Director of Research and Development at MediHerb, Principal of the Australian College of Phytotherapy and Adjunct Professor at New York Chiropractic College. Kerry is a respected author of over 30 scientific papers on herbal research; he has also written and co-written 6 popular books on herbal medicine, including the award-winning 2nd Edition of Principles and Practice of Phytotherapy.
Adrenal Complex
For the Challenges of Everyday Life

It is not the strongest or the most intelligent who will survive but those who can best manage change.
Charles Darwin

The Licorice component of this tablet is standardized to contain 25 mg of glycyrrhizin per tablet to ensure optimal strength and quality. Rehmannia and Licorice, and the substances within them combine to:

- restore adrenal function to reduce the effects of stress on the body
- support adrenal gland health and energy production to help combat fatigue
- help the body adapt to the challenges of everyday life
- promote the body’s normal resistance function
- support a healthy immune system when experiencing occasional stress

Additional Therapies
- Consider Rhodiola & Ginseng Complex tablets to promote vitality and stamina.
- Consider Thyroid Complex tablets to support healthy thyroid function in physically and mentally challenging circumstances.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Consider Nevaton® 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 support healthy nervous system tissue.

Fatigue and stress are common complaints of many patients. Adrenal Complex combines two of the best adrenal tonics, Rehmannia and Licorice, to provide comprehensive adrenal support.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 40, 120</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
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<tr>
<td>Calcium</td>
<td>73 mg</td>
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<tr>
<td>Licorice root 7:1 extract</td>
<td>250 mg</td>
</tr>
<tr>
<td>from Glycyrrhiza glabra root 1.75 g</td>
<td>Containing glycyrrhizin 25 mg</td>
</tr>
<tr>
<td>Rehmannia rhizome 5:1 extract</td>
<td>150 mg</td>
</tr>
<tr>
<td>from Rehmannia glutinosa rhizome 750 mg</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, sodium starch glycollate, maltodextrin, magnesium stearate and hypromellose.

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

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

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
Andrographis Complex
East Meets West for Ultimate Immune System Support

Andrographis Complex is the ultimate fusion of Ayurvedic and Western traditions to create a powerful support for the immune system.

Andrographis or ‘kalmegh’ (king of bitters) combines beautifully with Holy Basil, a sacred plant in the Hindu tradition and my favorite herb, Echinacea - revered by native Americans and the Eclectics. This is always the first line of defense for myself and my patients, given at the first sign of infection.

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 works to:

- enhance immune system function
- support healthy respiratory system function
- support and maintain normal body temperature already within a normal range
- support healthy immune system response following stress, sudden changes in weather or temperature
- encourage adaptive response to occasional everyday stress
- promote healthy liver function

Additional Therapies

- 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 proper intestinal flora.

Supplement Facts

- Serving size: 1 tablet
- Servings per container: 40, 120
- Amount per Serving
  - Calories 2
  - Calcium 40 mg 4%
  - Echinacea root 4:1 extract from Echinacea angustifolia root 500 mg 125 mg †
  - Holy basil herb 5:1 extract from Ocimum tenuiflorum herb 500 mg 100 mg †
  - Andrographis herb 10:1 extract from Andrographis paniculata herb 1.0 g containing andrographolide 10 mg 100 mg †
  - Holy basil (Ocimum tenuiflorum) herb essential oil 10 mg †

† Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, hypromellose, silica, sodium starch glycollate and magnesium stearate.

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

Suggested Use

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

M1110 40 Tablets
M1115 120 Tablets

In the sky, there is no distinction of East and West...
Hindu Prince Gautama Siddharta, the founder of Buddhism, 563-483 B.C.

Andrographis paniculata
Frankincense (Boswellia) is an ancient treasure prized for centuries and is now proving to be a modern treasure. It is well accepted that inflammation drives many of our modern health problems, such as minor pain after exercise.

I developed Boswellia Complex over 15 years ago as comprehensive support for natural inflammatory response. Since then it has become one of our most popular products with health care professionals around the world, providing results time and time again. During this time it has been gratifying to see the body of research evidence grow for these herbs. These ancient treasures are now being validated by modern science. Supporting joint health has always been a primary application, but I also find it effective in other conditions.

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 work together to:

- support the normal function of the kidneys to clear acidic waste products effectively
- maintain and support healthy joints
- promote the body’s normal resistance function
- support healthy circulation
- support healthy response to environmental stresses
- provide antioxidant activity

Additional Therapies
- Consider Rehmannia Complex tablets to promote the body’s normal resistance function.
- Combine with Gotu Kola Complex tablets to promote healthy connective tissue, provide antioxidant activity and promote normal tissue repair.
- Consider Vitanox® tablets for antioxidant activity.
- Combines well with Saligesic tablets to support musculoskeletal system health.
- Combine with Nervagesic tablets to ease muscular discomfort such as caused by exercising.

For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
Immune System Insurance

My favorite herb; much misunderstood and vastly underestimated.

I have often said you can build a successful practice on Echinacea alone, provided of course you are using real Echinacea – the right species, the right plant part, the right actives. Over the years, we have built on the global understanding of Echinacea and its therapeutic power as an ‘immune system adaptogen’ through this patented formulation which is the cornerstone of my clinical practice.

Echinacea Premium contains a total of 4.1 mg of alkylamides per tablet to ensure optimal strength and quality. The alkylamides and other unnamed phytochemicals work together to:

- enhance immune system function (particularly non-specific immune system function)
- support and promote normal interferon production
- support and promote healthy white blood cells
- support healthy immune system response following stress, sudden changes in weather or temperature
- encourage healthy upper respiratory tissue
- support and maintain healthy throat tissue
- support healthy lymphatic system function
- stimulate the body’s normal tissue support and renewal function

Additional Therapies

- Combines well with Andrographis Complex tablets for extra immune system response.
- 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 healthy resistance function.
- Combine with Herbal Throat Spray Phytosynergist® to soothe the throat, freshen breath and promote relaxation of muscular tissue in the upper respiratory tract.

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
Garlic Forte
Allicin-releasing Garlic

Crushed Garlic has a distinctive, recognizable smell.
This is the distinctive smell of alliin release, the important active, but very fragile component of Garlic. Many years ago we went to great lengths to develop a Garlic product that would reproduce the many therapeutic benefits of fresh Garlic. Our tablets contain alliin and alliinase and are enterically coated to ensure that the allicin is produced, protected and utilized to its full therapeutic potential.

The air of Provence was particularly perfumed by the refined essence of this mystically attractive bulb.
Alexandre Dumas

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, work together to:

- help maintain normal cholesterol levels already within a normal range
- support cardiovascular system health
- encourage a healthy intestinal environment to help maintain proper gastrointestinal flora
- enhance immune system response
- promote healthy lung function

Additional Therapies
- Consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets for healthy immune system function.
- Combine with Livton® Complex tablets to help maintain normal cholesterol levels already within a normal range.
- Consider Golden Seal 500mg tablets or Wormwood Complex tablets to cleanse the gastrointestinal tract.
- Combine with Gut Flora Complex capsules to further support proper intestinal flora and to cleanse and promote health in the lower gastrointestinal tract.
- Consider Hawthorn tablets and/or Coleus Forte tablets to help maintain normal blood pressure already within a normal range.

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

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>2</td>
</tr>
</tbody>
</table>
| Calcium | 80 mg | 8%
| Garlic bulb 12.1 extract | 300 mg |
| Containing alliin 12 mg | |
| Garlic (Allium sativum) bulb powder | 45 mg |

† Daily Value (DV) not established.

Other ingredients: Calcium phosphate, cellulose; sodium starch glycollate, ethyl cellulose, ammonium hydroxide, fatty acids, oleic acid, sodium carboxymethylcellulose, talc (magnesium silicate), polydextrose, magnesium stearate, silica and d-alpha-tocopherol.

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.

For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
Ginkgo Forte
Prehistoric Support for Brain and Circulation

It is quite ironic that the *Ginkgo biloba* tree has survived virtually unchanged for about 150 million years and yet the medicinal use of the leaves only began in the 1960s.

Ginkgo trees not only survived the harsh environment of the Triassic Period but also the atomic blast at Hiroshima. This speaks to the plant’s remarkable ability to withstand radiation damage. The main information on medicinal use of Ginkgo leaves comes from clinical trials on the standardized extract. Unfortunately adulteration is still an issue for Ginkgo and it’s important that the correct testing methods are used to ensure your patients get genuine *Ginkgo biloba*.

Ginkgo Forte 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 maintain healthy tissue fluid levels, including in the legs
- support a healthy cardiovascular system
- support and encourage healthy blood
- provide antioxidant activity to help protect nerve cells and other tissues
- support normal hearing
- support eye health
- beneficially modulate cortisol during periods of stress
- reduce the congestive symptoms of premenstrual syndrome

**Additional Therapies**

- Combine with Bacopa Complex tablets for enhanced mental clarity and to support cognitive function.
- Combine with Vitanox® tablets for antioxidant activity.
- Consider Horsechestnut Complex tablets to promote venous integrity.
- Combine with Gotu Kola Complex tablets to promote healthy blood vessels and support the body’s normal tissue repair processes.

**Supplement Facts**

| Serving size: | 1 tablet |
| Servings per container: | 60 |
| Amount per Serving | 60 mg |
| **%DV** | 60 mg |

Ginkgo leaf 50:1 extract from *Ginkgo biloba* leaf 3.0 g
Containing ginkgo flavonglycosides 14.4 mg
Containing ginkgolides & bilobalide 3.6 mg

Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, magnesium stearate and sodium starch glycollate.

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

**Suggested Use**

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

M1300 60 Tablets

For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
Gotu Kola has been valued in Ayurvedic medicine since time immemorial.

It has an incredible ability to assist natural healing and regeneration of all types of connective tissue. It also supports the microcirculation. These key properties confer a broad range of therapeutic applications and for that reason it is a product I use extensively in my practice with great success.

The Gotu 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 the herbs and the compounds within them help to:

- promote healthy skin and connective tissue
- support the body’s normal tissue repair process
- promote normal development of connective and epithelial tissue, particularly during times of increased physical stress, eg athletic performance
- promote healthy blood vessels
- support stomach and duodenal tissue
- provide antioxidant activity
- promote the body’s natural tissue drainage process

Additional Therapies
- 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 further support for stomach and duodenal tissue.
- Consider Vitanox® tablets for additional antioxidant activity.
- Combine with topical Calendula 1:2 liquid extract to further aid normal development of epithelial tissue.

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
Gut Flora Complex
Trust Your Gut

The road to good health is paved with intestinal well-being!

Phellodendron amurense

A healthy gut has always been a core principle of holistic health and rightly so.

Gut Flora Complex was developed specifically to be the cornerstone of my Bowel Flora Protocol, a protocol I adapted from my teacher Hein Zeylstra. It has been tested in the lab and the findings are confirmed by my results with patients and the feedback I get from other practitioners. When used in combination in the protocol it is an effective tool to restore gut health.

I use Gut Flora Complex and the Bowel Flora Protocol as a base treatment for many patients with a variety of conditions.

The GI Flora Balance Program, tailored from Kerry Bone’s experience managing GI challenges is available from Standard Process.

Each enteric coated capsule is standardized to contain 10 mg of andrographolide and 36 mg of berberine to ensure optimal strength and quality. Together the herbs, essential oils and the substances within them combine to:

- clean and promote health in the lower gastrointestinal tract
- encourage a healthy intestinal environment to help maintain proper intestinal flora
- support healthy immune system response
- promote vitality and stamina

Additional Therapies
- Consider Garlic Forte tablets to encourage a healthy intestinal environment to help maintain proper gastrointestinal flora.
- 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 Cat’s Claw Forte tablets, Astragalus Complex tablets or Echinacea Premium tablets or liquid.

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

For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.

www.standardprocess.com www.mediherb.com
Gymnema
Gurmar, Sugar Destroyer

Gymnema sylvestre
Gymnema sylvestre image is reprinted with permission from Vinayraj

It’s no secret that poor diet and lifestyle account for a large portion of the health issues facing our society.

Gymnema is known in Ayurveda as ‘Gurmar – sugar destroyer’. This ancient reputation is being supported by modern research. My first choice to support healthy blood sugar metabolism.

How many ills, how many infirmities, does man owe to his excesses, his ambition – in a word, to the indulgence of his various passions!

Allan Kardec

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:

- maintain healthy blood sugar levels already within a normal range when combined with a balanced diet
- maintain normal cholesterol levels already in a normal range

Additional Therapies
- Combine with Coleus Forte tablets to aid moderate weight loss in conjunction with a balanced, calorie-controlled diet and exercise program.
- Consider Livton® complex tablets for support of healthy liver function.
- Consider DiGest tablets or 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 |
| Calories | 3 |
| Calcium | 40 mg | 4% |
| Gymnema leaf 16:1 extract | 400 mg | 1 |
| from Gymnema sylvestre leaf 6.4 g |
| Containing gymnemic acids 100 mg |
| Other ingredients: Cellulose, calcium acid phosphate, sodium starch glycollate, hypromellose, magnesium stearate and silica. |
| Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. |

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

M1320 40 Tablets
M1325 120 Tablets

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

For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.

www.standardprocess.com
www.mediherb.com
Conditions of the nervous system are notoriously difficult to treat and it’s important to have a good range of therapeutic options.

Kava is such an important herb in this area. Clinical studies have demonstrated the value of Kava as an efficacious herb which promotes relaxation and relieves anxious feelings. Kava has had its share of controversy but I’ve long been an advocate, preparing a submission to support the introduction of an aqueous extract of Kava into Australia and supporting research into this important herb.

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

- calm the nerves
- ease the effects of everyday tension and stress
- promote relaxation and sleep
- support the relief of muscular tension

Additional Therapies:
- Combines well with Valerian Complex tablets to promote relaxation and encourage sleep.
- Consider Nevaton® or St John’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.

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

Worry does not empty tomorrow of its sorrow, it empties today of its strength.

Corrie Ten Boom

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
The liver is our largest internal organ and is thought to be responsible for up to 500 separate functions. It has an incredible capacity for regeneration, as little as 25% can regenerate into a full size liver. Due to modern life, Phase 1 of the liver detoxification process is being induced continually. Unfortunately many patients need help to support Phase 2 detoxification. LivCo® combines the silymarin complex extracted from Milk Thistle seeds with other herbs to assist the liver with this important process. Silymarin itself does not aid detoxification, but rather has a protective effect on the liver, assisting the organ in its amazing ability to heal itself.

The Milk Thistle component of this tablet is standardized to contain 24 mg of flavonolignans per tablet to ensure optimal strength and quality. LivCo® can help to:

- eliminate naturally occurring toxins and cleanse the liver
- support healthy liver function and tissue integrity
- protect liver tissue by supporting normal cellular defenses
- provide antioxidant activity
- support and maintain cellular health
- stimulate the biosynthesis of protein and liver glycogen
- support digestive health
- ease the effects of everyday tension and stress

Additional Therapies
- Combines well with DermaCo tablets for skin health.
- Consider Vitanox® tablets for antioxidant activity.
- Eliminate coffee, cola drinks, alcohol and cigarette smoking.

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

Other ingredients: Calcium acid phosphate, cellulose, maltodextrin, sodium starch glycollate, hypromellose, sorbitol and magnesium stearate.

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.

For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.

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Hypericum perforatum

The dried aerial parts of *Hypericum perforatum* collected during the flowering period or shortly before are used medicinally.

This herb, with the generic name derived from the Greek meaning to ‘overcome apparition’, has long been used to support the nervous system. This powerful herb has been extensively studied and it is important that the correct phytochemistry is measured appropriately for the best clinical results. Here it is combined with Schisandra, Damiana and Skullcap to provide comprehensive nervous system support.

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® can help to:

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

Additional Therapies

- Consider Rhodiola & Ginseng Complex 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.

Supplement Facts

- Serving size: 1 tablet
- Servings per container: 30
- Amount per Serving
  - Calories: 3
  - Calcium: 40 mg (4%)
- Schisandra fruit 4:1 extract from *Schisandra chinensis* fruit 675 mg 168.8 mg †
- Damiana leaf 4:1 extract from *Turnera diffusa* leaf 625 mg 156.3 mg †
- Skullcap herb 4:1 extract from *Scutellaria lateriflora* herb 500 mg 125 mg †
- St John’s Wort herb flowering top 6:1 extract from *Hypericum perforatum* herb flowering top 750 mg Containing hypericins 375 mcg 125 mg †
- † Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, hypromellose, maltodextrin, magnesium stearate, silica and sodium starch glycollate.

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.

Suggested Use

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

M1380 30 Tablets

“The world leans on us. When we sag, the whole world seems to droop.”

Eric Hoffer
Fatigue seems to plague so many patients that seek out a health care professional. Fortunately we are well equipped with a range of natural solutions. Rhodiola and Korean Ginseng are both powerful adaptogenic herbs long revered in tradition and are now being validated by science. Of course there are many critical quality issues that pertain to these herbs and it’s important you use a good quality herb to achieve the best results.

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 Rhodiola & Korean Ginseng and the substances within them combine to:

- enhance mental clarity and support 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 emotional and environmental stressors

Additional Therapies

- 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.

Suggested Use

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

Supplement Facts

| Serving size: | 1 tablet |
| Servings per container: | 60 |
| Amount per Serving | %DV |
| Calories | 1 |
| Calcium | 33 mg | 2% |

Rhodiola root 20:1 extract 150 mg
- from Rhodiola rosea root 3.0 g
- Containing rosavins 4.5 mg and salidroside 1.5 mg

Korean Ginseng root 5:1 extract 100 mg
- from Panax ginseng root 500 mg
- Containing ginsenosides* 8.4 mg

*Rb2 to Rb1 is NLT 0.4 by HPLC

Other ingredients: Calcium phosphate, cellulose, sodium starch-glycollate, glucose, hypromellose and magnesium stearate.

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.

For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
Thyroid Complex
Specialized Thyroid Support

"Thyroid: conductor of the metabolism orchestra."

Thyroid: conductor of the metabolism orchestra.

Specialized, herbal support for the thyroid gland which contains natural iodine from Bladderwrack.

I find this a well-balanced formula to support normal thyroid hormone production and in turn, metabolism.

The combination of herbs in Thyroid Complex (Bladderwrack, Bacopa and Ashwagandha) 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
- assist the body in adapting to physically and mentally challenging circumstances

Additional Therapies
- Consider Coleus Forte tablets for extra thyroid support.
- Consider ChelaCo tablets to support the body’s natural defenses against environmental stressors.
- Combine with Eleuthero tablets or Rhodiola & Ginseng Complex tablets to enhance stamina and endurance.
- Consider Rehmannia Complex tablets to promote the body’s normal resistance function.
- Combine with Vitanox® tablets for antioxidant activity.
- Consider Gotu Kola Complex tablets to support the body’s normal tissue repair processes and to provide antioxidant activity.

Supplement Facts

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</thead>
<tbody>
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<td>Amount per Serving</td>
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</tr>
<tr>
<td>Calories</td>
<td>3</td>
</tr>
<tr>
<td>Calcium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Iodine</td>
<td>600 mcg</td>
</tr>
</tbody>
</table>

Bladderwrack whole plant 3.5:1 extract from Fucus vesiculosus whole plant 1.05 g containing iodine 600 mcg

Withania (Ashwagandha) root 5:1 extract from Withania somnifera root 600 mg

Bacopa herb 50:1 extract from Bacopa monniera herb 2.5 g containing bacosides as bacoside A 25 mg

Other ingredients: Cellulose, calcium phosphate, dextrose, maltodextrin, sodium starch glycolate, silica, hypromellose and magnesium stearate.

Caution: Contraindicated in pregnancy and lactation.
Contraindicated in hyperthyroidism and related cardiac problems.

Suggested Use
1 tablet daily, or as directed.

M1435 40 Tablets
M1437 120 Tablets

For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
Substances with antioxidant activity have had their share of controversy.

I’m very excited about the recent discoveries around the NRF2/ARE pathway that show many herbs with antioxidant activity don’t passively mop up free radicals in the cells, but rather activate the body’s own endogenous antioxidant pathways.

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:

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

Additional Therapies

- 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 vessels, to promote healthy skin and connective tissue and to support the body’s normal tissue repair processes.
- Combines well with Hawthorn tablets to help maintain healthy circulation.

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Kerry Bone’s Essentials
& Body Systems Index

This index highlights Kerry Bone’s 15 essential formulated products for your dispensary. The remaining products are categorized by body system for your easy reference.

### Body Systems Legend

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

### Kerry Bone’s Essentials

<table>
<thead>
<tr>
<th>Product</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrenal Complex</td>
<td>Strong Stress Support</td>
</tr>
<tr>
<td>Andrographis Complex</td>
<td>Strong Immune System Support</td>
</tr>
<tr>
<td>Boswellia Complex</td>
<td>Joint Support</td>
</tr>
<tr>
<td>Echinacea Complex</td>
<td>Immune System Insurance</td>
</tr>
<tr>
<td>Garlic Premium</td>
<td>Unique Garlic Formulation</td>
</tr>
<tr>
<td>Ginkgo Forte</td>
<td>Mental Clarity</td>
</tr>
<tr>
<td>Gotu Kola Complex</td>
<td>Tissue &amp; Capillary Integrity</td>
</tr>
<tr>
<td>Garlic Forte</td>
<td>Unique Garlic Formulation</td>
</tr>
<tr>
<td>Ginkgo Forte</td>
<td>Microcirculation Support</td>
</tr>
<tr>
<td>Gut Flora Complex</td>
<td>Balancing Gut Flora</td>
</tr>
<tr>
<td>Gymnema</td>
<td>Blood Sugar Metabolism</td>
</tr>
<tr>
<td>Kava Forte</td>
<td>Naturally Relaxing</td>
</tr>
<tr>
<td>LivCo®</td>
<td>Liver Cleansing Support</td>
</tr>
<tr>
<td>Nevaton®</td>
<td>Core Nervous System Support</td>
</tr>
<tr>
<td>Rhodiola &amp; Ginseng Complex</td>
<td>Enhance Vitality &amp; Stamina</td>
</tr>
<tr>
<td>Thyroid Complex</td>
<td>Superior Thyroid Support</td>
</tr>
<tr>
<td>Vitanox®</td>
<td>Natural Cellular Defense</td>
</tr>
</tbody>
</table>

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This index highlights Kerry Bone’s 15 essential formulated products for your dispensary. The remaining products are categorized by body system for your easy reference.

**Endocrine**
- **Adrenal**
  - Adrenal Complex: Strong Stress Support
  - Bacopa Complex: Nervous System & Adrenal Support
  - Eleuthero: Adaptive Adrenal Support
  - Rhodiola & Ginseng Complex: Enhance Vitality & Stamina
  - Withania Complex: Calming Stress Support
- **Pancreas**
  - Bilberry 6000mg: Healthy Eye Support
  - Coleus Forte: Healthy Weight Support
  - Ginkgo Forte: Microcirculation Support
  - Gotu Kola Complex: Tissue & Capillary Integrity
  - Gymnema: Blood Sugar Metabolism
  - Silymarin: Core Liver Support
- **Thyroid**
  - Adrenal Complex: Endocrine Balance Support
  - Coleus Forte: Metabolism Support
  - Thyroid Complex: Superior Thyroid Support

**Female Health**
- **Menstruation/PMS**
  - Chaste Tree: Natural Hormone Balance
  - Complex: Antispasmodic Support
  - Evening Primrose Oil: Healthy Prostaglandins
  - FemCo: Female Vitality
  - LivCo: Liver Cleansing Support
  - Nevaton: Core Nervous System Support
- **Child Bearing Years**
  - Adrenal Complex: Strong Stress 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: Strong Stress Support
  - Bone Complex: Bone Tissue Support
  - Eleuthero: Adaptive Adrenal Support
  - Herbavit: Anti-aging Support
  - Thyroid Complex: Superior Thyroid Support
  - Tribulus: Support Healthy Sex Hormones
  - Valerian Complex: Sleep Support
  - Wild Yam Complex: Core Menopause Support

**Male Health**

<50
- **Adrenal Complex**: Strong Stress Support
- **LivCo**: Liver Cleansing Support
- **Rhodiola & Ginseng Complex**: Enhance Vitality & Stamina

50+
- **Adrenal Complex**: Strong Stress Support
- **Herbavit**: Anti-aging Support
- **ProstaCo**: Prostate Support
- **Rhodiola & Ginseng Complex**: Enhance Vitality & Stamina
- **Tribulus**: Support Healthy Sex Hormones

**Immune System**
- **Short-Term**
  - Andrographis Complex: Strong Immune System Support
  - Garlic Forte: Immune System Support
  - Golden Seal 500mg: GIT Immune System Support
  - St John’s Wort 1.8g: Environmental Immune System Response
- **Long-Term**
  - Astagalus Complex: Convalescent Immune System Support
  - Burdock Complex: Cleansing Immune System Support
  - Cat’s Claw Forte: Systemic Immune System Support
  - Echinacea Forte: Immune System Insurance
  - Eleuthero: Adrenal Support
  - Ganoderma & Shiitake: Mushroom Immune System Support
  - Garlic Forte: Immune System Support
  - Gut Flora Complex: Balancing Gut Flora
  - Rehmannia Complex: Specialized Immune System Support
  - St John’s Wort 1.8g: Environmental Immune System Response

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Kerry Bone’s Essentials
& Body Systems Index

This index highlights Kerry Bone’s 15 essential formulated products for your dispensary. The remaining products are categorized by body system for your easy reference.

Musculoskeletal

<table>
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<tr>
<th>Product Name</th>
<th>Function</th>
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</thead>
<tbody>
<tr>
<td>Bone Complex</td>
<td>Bone Tissue Support</td>
</tr>
<tr>
<td>Boswellia Complex</td>
<td>Joint Support</td>
</tr>
<tr>
<td>Cramplex</td>
<td>Antispasmodic Support</td>
</tr>
<tr>
<td>Gotu Kola Complex</td>
<td>Tissue &amp; Capillary Integrity</td>
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<tr>
<td>Horsechestnut Complex</td>
<td>Venous Integrity</td>
</tr>
<tr>
<td>Kava Forte</td>
<td>Naturally Relaxing</td>
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<tr>
<td>Nevagasic</td>
<td>Nervous System Support</td>
</tr>
<tr>
<td>Salgesic</td>
<td>Strong Musculoskeletal Support</td>
</tr>
<tr>
<td>St John’s Wort 1.8g</td>
<td>Nerve Function Support</td>
</tr>
</tbody>
</table>

Nervous System

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrenal Complex</td>
<td>Strong Stress Support</td>
</tr>
<tr>
<td>Bacopa Complex</td>
<td>Cognitive Function</td>
</tr>
<tr>
<td>Ginkgo Forte</td>
<td>Mental Clarity</td>
</tr>
<tr>
<td>Kava Forte</td>
<td>Naturally Relaxing</td>
</tr>
<tr>
<td>Nevagasic</td>
<td>Nervous System Discomfort</td>
</tr>
<tr>
<td>Nevaton®</td>
<td>Core Nervous System Support</td>
</tr>
<tr>
<td>Rhodiola &amp; Ginseng Complex</td>
<td>Enhance Vitality &amp; Stamina</td>
</tr>
<tr>
<td>St John’s Wort 1.8g</td>
<td>Nerve Function Support</td>
</tr>
<tr>
<td>Valerian Complex</td>
<td>Sleep Support</td>
</tr>
<tr>
<td>Withania Complex</td>
<td>Calming Stress Support</td>
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</table>

Respiratory

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short-Term</td>
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<tr>
<td>Broncafect®</td>
<td>Lower Respiratory Support</td>
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<tr>
<td>Euphhasia Complex</td>
<td>Upper Respiratory Support</td>
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<tr>
<td>Long-Term</td>
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<tr>
<td>Euphhasia Complex</td>
<td>Upper Respiratory Support</td>
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<tr>
<td>PulmaCo</td>
<td>Free Breathing Support</td>
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<tr>
<td>ResCo®</td>
<td>Lower Respiratory Support</td>
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Skin

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Function</th>
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<tbody>
<tr>
<td>Albizia Complex</td>
<td>Seasonal Stresses Support</td>
</tr>
<tr>
<td>Andrographis Complex</td>
<td>Strong Immune System Support</td>
</tr>
<tr>
<td>Chaste Tree</td>
<td>Natural Hormone Balance</td>
</tr>
<tr>
<td>Coleus Forte</td>
<td>Metabolism Support</td>
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<tr>
<td>DermaCo</td>
<td>Skin Cleansing Support</td>
</tr>
<tr>
<td>Echinacea Premium</td>
<td>Immune System Insurance</td>
</tr>
<tr>
<td>Gotu Kola Complex</td>
<td>Tissue &amp; Capillary Integrity</td>
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<tr>
<td>Gut Flora Complex</td>
<td>Balancing Gut Flora</td>
</tr>
<tr>
<td>Rehmannia Complex</td>
<td>Specialized Immune System Support</td>
</tr>
<tr>
<td>St John’s Wort 1.8g</td>
<td>Environmental Immune System Response</td>
</tr>
<tr>
<td>Vitanox®</td>
<td>Natural Cellular Defense</td>
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Urinary System

<table>
<thead>
<tr>
<th>Product Name</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Andrographis Complex</td>
<td>Strong Immune System Support</td>
</tr>
<tr>
<td>Cramplex</td>
<td>Antispasmodic Support</td>
</tr>
<tr>
<td>Cranberry Complex</td>
<td>Core Urinary Tract Support</td>
</tr>
<tr>
<td>Echinacea Premium</td>
<td>Immune System Insurance</td>
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<td>Gut Flora Complex</td>
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<tr>
<td>ProstaCo</td>
<td>Prostate Support</td>
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