**Andrographis Complex**

Andrographis Complex is a unique combination of Andrographis leaf, *Echinacea angustifolia* root and Holy Basil (leaf and leaf essential oil). *¹

Clinical trials suggest that to be effective Andrographis products should contain substantial levels of the important plant constituents: andrographolides. *¹,²

Holy Basil is considered to be sacred by Hindus. It is commonly planted next to temples,² and the water the herb is dipped in is used as sacred water in many temples in India.³ Good quality Holy Basil leaf contains not less than 0.5% essential oil.⁴

In the late 19th-Century natural clinicians in the United States noted of Echinacea root that “when chewed the root, if of good quality, imparts a persistent tingling sensation”⁵; We now know that this tingling sensation is caused by the presence of the plant constituents called alkylamides (pronounced al-kyl-a-mydes).⁶

**How Andrographis Complex Keeps You Healthy**

**Supports healthy immune function**

Native Americans used *Echinacea angustifolia* root to support the immune system.⁶ We now know that constituents in Echinacea root known as alkylamides are very important for this activity. They may do this because they are able to interact with certain immune receptors⁷⁹ (“switching on” the tissues resulting in a healthy immune response).⁹

Andrographis and Holy Basil also support healthy immune function.¹⁰¹⁰

**Supports healthy respiratory system function**

Andrographis extracts containing a known amount of andrographolides support the healthy functioning of the upper respiratory tract.¹ This includes the throat, sinuses and the lungs. Andrographis may do this by supporting a healthy immune response,¹¹ and helping to maintain normal body temperature that is within a normal range.¹²

Echinacea and Holy Basil also support healthy respiratory system function.¹³¹⁴ Holy Basil may do this by supporting a healthy immune response, particularly by enhancing the normal function of polymorphonuclear cells.¹⁰ Polymorphonuclear cells are a type of phagocytic cell. Phagocytosis is a process involving certain white blood cells that engulf and digest foreign particles or cells that invade the body. It is possible that good quality Echinacea root works in a similar way.¹⁵¹⁶

**Promotes healthy liver function**

Andrographis promotes healthy liver function.¹⁴¹⁷

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 tablet</th>
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</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40</td>
</tr>
<tr>
<td>Amount per Serving:</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>2</td>
</tr>
<tr>
<td>Calcium</td>
<td>40 mg</td>
</tr>
<tr>
<td>Echinacea root 4:1 extract</td>
<td>125 mg</td>
</tr>
<tr>
<td>from <em>Echinacea angustifolia</em> root</td>
<td></td>
</tr>
<tr>
<td>Holy Basil leaf 4:1 extract</td>
<td>125 mg</td>
</tr>
<tr>
<td>from <em>Ocimum tenuiflorum</em> leaf</td>
<td></td>
</tr>
<tr>
<td>Andrographis herb 10:1 extract</td>
<td>100 mg</td>
</tr>
<tr>
<td>from <em>Andrographis paniculata</em> herb</td>
<td></td>
</tr>
<tr>
<td>Holy Basil (<em>Ocimum tenuiflorum</em>) leaf essential oil</td>
<td>10 mg</td>
</tr>
</tbody>
</table>

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.

**Product No** | **Content**
<table>
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<tbody>
<tr>
<td>M1110</td>
<td>40 Tablets</td>
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* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
What Makes Andrographis Complex Unique

Andrographis Complex is unique in the professional herbal products industry because:

- It is manufactured from top quality Echinacea plants
- MediHerb has worked with Echinacea growers to help produce superior quality plants
- It states on the label exactly how much each tablet contains of the important plant constituents (andrographolides)
- MediHerb tests the quantity of andrographolides in Andrographis and alkylamides in Echinacea raw materials
- MediHerb’s testing also ensures the andrographolides are retained in the product throughout manufacture

Unique Manufacture & Analytical Testing

Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Unique extraction method using cold percolation for the Echinacea component of this tablet (this protects the delicate plant constituents, ensuring a full range of constituents)
- Raw materials and finished product are subjected to tough quality standards, including use of the latest and most relevant chemical analysis methods

References

1 Coon JF, Ernst E. Planta Med 2004; 70(4): 293-298
2 Gurib-Fakim A. Mol Aspects Med 2006; 27(1): 1-93