HerbaVital: Everyday Vitality & Healthy Aging

HerbaVital is a unique combination of Korean Ginseng, and specialized, concentrated extracts of Ginkgo, Milk Thistle fruit, Grape Seed and Japanese Knot Weed.

The age-old problem

As we age, our bodies change in many ways that affect the function of individual cells and organ systems. These changes occur little by little and progress inevitably over time. However, the rate of change is different from person to person and can be influenced by lifestyle. Although change is occurring your body can remain healthy as you age. In addition to the normal aging process, challenges to health may occur. A strategy for healthy aging would include minimizing the underlying progression of aging and promoting healthy lifestyle practices.

How HerbaVital Helps Keep You Healthy

Promotes vitality and healthy aging

A tonic is popularly thought of as something that makes you feel better, stronger or healthier. In the traditional Chinese system tonics such as Korean Ginseng provide support when the function of the body or an organ needs to be supported. The Chinese use it to enhance vitality, and as part of a healthy aging program.

To the ancient Koreans, Ginseng was the most important ingredient in Seon Dan (a miraculous food for immortal being). Korean Ginseng was described as having a life-prolonging effect by the Chinese emperor Shennong who lived over 5000 years ago.

Two population studies (in Vienna and France) involving elderly people, found that use of Ginkgo assisted healthy mental aging.

Japanese Knot Weed has been used traditionally to support healthy joints.

Promotes a healthy response to temporary stress

In the traditional Chinese system, Ginseng ‘quiets the spirit, and strengthens the resolve.’ Korean Ginseng is used by natural clinicians to provide a healthy response to stress. Research has confirmed that Korean Ginseng helps the body adapt to stress through regulation of the endocrine and immune systems via the hypothalamic-pituitary axis. It is possible that Ginkgo may also help the body to respond well to stress, by modulating cortisol levels.

Supports healthy circulation and healthy heart function

Support for healthy circulation has been demonstrated in clinical trials for Ginkgo, Korean Ginseng and for standardized Grape Seed extract. Resveratrol, an important constituent in Japanese Knot Weed, supported healthy heart function in two clinical trials involving middle aged and older volunteers (aged 40 to 80 years).

Supplement Facts

- Serving size: 1 tablet
- Servings per container: 40
- Amount per Serving
  - Calories: 3
  - Calcium: 70 mg
- %DV
  - Japanese Knot Weed root 100:1 extract: 80 mg
  - from Polygonum cuspidatum root 8.0 g
  - Containing resveratrol 36 mg
  - Milk Thistle fruit 70:1 extract: 60 mg
  - from Silybum marianum fruit 4.2 g
  - Containing flavanolignans calc. as silybin 48 mg
  - Korean Ginseng root 5:1 extract: 50 mg
  - from Panax ginseng root 250 mg
  - Containing ginsenosides* 4.2 mg
  - Grape Seed 120:1 extract: 40 mg
  - from Vitis vinifera seed 4.8 g
  - Containing procyanidins 38 mg
  - Ginkgo leaf 50:1 extract: 30 mg
  - from Ginkgo biloba leaf 1.5 g
  - Containing ginkgo flavonglycosides 7.2 mg
  - Containing ginkgolides and bilobalide 1.8 mg

* Daily Value (DV) not established.

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

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

Product No  M1332 40 Tablets
Supports healthy immune and liver function
In two placebo-controlled trials conducted in Italy, Korean Ginseng significantly improved immune system function in volunteers aged from 18 to 60 years.20,21 Milk Thistle has been used traditionally to promote a healthy liver,22 and this effect has also been shown for the flavanoglycosides of Milk Thistle in two clinical trials.23,24

Provides antioxidant activity
Resveratrol, an important constituent in Japanese Knot Weed, provided antioxidant activity in healthy volunteers in a clinical trial.25 Grape Seed extract also had this effect, although a dose of at least 85 mg/day of procyanidins was required.26,27

What Makes HerbaVital Unique
HerbaVital is unique in the professional herbal products industry because:
- The label states exactly how much each tablet contains of the important plant constituents (ginsenosides, ginkgo flavonoglycosides, ginkgolides, bilobalide, procyanidins, resveratrol, flavanoglycosides as silybin)
- MediHerb meets the requirements of the United States Pharmacopeia for Korean Ginseng (ratio of ginsenosides Rb2 to Rb1 is not less than 0.4 using high performance liquid chromatography)
- MediHerb uses a validated test method from the United States Pharmacopeia to ensure the raw material contains authentic ginkgo flavonoglycosides and is not adulterated with flavonoids such as rutin

Unique Manufacture & Analytical Testing
Quality and safety ensured
- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards, including use of the latest and most relevant chemical analysis methods

References
8 Kudolo GB. J Hypertens 2013; 9(9): 1819-1827.
18 Feng DJ, Xu GF, Zhao Y. Food Drug (Chinese) 2012; 1: 32-34.