Herbal Solutions for Musculoskeletal Health
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A healthy musculoskeletal system is vital for the body’s normal function. Musculoskeletal discomfort can limit mobility, cause additional stress and affect quality of life. As health care professionals you can provide much needed support for your patients’ musculoskeletal system, especially when it’s challenged by discomfort.

MediHerb has specifically developed a range of quality herbal products to support many aspects of musculoskeletal health.

**Bone Complex**
- MediHerb’s best selling joint support formula used by health care professionals around the world
- Beneficial for patients requiring joint support to maintain their active lifestyle
- Contains high quality extracts of Boswellia, Celery Seed, Ginger and Turmeric - key herbs for supporting and maintaining healthy joints
- Benefits the body’s normal inflammation responses to strenuous exercise
- Provides musculoskeletal support by assisting in clearing acidic waste from the body via the kidneys and promoting healthy circulation

**Gotu Kola Complex**
- A unique bone support formula, that combines high quality extracts of Epimedium, Red Clover, Black Cohosh and Kudzu, herbs that are well-supported by traditional use and research
- These efficacious herbs contain compounds called flavonoids, which research has shown to be beneficial for maintaining strong and healthy bones
- Designed to promote normal bone remodeling function and healthy bone density
- Ideal support for mature women’s healthy bone and tissue function

**Saligesic**
- Contains a high potency extract of Willow Bark standardized for its salicin content, which has been proven to support musculoskeletal health in European clinical trials. See Willow Bark quality information on the next page
- Has been shown to support a healthy musculoskeletal structure and system, especially the knees, hip and lower back
- Relieves exercise-related musculoskeletal discomfort
- Maintains healthy joints and promotes muscle tissue relaxation

**Willow Bark Quality Issues**
Willow Bark has been used for thousands of years to support musculoskeletal system health, but in recent times has fallen from favor due to inconsistent therapeutic 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.

**Kava Forte**
- Supports relief of muscular tension and effects of everyday stress
- Contains Kava root extracted entirely with water to provide the full spectrum of active constituents, including the kavalactones
- Standardized to provide 50 mg of kavalactones per tablet for optimal strength and quality
- MediHerb has invested in research to further understand the therapeutic activity of Kava

**Kava Quality Issues**
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 physicochemical 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.

**Nervagesic**
- Specifically formulated by Professor Kerry Bone to relieve nervous system discomfort
- Promotes relaxation in the nervous system and muscles, including muscular cramping and exercise-related muscle discomfort
- Combines high quality extracts of Ginkgo, Jamaican Dogwood and California Poppy, which contain many important compounds including alkaloids, flavonoids and other flavonoids for optimal strength and quality
- Provides antispasmodic activity for smooth muscle

**Support your patients’ musculoskeletal system health with MediHerb’s herbal solutions.**

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