



Bone Complex

The bone support you need
for an active, independent lifestyle*



Delivering Health Solutions That Work

MediHerb was co-founded in 1986 by world-renowned phytotherapist, Professor Kerry Bone. In his words, "Our passion at MediHerb is to unlock the healing power of plants by combining the time-honored wisdom of traditional knowledge with sound clinical experience and the rigor of scientific research. This quest can only be attained by the total commitment to quality and continuous improvement which permeates every aspect of our endeavors."

In over 25 years of operation MediHerb has not only demonstrated an unwavering commitment to quality in herbal products, we have redefined it. We believe our unique approach to quality sets a standard for herbal products that is unsurpassed in the world today.

Kerry Bone and over 20 health care professionals work within MediHerb while still maintaining their own clinical practices. We know from our experience that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver you health solutions that work.

MEDI HERB®

www.mediherb.com



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For Optimal Bone Support



Bone Complex

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Bone Complex – Advanced Formulation for Bone Health

When engineers design buildings and bridges, they place great emphasis on getting the foundations right. Just as a strong wall depends on solid structural support, so does the human body.

Bones are our foundation, essential for balance, strength, long-term health and well-being. We have more than 200 bones in our bodies – living, growing tissue that is constantly being renewed. Through this process, known as remodeling, old bone is removed and replaced with healthy new bone.

As we get older, our bones may need further support. So taking care of your skeletal system now can help you stay active and independent for years to come. Give yourself the potent support of Bone Complex, precisely formulated to help promote healthy bone tissue and maintain healthy bone density.*

What is Bone Complex?

Bone Complex is a superior combination of Epimedium aerial parts, Kudzu root, Red Clover flowering tops and Black Cohosh root. Three of these herbs contain flavonoids, which research has shown may help support strong bones. Flavonoids are a large group of naturally occurring compounds which are classified by structure into several groups including flavonols and isoflavones.*

In traditional Chinese medicine, Epimedium is prized for its bone-strengthening qualities. Flavonoids from Red Clover called isoflavones may help improve bone density.*

Kudzu root is also highly valued in traditional Chinese medicine. It naturally contains the isoflavones daidzein, daidzin and puerarin which can help support healthy bones.*

Black Cohosh is an herb used traditionally to support female endocrine health. It has also been shown to have a beneficial effect on normal bone metabolism.1*

How is Bone Complex Unique?

Bone Complex is a novel combination of herbs formulated by Professor Kerry Bone and MediHerb's Research and Development team. It has been specifically designed to support bone health, particularly in conjunction with weight-bearing exercise and a healthy diet.*

Bone Complex contains guaranteed levels of various flavonoids, the important compounds shown to be beneficial in supporting bone health. MediHerb's stringent testing ensures these important compounds are retained throughout manufacture, to deliver their full benefits in the final product.*

Who Needs Bone Complex?

Anyone who wants to support bone health and maintain an active lifestyle as they age should consider Bone Complex.*

From our 40s onwards, our bones begin to lose mass as a natural part of aging. Factors playing a part can include smoking, alcohol consumption and a lack of weight-bearing exercise such as walking or jogging. Even the normal wear and tear of daily life can have an impact on our bone health.

You can rely on Bone Complex to help maintain healthy bone tissue and assist your body's normal bone remodeling process.*



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Compelling Benefits

Bone Complex is an effective combination of Epimedium aerial parts, Black Cohosh root, Kudzu root and Red Clover flowering tops. Each tablet is standardized to contain 20 mg of icariin from Epimedium, 28 mg of Kudzu isoflavones (daidzin, puerarin, daidzein) and 8 mg of isoflavones from Red Clover for optimal strength and quality. This powerful combination can help to:

- Support healthy bone tissue, particularly in mature women, 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*

Ask your health care professional today about Bone Complex. They can advise whether it is the right bone support product for you. They will also be able to inform you of any cautions to be aware of when taking this product.*

1 Wuttke W, Seidlova-Wuttke D, Gorkow C. *Maturitas* 2003; 44(Suppl 1): S67-S7

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

You Can Rely on Bone Complex