



Quality is our Passion
Passion Flower (*Passiflora incarnata*)

Gotu Kola Complex

M1313 / M1315

Gotu Kola Complex: Tissue Support Formula

Gotu Kola Complex is a unique combination of Gotu Kola leaf and concentrated extracts of Grape Seed and Ginkgo leaf that supports the normal tissue repair process.

Clinical trials suggest that to be effective Gotu Kola and Grape Seed extract should contain substantial levels of the important plant constituents: triterpenes and procyanidins respectively.^{1,2} Standardized Ginkgo extract, containing 24% ginkgo flavonglycosides (ginkgo flavone glycosides) has also been extensively investigated in clinical trials.² "Standardized" means the extracts must contain a certain amount of important constituents.*

Healthy tissues

Connective tissue gets its name because of its function: it connects other tissues and body systems. Collagen and elastin are important components of connective tissues. The normal processes of tissue repair are mostly a function of connective tissues.^{3,4} Another type of tissue is epithelial tissue. The outer layer of skin is epithelial tissue; beneath this is the dermis made of connective tissue. Because blood vessels do not occur in epithelial tissues, the connective tissue layer is essential so the epithelial cells can receive nutrients from the blood vessels in the connective tissue beneath.^{3*}

How Gotu Kola Complex Keeps You Healthy

Promotes healthy tissues, supports capillary integrity and the body's normal tissue repair process

The triterpenes of Gotu Kola have been used clinically to support the normal repair process of skin.^{5,6} Gotu Kola has been used traditionally to help maintain healthy tissue fluid levels during the normal repair processes of skin, muscles and cartilage.⁷

Capillaries are very small blood vessels that are in close contact with the surrounding tissues. The fluids that nourish these tissues, the wastes that are excreted, the oxygen, water and food that are absorbed all enter and leave via the capillaries.³ In mostly uncontrolled clinical trials, standardized Grape Seed extract promoted healthy blood vessel walls and healthy capillaries. This helped prevent leakage of fluid from the capillaries to the surrounding body tissues.⁸⁻¹² These activities have also been shown clinically for the triterpenes of Gotu Kola.^{1,13,14} The results from one trial suggest that the triterpenes of Gotu Kola provide benefit by helping maintain normal, healthy connective tissue in the walls of veins.^{13*}

Supplement Facts

Serving size:	1 tablet	
Servings per container:	40, 120	
Amount per Serving		%DV
Calories	3	
Calcium	60 mg	6%
Gotu Kola leaf 10:1 extract from <i>Centella asiatica</i> leaf 2.5 g Containing triterpenes 50 mg	250 mg	†
Grape Seed 120:1 extract from <i>Vitis vinifera</i> seed 3.6 g Containing procyanidins 25.5 mg	30 mg	†
Ginkgo leaf 50:1 extract from <i>Ginkgo biloba</i> leaf 1.0 g Containing ginkgo flavonglycosides 4.8 mg Containing ginkgolides & bilobalide 1.2 mg	20 mg	†

† Daily Value (DV) not established.

Other ingredients: Calcium phosphate, cellulose, sodium starch glycolate, hypromellose and magnesium stearate.

Caution: Contraindicated in known allergy to Gotu Kola. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Product No	Content
M1313	40 Tablets
M1315	120 Tablets



Gotu Kola Complex M1313 / M1315



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

A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

Experiments in test tubes are often conducted to learn more about how herbal extracts work in the body. These tests suggest that the triterpenes of Gotu Kola support existing collagen and promote the normal synthesis of collagen in the skin and vein wall.^{1,15} These triterpenes also support the epithelial cells in the inner layer of veins.¹ The procyanidins of Grape Seed also support existing collagen and elastin within vein walls.²

Gotu Kola is recommended traditionally to support healthy stomach and duodenal tissue.¹⁶ The benefit of this traditional use has also been shown in uncontrolled trials using the triterpenes of Gotu Kola.^{17*}

Supports healthy circulation

In a controlled clinical trial, standardized Ginkgo extract enhanced healthy blood flow in the capillaries of the fingers.¹⁸ Enhanced circulation is an important factor in supporting the healing process in tissues throughout the body. Healthy circulation provides the tissues with oxygen, nutrients and the substances used by the body in the normal repair process.*

What Makes Gotu Kola Complex Unique

Gotu Kola Complex is unique in the professional herbal products industry because:

- The label states exactly how much each tablet contains of the important plant constituents (ginkgo flavonglycosides, ginkgolides, bilobalide)
- MediHerb tests raw materials for the quantity of:
 - triterpenes in Gotu Kola
 - procyanidins in Grape Seed extract
 - ginkgo flavonglycosides (quercetin, kaempferol, isorhamnetin) in Ginkgo
- MediHerb's testing also ensures the triterpenes 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 and U.S. current Good Manufacturing Practices for dietary supplements
- Raw materials and finished product are subjected to tough quality standards

References

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Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals 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 health solutions that work.



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Please consult the product packaging label for the most accurate product information.

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

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