

# HerbaVital

## Multi-Action Support for Healthy Aging\*

HerbaVital contains Ginkgo, Milk Thistle, Grape Seed, Korean Ginseng and Japanese Knotweed which together:

- ✓ Provide **antioxidant activity** to help protect the body's cells
- ✓ Support normal **cognitive and memory function**
- ✓ Support **healthy circulation** in mature/older adults

Traditionally used in herbal preparations to:

- ✓ Work as a **general tonic** to benefit the entire body
- ✓ Support and **maintain the body as it ages**
- ✓ Promote **vitality and stamina** in older adults
- ✓ Help the body **adapt to the changes** of everyday life
- ✓ Work as a liver tonic to support **healthy liver and gallbladder function\***

### Support for Everyday Vitality & Healthy Aging

As we age, our body starts to slow down a little and function less optimally. While this process is completely natural, it may affect our general health and well-being to a certain degree. However, some traditional herbal medicines are ideally suited to support us along the way.

Traditional use of *Panax Ginseng* root in China dates back many thousands of years. Its name - composed of 'Gin' and 'seng' - refers to man and essence in Chinese,<sup>1</sup> pointing to its role as an overall tonic. To this day, it is considered one of the most potent traditional energy (Qi) tonics available to reinforce a person's life or vital force, especially during the aging process. Its use has also long been adopted in traditional Western herbal medicine, where its revitalizing activity is highly valued. Moreover, as one of the best traditional adaptogens available, *Panax Ginseng* helps the body adapt to the changes of everyday life and to increase its resistance to mental and physical fatigue related to stress.<sup>\*1-6</sup>

Another traditional herb that enjoys considerable popularity is Milk Thistle. It is probably the most widely used traditional liver tonic available and used to support healthy liver and gallbladder function.<sup>\*7</sup>



M1770 60 Tablets

#### Suggested Use:

1 tablet 2-4 times daily, or as directed.

Supplement Facts			
Serving size:	1 Tablet		
Servings per container:	60		
	Amount per Serving	%DV	
Calcium	73 mg	6%	
Japanese Knotweed root 100:1 extract from <i>Polygonum cuspidatum</i> root 8.0 g Containing resveratrol 36 mg	80 mg	†	
Milk Thistle seed 70:1 extract from <i>Silybum marianum</i> seed 4.8 g Containing flavanolignans calc. as silybin 48 mg	68.6 mg	†	
Korean Ginseng root 5:1 extract from <i>Panax ginseng</i> root 250 mg Containing ginsenosides* 4.2 mg	50 mg	†	
Grape seed 120:1 extract from <i>Vitis vinifera</i> seed 4.8 g Containing procyanidins 38 mg	40 mg	†	
Ginkgo leaf 50:1 extract from <i>Ginkgo biloba</i> leaf 1.5 g Containing ginkgo flavonglycosides 7.2 mg Containing ginkgolides and bilobalide 1.8 mg	30 mg	†	

† Daily Value (DV) not established.

**Other Ingredients:** Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, magnesium stearate, hypromellose, dextrose and silicon dioxide.

\*R<sub>2</sub> to R<sub>b1</sub> is NLT 0.4 by HPLC

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

HerbaVital is a unique blend of five well-known and reputable herbs – Ginkgo, Milk Thistle, Grape Seed, Korean Ginseng and Japanese Knotweed. Each herbal extract provides guaranteed levels of important active constituents, including ginkgo flavonglycosides, ginkgolides and bilobalides, silybin, procyanidins, ginsenosides and resveratrol.

Figure 1: Traditional and Other Health Benefits of HerbaVital



## How HerbaVital Supports Your Health:



### Antioxidant Activity Protection:

- During our lifetime, we are exposed to many sources of oxidation (free radicals), such as environmental pollution, certain chemicals, cigarette smoking, the consumption of smoked or barbequed foods, as well as normal body processes such as minor tissue healing, mild everyday mental stress and even aging itself.<sup>8</sup> Because antioxidant activity protects the body's cells, they can be said to have a general positive effect on human health and well-being itself. HerbaVital contains not only one, but four herbs with antioxidant activity including Japanese Knotweed (containing resveratrol),<sup>9-11</sup> Grape Seed,<sup>1,12,13</sup> Milk Thistle<sup>1,14,15</sup> and Ginkgo.\*<sup>1,14,16</sup>



### Circulation Support:

- According to scientific evidence, Ginkgo helps to support healthy blood circulation throughout the body, including to the brain and peripheral tissues.\*<sup>16</sup>



### Cognitive Support:

- Ginkgo supports normal cognitive and memory function, especially in older adults.\*

## References

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## MediHerb Quality Choice

### Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing ingredients to bottling, to ensure the high standard of our herbal extracts.

### Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.

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

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