Kerry Bone's Essentials

The 20 essential products for your dispensary
“MediHerb was born out of my desire for efficacious herbal therapy, which continues to be the driving force behind everything the company undertakes. In the same spirit of uncompromising quality, I am proud to present the new edition of Kerry Bone’s Essentials.

The first edition of Kerry Bone’s Essentials has helped many health care professionals keep a simple, effective dispensary with a good range of therapeutic options. Since that time, we have released new products which have become new prescribing favorites for me. In this new edition of Kerry Bone’s Essentials there are 20 products which are the core of my dispensing. In creating this collection, I believe we are providing a clear indication of how simple effective herbal prescribing can be.

Many of these Kerry Bone’s Essentials are certain to be favorites of yours already. It is my hope that the others may soon become part of your own essential dispensary.”

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

Professor Kerry Bone is the co-founder of MediHerb, practicing Medical Herbalist (31 years), Director of Research and Development at MediHerb, Principal of the Australian College of Phytotherapy and Adjunct Professor at New York Chiropractic College. Kerry is a respected author of over 30 scientific papers on herbal research; he has also written and co-written 6 popular books on herbal medicine, including the award-winning 2nd Edition of Principles and Practice of Phytotherapy.
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MediHerb was established by practitioners for practitioners, and from the beginning we have been passionate about investing in the future of natural medicine, delivering innovative herbal solutions that work. We continue to facilitate mainstream acceptance of the professional natural medicine industry as a significant contributor to health globally. We are excited about the discoveries to come and continue to advance knowledge and excellence through the latest scientific evidence and centuries of traditional wisdom. Most of all, we look forward to continuing to partner with you, our network of passionate health care professionals, to give your patients natural herbal solutions that work and make a difference in their lives.
At MediHerb, we understand that safety and efficacy go hand in hand. Safety is paramount in every aspect of our operations. Stringent testing regimes ensure what we say on our labels, is in our bottles. We also test to ensure our products are clean and free from contaminants.

As practicing health care professionals ourselves, we understand the need for efficacious products. We are a global leader in herbal scientific knowledge and our team of scientists, researchers and health care professionals are always working to further our understanding of herbal quality and the results for your patients. Our revolutionary proprietary 1:2 Cold Percolation process allows us to manufacture herbal medicines just as nature intended, preserving maximal levels of delicate herbal phytochemicals you rely upon for results in your clinic. Our team continues to invest in research, manufacturing excellence and innovation to continue to meet changing health care needs.

Our Quantified Activity (QA) program is unique to MediHerb and uses the latest research and clinical experience underpinned by batch consistency to define stringent guidelines to produce consistent quality extracts with guaranteed minimum levels of active constituents. To date we have quantified the activity of over 70 herbs through this program – a world first.
How we go beyond

Our unique approach to quality is unsurpassed in the world today.

Since the beginning, we have actively worked with both domestic and international herb growers to provide them with support and technical information on herb quality to ensure we always obtain optimal quality materials. We also work with them on the sustainability of crops, as the future of our industry is as important to us as the health of your patients. In addition, we collaborate closely on ground breaking research projects to support our quest for quality, safety and efficacy.
Our values

We proudly come to work every day to provide high-quality treatment solutions that deliver on the needs of our patients and yours. We are continually motivated and energized to help empower people to be healthier in the most natural way. This is emphasized through our knowledge, our relationships and our vision.

We are actively committed to supporting the natural health care industry and by choosing to prescribe MediHerb products in your clinic, you can be assured that our passion, vigilance and commitment to our industry helps to ensure traditional herbal medicine is available for generations to come. All you need to do is sit back and see the results improving your patients’ lives.
It is not the strongest or the most intelligent who will survive but those who can best manage change.

Charles Darwin

Fatigue and stress are common complaints of many patients.

Adrenal Complex combines two of the best adrenal tonics, Rehmannia and Licorice, to provide comprehensive adrenal support.*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
The Licorice component of this tablet is standardized to contain 25 mg of glycyrrhizin per tablet to ensure optimal strength and quality. Rehmannia and Licorice, and the substances within them combine to:

- restore adrenal function
- support adrenal gland health
- help the body adapt to the challenges of everyday life
- soothe temporary mild exercise-related inflammation*

### Additional Therapies

- Consider Rhodiola & Ginseng Complex tablets or Rhodiola & Schisandra tablets to promote vitality and stamina.
- Consider Thyroid Complex tablets to support healthy thyroid function in physically and mentally challenging circumstances.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Consider Nevaton® Forte tablets to support a healthy nervous system response.
- Combine with Eleuthero tablets to enhance the body’s ability to adapt to temporary stress.
- Combine with Kava Forte tablets to calm the nerves.
- Consider Nervagesic tablets to support healthy nervous system tissue.
- Consider ChelaCo tablets to support the body’s natural defenses against environmental stressors.
- Combines well with Echinacea Premium tablets or liquid, Andrographis Complex tablets or Astragalus Complex tablets for immune system support.*

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
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<td></td>
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<tr>
<td>Calories</td>
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</tr>
<tr>
<td>Calcium</td>
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<tr>
<td>Licorice root 7:1 extract from Glycyrrhiza glabra root 1.75 g containing glycyrrhizin 25 mg</td>
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<tr>
<td>Rehmannia rhizome 5:1 extract from Rehmannia glutinosa rhizome 750 mg</td>
<td>150 mg †</td>
</tr>
<tr>
<td>† Daily Value (DV) not established.</td>
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</table>

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

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation.

### Suggested Use

1 tablet 2 – 3 times daily, or as directed.
Andrographis Complex
East Meets West for Ultimate Immune System Support

In the sky, there is no distinction of East and West...

Hindu Prince Gautama Siddharta, the founder of Buddhism, 563-483 B.C.

Andrographis or “kalmegh” (king of bitters) combines beautifully with Holy Basil, a sacred plant in the Hindu tradition and my favorite herb, Echinacea - revered by native Americans and the Eclectics. This is always the first line of defense for myself and my patients, given at the first sign of a challenge.*

Andrographis Complex is the ultimate fusion of Ayurvedic and Western traditions to create a powerful support for the immune system.

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
The Andrographis component of this tablet is standardized to contain 10 mg of andrographolide per tablet to ensure optimal strength and quality. This herbal formulation works to:

- help maintain healthy immune system function
- support healthy respiratory system function
- support and maintain normal body temperature already in a normal range
- support healthy immune system response
- encourage adaptive response to occasional everyday stress
- promote healthy liver function

**Additional Therapies**

- For immune system support combine with Echinacea Premium tablets or liquid.
- Combine with Herbal Throat Spray Phytosynergist® to soothe the throat.
- Combine with Gut Flora Complex capsules for additional immune system support and to help maintain healthy intestinal flora.

**Supplement Facts**

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<tr>
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<tbody>
<tr>
<td>Servings per container:</td>
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</tr>
<tr>
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</tr>
<tr>
<td>Calories</td>
<td>2</td>
</tr>
<tr>
<td>Calcium</td>
<td>50 mg</td>
</tr>
<tr>
<td>Echinacea root 4:1 extract from <em>Echinacea angustifolia</em> root</td>
<td>125 mg †</td>
</tr>
<tr>
<td>Holy Basil herb 5:1 extract from <em>Ocimum tenuiflorum</em> herb</td>
<td>100 mg †</td>
</tr>
<tr>
<td>Andrographis herb 10:1 extract from <em>Andrographis paniculata</em> herb</td>
<td>100 mg †</td>
</tr>
<tr>
<td>Holy Basil (<em>Ocimum tenuiflorum</em>) herb essential oil</td>
<td>10 mg †</td>
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</tbody>
</table>

† Daily Value (DV) not established.

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

Caution: Contraindicated in pregnancy and lactation. Contraindicated in known allergy to plants of the daisy family.

**Suggested Use**

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

1110 40 Tablets
1115 120 Tablets

**Andrographis paniculata**

For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
Frankincense (Boswellia) is an ancient treasure prized for centuries and is now proving to be a modern treasure. It is well accepted that inflammation drives many of our modern health problems, such as minor pain after exercise. I developed Boswellia Complex over 15 years ago as comprehensive support for natural exercise/minor pain inflammatory response. Since then it has become one of our most popular products with health care professionals around the world, providing results time and time again. During this time it has been gratifying to see the body of research evidence grow for these herbs. These ancient treasures are now being validated by modern science. Supporting joint health has always been a primary application, but I also find it effective in other conditions.*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
The Boswellia component is standardized to contain 180 mg of boswellic acids per tablet and the Turmeric component contains 70.4 mg of curcuminoids per tablet. These and other compounds within Boswellia Complex work together to:

- support the normal function of the kidneys
- maintain and support healthy joints
- support healthy circulation
- provide antioxidant activity*

### Additional Therapies
- Consider Rehmannia Complex tablets to promote the body’s normal resistance function.
- Combine with Gotu Kola Complex tablets to promote healthy connective tissue, provide antioxidant activity and promote normal tissue repair.
- Consider Vitanox® tablets for antioxidant activity.
- Combines well with Saligesic tablets to support musculoskeletal system health.
- Combine with Nervagesic tablets to ease muscular discomfort such as caused by exercising.*

### Supplement Facts

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<th>Serving size: 1 tablet</th>
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<table>
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<th>Ingredient</th>
<th>Amount per Serving</th>
<th>%DV [†]</th>
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</thead>
<tbody>
<tr>
<td>Boswellia gum oleoresin 7:1 extract from <em>Boswellia serrata</em> gum oleoresin 1.9 g containing boswellic acids 180 mg</td>
<td>277 mg</td>
<td>†</td>
</tr>
<tr>
<td>Celery Seed fruit 6:1 extract from <em>Apium graveolens</em> fruit 1.0 g</td>
<td>166.7 mg</td>
<td>†</td>
</tr>
<tr>
<td>Ginger rhizome 5:1 extract from <em>Zingiber officinale</em> rhizome 300 mg</td>
<td>60 mg</td>
<td>†</td>
</tr>
<tr>
<td>Turmeric rhizome 25:1 extract from <em>Curcuma longa</em> rhizome 2.0 g containing curcuminoids 70.4 mg</td>
<td>80 mg</td>
<td>†</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: Cellulose, sodium starch glycclate, silica, hypromellose, magnesium stearate and calcium phosphate.

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

### Suggested Use

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

M1152 40 Tablets  
M1157 120 Tablets

For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
A unique combination of Gentian, Ginger, Wormwood, Feverfew and Tangerine, DiGest Forte stimulates digestive enzymes and supports healthy digestion.

Bitters have a long history of use to support healthy digestion, as demonstrated by the traditional aperitif before dinner. It was believed that bitters needed to be tasted in order to support digestion, but new research shows that this is not the case. Bitter receptors have been identified throughout the digestive tract and are involved in more metabolic processes than originally thought. DiGest Forte provides a broader range of bitter principles to interact with more bitter receptors to provide patients with the digestive health support needed for optimal results.*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
This tablet contains many compounds including secoiridoid bitter glycosides (including gentiopicrin and amarogentin), pungent principles (including gingerols), sesquiterpene lactones (including absinthin and parthenolide), flavonoids and monoterpenes. This formulation and the compounds within it help:

- stimulate gastric juice output and appetite
- support healthy digestion and intestinal function
- promote healthy gastrointestinal tone
- cleanse the liver
- increase bile flow as a cholangogue
- promote normal response to environmental stresses

**Additional Therapies**

- May be combined with Gut Flora Complex capsules to cleanse and promote health in the lower gastrointestinal tract and to help maintain healthy intestinal flora.
- Combines well with Livton Complex or Silymarin tablets for healthy liver function.
- Consider Gymnema tablets to help suppress normal cravings for sugar in the diet.
- Combine with Astragalus Complex or Withania Complex tablets to support vitality.
- Use with Colax tablets to support healthy bowel function.

### Supplement Facts

| Serving size: | 1 tablet |
| Servings per container: | 40 |
| Amount per Serving | %DV |
| Calories | 3 |
| Gentian root 2:1 extract from *Gentiana lutea* root 200 mg | 100 mg † |
| Tangerine fruit peel 5:1 extract from *Citrus reticulata* fruit peel 500 mg | 100 mg † |
| Feverfew leaf 3:1 extract from *Tanacetum parthenium* leaf 200 mg | 66.7 mg † |
| Ginger rhizome 10:1 extract from *Zingiber officinale* rhizome 250 mg | 25 mg † |
| Wormwood herb 4:1 extract from *Artemisia absinthium* herb 100 mg | 25 mg † |
| Tangerine (*Citrus reticulata*) fruit peel essential oil, cold pressed | 12.5 mg † |

† Daily Value (DV) not established.

Other ingredients: Cellulose, sodium starch glycollate, croscarmellose sodium, hypromellose, magnesium stearate, silica and calcium phosphate.

Caution: Contraindicated in known allergy to plants of the daisy family. Contraindicated in gastric or duodenal ulcers unless otherwise directed by a qualified health care professional. Use only with professional supervision in the presence of gallstones. Contraindicated in pregnancy and lactation.

### Suggested Use

1 tablet 3 times daily, or as directed.

M1226 40 Tablets

* For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
My favorite herb; much misunderstood and vastly underestimated.

I have often said you can build a successful practice on Echinacea alone, provided of course you are using real Echinacea – the right species, the right plant part, the right actives. Over the years, we have built on the global understanding of Echinacea and its therapeutic power as an “immune system adaptogen” through this patented formulation which is the cornerstone of my clinical practice.*
Echinacea Premium contains a total of 4.1 mg of alkylamides per tablet to ensure optimal strength and quality. The alkylamides and other unnamed phytochemicals work together to:

- enhance immune system function
- may support normal interferon production for healthy immune system response
- support and promote healthy white blood cells
- support healthy immune system response following stress
- encourage healthy upper respiratory tissue
- support healthy throat tissue*

**Additional Therapies**

- Combines well with Andrographis Complex tablets for extra immune system response.
- Consider combining with Gut Flora Complex capsules to further support immune system response and promote health in the lower gastrointestinal tract.
- Combine with Albizia Complex or Rehmannia Complex tablets to support normal healthy resistance function.
- Combine with Herbal Throat Spray Phytosynergist® to soothe the throat, freshen breath and promote relaxation of muscular tissue in the upper respiratory tract.*

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<tr>
<td>Calories</td>
<td>2</td>
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<tr>
<td>Calcium</td>
<td>90 mg 9%</td>
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| Echinacea root 4:1 extract | 150 mg † |
| from Echinacea angustifolia root 600 mg Containing alkylamides 2.0 mg |
| Echinacea root 6:1 extract | 112.5 mg † |
| from Echinacea purpurea root 675 mg Containing alkylamides 2.1 mg |

*Daily Value (DV) not established.

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

Caution: Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.<br>

**Suggested Use**

1 tablet 2 – 3 times daily, or as directed.

M1240 40 Tablets
M1245 120 Tablets

* For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
Crushed Garlic has a distinctive, recognizable smell.

This is the distinctive smell of allicin release, the important active, but very fragile component of Garlic. Many years ago we went to great lengths to develop a Garlic product that would reproduce the many therapeutic benefits of fresh Garlic. Our tablets contain alliin and alliinase and are enterically coated to ensure that the allicin is produced, protected and utilized to its full therapeutic potential.*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
This product is standardized to contain 12 mg per tablet of stabilized alliin to ensure optimal strength and quality. The compounds in Garlic Forte, particularly the alliin and resultant metabolites which are formed on ingestion, work together to:

- help maintain normal cholesterol levels already within a normal range
- support cardiovascular system health
- support healthy upper respiratory tract
- support immune system health*

Additional Therapies

- Consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets for healthy immune system function.
- Combine with Livton® Complex tablets to help maintain normal cholesterol levels already within a normal range.
- Consider Golden Seal 500mg tablets or Wormwood Complex tablets to cleanse the gastrointestinal tract.
- Combine with Gut Flora Complex capsules to further support proper intestinal flora and to cleanse and promote health in the lower gastrointestinal tract.
- Consider Hawthorn tablets and/or Coleus Forte tablets to help maintain normal blood pressure already within a normal range.*

**Supplement Facts**

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<tbody>
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<td>2</td>
</tr>
<tr>
<td>Calcium</td>
<td>70 mg 7%</td>
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</tbody>
</table>

| Garlic bulb 12:1 extract from *Allium sativum* bulb 3.6 g Containing alliin 12 mg | 300 mg † |
| Garlic (*Allium sativum*) bulb powder | 45 mg † |

† Daily Value (DV) not established.

Other ingredients: Calcium phosphate, cellulose, sodium starch glycollate, ethyl cellulose, ammonium hydroxide, fatty acids, oleic acid, sodium carboxymethylcellulose, talc (magnesium silicate), polydextrose, magnesium stearate, silica and d-alpha-tocopherol.

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

**Suggested Use**

1 tablet 1 – 2 times daily, or as directed. Enteric coated tablets. Do not break or crush.

![M1285][40 Tablets]

For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
It is quite ironic that the *Ginkgo biloba* tree has survived virtually unchanged for about 150 million years and yet the medicinal use of the leaves only began in the 1960s.

Ginkgo trees not only survived the harsh environment of the Triassic Period but also the atomic blast at Hiroshima. This speaks to the plant’s remarkable ability to withstand radiation damage. The main information on medicinal use of Ginkgo leaves comes from clinical trials on the standardized extract. Unfortunately adulteration is still an issue for Ginkgo and it’s important that the correct testing methods are used to ensure your patients get genuine *Ginkgo biloba.*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*
Ginkgo Forte is standardized to contain 14.4 mg of ginkgo flavonglycosides (ginkgo flavone glycosides) and 3.6 mg of ginkgolides and bilobalide per tablet to ensure optimal strength and quality. The compounds in Ginkgo Forte work together to:

- support memory and cognition
- promote alertness and mental clarity
- help support healthy mental function
- support good health in older adults
- support and encourage healthy blood circulation
- provide antioxidant activity to help protect cells and other tissues
- beneficially modulate cortisol during periods of stress
- help reduce the congestive symptoms of premenstrual syndrome*

### Additional Therapies

- Combine with Bacopa Complex tablets for enhanced mental clarity and to support cognitive function.
- Consider PulmaCo tablets to support free and clear breathing.
- Combine with Vitanox® tablets for antioxidant activity.
- Consider Horsechestnut Complex tablets to promote venous integrity.
- Combine with Gotu Kola Complex tablets to provide additional antioxidant activity, to promote healthy blood vessels and support the body’s normal tissue repair processes.*

### Supplement Facts

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<tr>
<td>Calcium</td>
<td>70 mg</td>
</tr>
<tr>
<td>Ginkgo leaf 50:1 extract</td>
<td>60 mg</td>
</tr>
<tr>
<td>from Ginkgo biloba leaf 3.0 g</td>
<td></td>
</tr>
<tr>
<td>Containing ginkgo flavonglycosides 14.4 mg</td>
<td></td>
</tr>
<tr>
<td>Containing ginkgolides &amp; bilobalide 3.6 mg</td>
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</tr>
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</table>

† Daily Value (DV) not established.

Other Ingredients: Calcium phosphate, cellulose, sodium starch glycollate, magnesium stearate and hypromellose.

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

### Suggested Use

1 tablet 1 – 4 times daily, or as directed.

M1300 60 Tablets

Ginkgo biloba

For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
Gotu Kola has been valued in Ayurvedic medicine since time immemorial.

It has an incredible ability to assist the natural healing and regeneration process for all types of connective tissue. It also supports the microcirculation. These key properties confer a broad range of therapeutic applications and for that reason it is a product I use extensively in my practice with great success.*
The Gotu Kola component is standardized to contain 50 mg of triterpenes per tablet, the Grape Seed contains 25.5 mg of procyanidins per tablet and the Ginkgo component contains 4.8 mg of ginkgo flavonglycosides (ginkgo flavone glycosides) and 1.2 mg of ginkgolides and bilobalide per tablet. Together the herbs and the compounds within them help to:

- promote healthy skin and connective tissue
- promote healthy blood circulation
- provide antioxidant activity
- support healthy capillaries*

Additional Therapies

- Combine with Boswellia Complex tablets for joint support.
- Consider Horsechestnut Complex tablets to further support healthy blood vessels and circulation.
- Combine with HiPep tablets for further support for stomach and duodenal tissue.
- Consider Vitanox® tablets for additional antioxidant activity.
- Combine with topical Calendula 1.2 liquid extract to further aid normal development of epithelial tissue.*

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<tr>
<td>Calcium</td>
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<tr>
<td>Gotu Kola leaf 10:1 extract from Centella asiatica leaf 2.5 g Containing triterpenes 50 mg</td>
<td>250 mg †</td>
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<tr>
<td>Grape Seed 120:1 extract from Vitis vinifera seed 3.6 g Containing procyanidins 25.5 mg</td>
<td>30 mg †</td>
</tr>
<tr>
<td>Ginkgo leaf 50:1 extract from Ginkgo biloba leaf 1.0 g Containing ginkgo flavonglycosides 4.8 mg Containing ginkgolides &amp; bilobalide 1.2 mg</td>
<td>20 mg †</td>
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</table>

† Daily Value (DV) not established.

Other Ingredients: Calcium phosphate, cellulose, sodium starch glycollate, 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.

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

M1313 40 Tablets
M1315 120 Tablets

For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
A healthy gut has always been a core principle of holistic health and rightly so.

Gut Flora Complex was developed specifically to be the cornerstone of my Bowel Flora Protocol, a protocol I adapted from my teacher Hein Zeylstra. It has been tested in the lab and the findings are confirmed by my results with patients and the feedback I get from other practitioners. When used in combination in the protocol it is an effective tool to restore gut health. I use Gut Flora Complex and the Bowel Flora Protocol as a base treatment for many patients with a variety of conditions.*

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

*The GI Flora Balance Program, tailored from Kerry Bone’s experience managing GI challenges is available from Standard Process.
Each enteric coated capsule is standardized to contain 10 mg of andrographolide and 36 mg of berberine to ensure optimal strength and quality. Together the herbs, essential oils and the substances within them combine to:

- relieve mild gastrointestinal upset
- encourage a healthy intestinal environment
- support healthy immune system response*

### Additional Therapies

- Consider Garlic Forte tablets to encourage a healthy intestinal environment to help maintain healthy gastrointestinal flora.
- Combine with Golden Seal 500mg tablets and Vitanox® tablets to enhance and support the intestinal action of Gut Flora Complex capsules.
- Consider Wormwood Complex tablets to further cleanse the gastrointestinal tract.
- For additional immune system support consider Cat’s Claw Forte tablets, Astragalus Complex tablets or Echinacea Premium tablets or liquid.*

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 capsule</th>
<th>Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calorie: 5</td>
<td>%DV</td>
</tr>
<tr>
<td>Anise (Pimpinella anisum) fruit essential oil: 125 mg †</td>
<td></td>
</tr>
<tr>
<td>Andrographis aerial parts 10:1 extract from Andrographis paniculata aerial parts: 1.0 g containing andrographolide 10 mg: 100 mg †</td>
<td></td>
</tr>
<tr>
<td>Phellodendron stem bark 20:1 extract from Phellodendron amurense stem bark: 1.6 g containing berberine 36 mg: 80 mg †</td>
<td></td>
</tr>
<tr>
<td>Oregano (Origanum vulgare) leaf essential oil: 75 mg †</td>
<td></td>
</tr>
<tr>
<td>† Daily Value (DV) not established.</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Gelatin, rice bran oil, glycerol, ethyl cellulose, ammonium hydroxide, fatty acids, oleic acid, sodium alginate, stearic acid, purified water, beeswax, lecithin (soy) and color.

Caution: Contraindicated in pregnancy and lactation.

### Suggested Use

1 capsule 3 – 6 times daily, or as directed. Enteric coated capsules. Do not break or crush.

M1318 40 Capsules

* For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.

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Andrographis paniculata
It’s no secret that poor diet and lifestyle account for a large portion of the health issues facing our society.

Gymnema is known in Ayurveda as “Gurmar – sugar destroyer”. This ancient reputation is being supported by modern research. My first choice to support healthy blood sugar metabolism.*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
This product is standardized to contain 100 mg per tablet of gymnemic acids to ensure optimal strength and quality. The substances in Gymnema work together to:

- help reduce sweet cravings
- help suppress/inhibit sweet taste sensation*

Additional Therapies

- Combine with Coleus Forte tablets to aid moderate weight loss in conjunction with a balanced, calorie-controlled diet and exercise program.
- Consider Livton® Complex tablets for support of healthy liver function.
- Consider DiGest Forte tablets or Phytosynergist® liquid for healthy digestion.
- Consider Vitanox® tablets for antioxidant activity.
- Diet and lifestyle are of paramount importance.*

### Supplement Facts

| Serving size: | 1 tablet |
| Servings per container: | 40, 120 |
| Amount per Serving | %DV |
| Calories | 3 |
| Calcium | 30 mg | 3% |
| Gymnema leaf 16:1 extract from Gymnema sylvestre leaf 6.4 g Containing gymnemic acids 100 mg | 400 mg † |

† Daily Value (DV) not established.

Other ingredients: Cellulose, calcium phosphate, sodium starch glycrrallate, hypromellose, magnesium stearate and silica.

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

### Suggested Use

1 tablet 1 – 2 times daily, or as directed.

| M1320 40 Tablets |
| M1325 120 Tablets |

*For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
A synergistic formula designed specifically to help support and maintain the body as it ages.

As we age, our body experiences great change. Many of these changes can affect our quality of life and impact on various aspects of our health including cognitive health, memory function, energy, mobility and general well-being. While the aging process is inevitable, the formulation within HerbaVital is ideal support for your patients wanting to remain active and vital well into their senior years.*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. The herbs and substances within HerbaVital combine to:

- support and maintain the body as it ages
- help the body adapt to the changes of everyday life
- promote vitality and stamina in older adults
- maintain feelings of general well-being when experiencing temporary stress
- support cognitive function and normal memory function
- work as a tonic to benefit the entire body
- support healthy circulation in mature men and women
- support healthy liver function
- support healthy glucose
- provide antioxidant activity*

### Additional Therapies

- Consider Bacopa Complex tablets to enhance mental clarity and to further support cognitive function.
- Combine with Boswellia Complex tablets to further support healthy joints.
- Consider Garlic Forte tablets for maintaining normal cholesterol levels already within a normal range.
- Consider Bone Complex tablets to support normal bone tissue, particularly in mature women.*

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>3</td>
</tr>
<tr>
<td>Calcium</td>
<td>70 mg 7%</td>
</tr>
</tbody>
</table>

- **Japanese Knot Weed root 100:1 extract** from *Polygonum cuspidatum* root 8.0 g containing resveratrol 36 mg
- **Milk Thistle fruit 70:1 extract** from *Silybum marianum* fruit 4.2 g containing flavanolignans calc. as silybin 48 mg
- **Korean Ginseng root 5:1 extract** from *Panax ginseng* root 250 mg containing ginsenosides* 4.2 mg
- **Grape Seed 120:1 extract** from *Vitis vinifera* seed 4.8 g containing procyanidins 38 mg
- **Ginkgo leaf 50:1 extract** 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 glycogulate, magnesium stearate, hypromellose, glucose and silica.

*Rb₂ to Rb₁ 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.

### Suggested Use

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

**M1332** 40 Tablets

* For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
Conditions of the nervous system are notoriously difficult to treat and it’s important to have a good range of therapeutic options.

Kava is such an important herb in this area. Clinical studies have demonstrated the value of Kava as an efficacious herb which promotes relaxation and relieves anxious feelings. Kava has had its share of controversy but I’ve long been an advocate, preparing a submission to support the introduction of an aqueous extract of Kava into Australia and supporting research into this important herb.*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
This tablet contains Kava root extracted with 100% water, which provides an extract with a full spectrum of compounds including kavalactones. This product is standardized to contain 50 mg of kavalactones per tablet to ensure optimal strength and quality. The compounds in Kava Forte, particularly the kavalactones, work together to:

- calm the nerves
- ease the effects of mild tension and stress
- promote relaxation and sleep
- support muscle relaxation*

### Additional Therapies

- Combines well with Valerian Complex tablets to promote relaxation and encourage sleep.
- Consider Nevaton® Forte or St John’s Wort 1.8g tablets to provide a tonic for the nervous system and ease the effects of occasional stress.
- Combine with FemCo tablets to ease the effects of everyday tension and stress.
- Consider Wild Yam Complex tablets to maintain feelings of general well-being/calm the nerves.
- Consider Adrenal Complex tablets for adrenal support.
- Consider HiPep tablets to reduce occasional stomach acid secretions.
- Consider Nervagesic tablets to support relaxation in the nervous system and muscles.*

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40, 120</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>4</td>
</tr>
<tr>
<td>Kava root 7:1 water extract from <em>Piper methysticum</em> root 3.2 g containing kavalactones 50 mg</td>
<td>455 mg †</td>
</tr>
</tbody>
</table>

* Daily Value (DV) not established.

Other ingredients: Cellulose, maltodextrin, silicon dioxide, magnesium stearate, hypromellose, sodium starch glycollate and calcium phosphate.

Caution: U.S. FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a health care professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (eg unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment. Not for prolonged use. Do not exceed recommended dose.

### Suggested Use

1 tablet 2 – 3 times daily, or as directed.

- **M1345** 40 Tablets
- **M1355** 120 Tablets

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* For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
The liver is our largest internal organ and is thought to be responsible for up to 500 separate functions.

It has an incredible capacity for regeneration, as little as 25% can regenerate into a full size liver. Due to modern life, Phase 1 of the liver detoxification process is being induced continually. Unfortunately many patients need help to support Phase 2 detoxification. LivCo® combines the silymarin complex extracted from Milk Thistle seeds with other herbs to assist the liver with this important process. Silymarin itself does not aid detoxification, but rather has a protective effect on the liver, assisting the organ in its amazing ability to heal itself.*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
The Milk Thistle component of this tablet is standardized to contain 24 mg of flavanolignans per tablet to ensure optimal strength and quality. LivCo® can help to:

- aid in the elimination of naturally occurring toxins and cleanse the liver
- support healthy liver function and liver tissue integrity
- protect liver tissue by supporting normal cellular defenses
- provide antioxidant activity
- support and maintain cellular health
- stimulate the biosynthesis of liver protein
- support digestive health*

Additional Therapies

- Combines well with DermaCo tablets for skin health.
- Consider Vitanox® tablets for antioxidant activity.
- Eliminate coffee, cola drinks, alcohol and cigarette smoking.*

Supplement Facts

| Serving size: | 1 tablet |
| Servings per container: | 40, 120 |
| Amount per Serving | %DV |
| Calories | 2 |
| Calcium | 90 mg 9% |
| Schisandra fruit 6:1 extract from *Schisandra chinensis* fruit | 167 mg † |
| Rosemary leaf 5:1 extract from *Rosmarinus officinalis* leaf | 100 mg † |
| Milk Thistle seed 70:1 extract from *Silybum marianum* seed | 30 mg † |
| Containing flavanolignans calc. as silybin 24 mg | 30 mg † |

† Daily Value (DV) not established.

Other ingredients: Calcium phosphate, cellulose, hypromellose, maltodextrin, sodium starch glycollate, sorbitol and magnesium stearate.

Caution: Contraindicated in pregnancy. Contraindicated during 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.

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

M1360 40 Tablets
M1365 120 Tablets

For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
Nevaton® Forte
Manage Life’s Ups and Downs Naturally

*The world leans on us. When we sag, the whole world seems to droop.*
Eric Hoffer

The dried aerial parts of *Hypericum perforatum* collected during the flowering period or shortly before are used medicinally.

This herb, with the generic name derived from the Greek meaning to “overcome apparition”, has long been used to support the nervous system. This powerful herb has been extensively studied and it is important that the correct phytochemistry is measured appropriately for the best clinical results. Here it is combined with Schisandra, Saffron and Skullcap to provide comprehensive nervous system support.*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
The St John’s Wort component of this tablet is standardized to contain 375 mcg per tablet of hypericins to ensure optimal strength and quality. Nevaton® Forte can help to:

- calm the nerves and restore balance in temporary mood swings
- support healthy nervous system response
- encourage balance between the body and mind
- ease the effects of occasional stress*

Additional Therapies

- Consider Rhodiola & Ginseng Complex or Rhodiola & Schisandra tablets to further ease the effects of occasional stress.
- Combines well with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combine with Kava Forte tablets to calm the nerves.
- Eliminate tea, coffee, alcohol and cola drinks.*

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving %DV</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>3</td>
</tr>
<tr>
<td>Skullcap herb 4:1 extract from <em>Scutellaria lateriflora</em> herb 500 mg</td>
<td>125 mg †</td>
</tr>
<tr>
<td>St John’s Wort herb flowering top 6:1 extract from <em>Hypericum perforatum</em> herb flowering top 750 mg Containing hypericins 375 mcg Containing flavonoid glycosides 7.5 mg</td>
<td>125 mg †</td>
</tr>
<tr>
<td>Schisandra fruit 6:1 extract from <em>Schisandra chinensis</em> fruit 675 mg</td>
<td>112.5 mg †</td>
</tr>
<tr>
<td>Saffron stigma 3:1 extract from <em>Crocus sativus</em> stigma 22.5 mg</td>
<td>7.5 mg †</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: Cellulose, sodium starch glycollate, croscarmellose sodium, magnesium stearate, hypromellose, maltodextrin, silica and calcium phosphate.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product. Not recommended in cases of known photosensitivity.◆

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

M1381 40 Tablets

◆ For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
Rhodiola & Ginseng Complex
Vitality & Stamina

Energy and persistence conquer all things.
Benjamin Franklin

Fatigue seems to plague so many patients that seek out a health care professional.

Fortunately we are well equipped with a range of natural solutions. Rhodiola and Korean Ginseng are both powerful adaptogenic herbs long revered in tradition and are now being validated by science. Of course there are many critical quality issues that pertain to these herbs and it’s important you use a good quality herb to achieve the best results.*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
This product is standardized to contain 4.5 mg of rosavins, 1.5 mg of salidroside and 8.4 mg of ginsenosides (calculated as Rb₂ to Rb₁ is NLT 0.4 by HPLC) per tablet to ensure optimal strength and quality. Together Rhodiola and Korean Ginseng and the substances within them combine to:

- support mental clarity and support cognitive function
- promote vitality and stamina
- help maintain proper energy
- support physical endurance
- maintain feelings of general well-being when experiencing temporary stress
- help the body adapt to the changes of everyday life
- support and maintain the body as it ages
- support the body’s natural defenses against stress*

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
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<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>1</td>
</tr>
<tr>
<td>Rhodiola root 20:1 extract from <em>Rhodiola rosea</em> root 3.0 g containing rosavins 4.5 mg and salidroside 1.5 mg</td>
<td>150 mg †</td>
</tr>
<tr>
<td>Korean Ginseng root 5:1 extract from <em>Panax ginseng</em> root 500 mg containing ginsenosides* 8.4 mg</td>
<td>100 mg †</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

*Rb₂ to Rb₁ is NLT 0.4 by HPLC

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

**Suggested Use**

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

M1393 60 Tablets

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*For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
Rhodiola & Schisandra
For the Challenges of Everyday Life

Being challenged in life is inevitable. Being defeated is optional.
Roger Crawford

Rhodiola and the fruit of *Schisandra chinensis* provide a tonic and stress supportive combination.

Stress can come in many forms and affect individuals differently. Some stress is good for us but if not managed it can lead to ill-health or simply just take the joy out of life. Most of your patients are likely to be challenged by some form of stress. Fortunately, nature has blessed us with a range of adaptogenic and tonic herbs such as *Rhodiola rosea* and *Schisandra chinensis* to help us cope with the challenges of life.*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*
This product is standardized to contain 4.5 mg of rosavins and 1.5 mg of salidroside per tablet to ensure optimal strength and quality. Together Rhodiola and Schisandra and the substances within them combine to:

- maintain feelings of general well-being when experiencing temporary stress
- help the body adapt to the changes of everyday life
- support the body’s natural defenses against emotional and environmental stressors
- support healthy cognitive function
- support healthy liver and nervous system function
- help maintain proper energy and support healthy physical performance
- help maintain healthy emotional balance
- work as a tonic to benefit the entire body*

### Additional Therapies

- Adrenal Complex tablets may be a suitable addition to restore adrenal function and reduce the effects of stress on the body.
- Combine with Eleuthero tablets to further enhance the body’s natural ability to adapt to temporary stress.
- Consider Thyroid Complex tablets to support healthy thyroid function.
- Combine with Valerian Complex or Nervagesic tablets to provide relief from occasional sleeplessness.

- Combine with St John’s Wort 1.8g tablets for additional support for healthy emotional balance.
- Consider Silymarin tablets or ChelaCo tablets to further support the body’s natural defenses against environmental stressors.
- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.*

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>3</td>
</tr>
</tbody>
</table>

| Rhodiola root 20:1 extract from Rhodiola rosea root 3.0 g | 150 mg † |
| Schisandra fruit 6:1 extract from Schisandra chinensis fruit 660 mg | 110 mg † |

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, hypromellose, magnesium stearate and silicon dioxide.

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

### Suggested Use

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

M1394 40 Tablets

Rhodiola rosea

* For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
Thyroid Complex
Specialized Thyroid Support

Fucus vesiculosus

Thyroid: conductor of the metabolism orchestra.

Specialized, herbal support for the thyroid gland which contains natural iodine from Bladderwrack.

I find this a well-balanced formula to support normal thyroid hormone production and in turn, metabolism.*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
The combination of herbs in Thyroid Complex (Bladderwrack, Bacopa and Ashwagandha) and their constituents can help to:

- support healthy thyroid function important for normal energy production
- maintain normal thyroid function
- possibly assist the body in achieving normal basal metabolism
- maintain or improve general well-being*

Additional Therapies

- Consider Coleus Forte tablets for extra thyroid support.
- Consider ChelaCo tablets to support the body’s natural defenses against environmental stressors.
- Combine with Eleuthero tablets, Rhodiola & Ginseng Complex tablets or Rhodiola & Schisandra tablets to enhance stamina and endurance.
- Consider Rehmannia Complex tablets to promote the body’s normal resistance function.
- Combine with Vitanox® tablets for antioxidant activity.
- Consider Gotu Kola Complex tablets to support the body’s normal tissue repair processes and to provide antioxidant activity.*

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 40, 120</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving %DV</td>
<td></td>
</tr>
<tr>
<td>Calories 3</td>
<td></td>
</tr>
<tr>
<td>Calcium 40 mg 4%</td>
<td></td>
</tr>
<tr>
<td>Iodine 600 mcg 400%</td>
<td></td>
</tr>
<tr>
<td>Bladderwrack whole plant 3.5:1 extract 300 mg † from Fucus vesiculosus whole plant 1.05 g Containing iodine 600 mcg</td>
<td></td>
</tr>
<tr>
<td>Withania (Ashwagandha) root 5:1 extract 120 mg † from Withania somnifera root 600 mg</td>
<td></td>
</tr>
<tr>
<td>Bacopa herb 50:1 extract 50 mg † from Bacopa monnieri herb 2.5 g Containing bacosides as bacoside A 25 mg</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: Cellulose, calcium phosphate, dextrin, maltodextrin, sodium starch glycollate, silica, magnesium stearate and hypromellose.

Caution: Contraindicated in pregnancy and lactation. Contraindicated in hyperthyroidism and related cardiac problems.

Suggested Use

1 tablet daily, or as directed.

| M1435 40 Tablets   | M1437 120 Tablets |

For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.

Fucus vesiculosus
Unique formulation with top quality Tribulus herb extract standardized to contain therapeutic amounts of protodioscin.

Backed by extensive research and clinical trials, MediHerb’s Tribulus is unique. It contains a high quality herb sourced from Central European regions of Bulgaria and Slovakia with therapeutic levels of protodioscin, an important active constituent, to ensure consistent results for patients. Protodioscin is important for the endocrine activity of Tribulus including supporting normal reproductive and hormone production in both men and women.*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
This product is standardized to contain 100 mg per tablet of furostanol saponins to ensure optimal strength and quality. The compounds in Tribulus work together to:

- help support normal reproductive function in men and women
- help support normal hormone production in men and women
- promote vitality and stamina
- support physical endurance
- promote an overall feeling of well-being*

### Additional Therapies

- Combine with Rhodiola & Ginseng Complex tablets, Rhodiola & Schisandra tablets or Withania Complex tablets to enhance stamina and endurance.
- Combine with Wild Yam Complex tablets to provide relief from discomfort associated with menopause.
- Combine with FemCo tablets, Chaste Tree tablets or liquid to help support female reproductive system health.*

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>2</td>
</tr>
<tr>
<td>Calcium</td>
<td>70 mg 7%</td>
</tr>
<tr>
<td>Tribulus herb (aerial parts) 55:1 extract from <em>Tribulus terrestris</em> herb (aerial parts) 13.5 g Containing furostanol saponins as protodioscin 100 mg</td>
<td>†</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other Ingredients: Cellulose, calcium phosphate, sodium starch glycollate, hypromellose, silica and magnesium stearate.

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

### Suggested Use

1 tablet 1-3 times daily, or as directed.

M1445 40 Tablets

*For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
Substances with antioxidant activity have had their share of controversy.

I’m very excited about the recent discoveries around the NRF2/ARE pathway that show many herbs with antioxidant activity don’t passively mop up free radicals in the cells, but rather activate the body’s own endogenous antioxidant pathways.*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
This product is standardized to contain 83.35 mg of catechins, 70.4 mg of curcuminoids and 42.5 mg of procyanidins in each tablet to ensure optimal strength and quality. The natural substances in Vitanox:

- provide strong antioxidant activity
- support healthy circulation and vascular integrity
- maintain healthy connective tissue
- support and maintain cellular health*

### Additional Therapies

- Combine with Ginkgo Forte tablets or Bilberry 6000mg tablets for additional antioxidant activity.
- Combine with Gotu Kola Complex tablets for additional antioxidant activity, to promote healthy blood circulation, to promote healthy skin and connective tissue and to support healthy capillaries.
- Combines well with Hawthorn tablets to help maintain healthy circulation.*

### Supplement Facts

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size:</td>
<td>1 tablet</td>
</tr>
<tr>
<td>Servings per container:</td>
<td>40, 120</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
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<tr>
<td>Calcium</td>
<td>30 mg 3%</td>
</tr>
<tr>
<td>Rosemary leaf 5:1 extract from Rosmarinus officinalis leaf</td>
<td>200 mg †</td>
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<tr>
<td>Green Tea leaf 25:1 extract from Camellia sinensis leaf</td>
<td>166.7 mg †</td>
</tr>
<tr>
<td>Turmeric rhizome 25:1 extract from Curcuma longa rhizome</td>
<td>80 mg †</td>
</tr>
<tr>
<td>Grape Seed 120:1 extract from Vitis vinifera seed</td>
<td>50 mg †</td>
</tr>
<tr>
<td>Containing catechins</td>
<td>83.35 mg</td>
</tr>
<tr>
<td>Containing curcuminoids</td>
<td>70.4 mg</td>
</tr>
<tr>
<td>Containing procyanidins</td>
<td>42.5 mg</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: Cellulose, calcium phosphate, maltodextrin, sodium starch glycollate, silica, sorbitol, hypromellose and magnesium stearate.

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements.◆

### Suggested Use

1 tablet 1 – 2 times daily, or as directed.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>M1462</td>
<td>40 Tablets</td>
</tr>
<tr>
<td>M1468</td>
<td>120 Tablets</td>
</tr>
</tbody>
</table>

◆ For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
In Western civilization, Wormwood has been known since ancient times to cleanse the lower gastrointestinal tract (especially the large intestine).

It is now used traditionally around the world and in MediHerb’s unique formulation it has been combined with Stemona root, Clove Bud essential oil and the hull of Black Walnut to help cleanse the lower gastrointestinal tract and maintain healthy gastrointestinal flora.*

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The combination of herbs in Wormwood Complex (Wormwood, Black Walnut, Stemona and Clove Bud essential oil) and their constituents can help to:

- cleanse the gastrointestinal tract
- stimulate digestion
- encourage a healthy intestinal environment*

**Additional Therapies**

- Consider Garlic Forte tablets to encourage a healthy intestinal environment to help maintain healthy gastrointestinal flora.
- Combine with Vitanox® tablets to enhance and support actions of Wormwood Complex tablets.
- Combine with Gut Flora Complex capsules to encourage a healthy intestinal environment, relieve mild gastrointestinal upset and support healthy immune system response.
- Consider Echinacea Premium tablets or liquid or Andrographis Complex tablets for enhanced immune system support.
- Consider DiGest Forte tablets or Phytosynergist® liquid to support healthy digestion and intestinal function.*

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>120</td>
</tr>
<tr>
<td><strong>Amount per Serving</strong></td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>2</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td><strong>Stemona root 5:1 extract from Stemona sessilifolia root</strong></td>
<td>200 mg</td>
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<tr>
<td><strong>Black Walnut hull 4:1 extract from Juglans nigra hull</strong></td>
<td>25 mg</td>
</tr>
<tr>
<td><strong>Wormwood herb 4:1 extract from Artemisia absinthium herb</strong></td>
<td>25 mg</td>
</tr>
<tr>
<td><strong>Clove bud (Syzygium aromaticum) essential oil</strong></td>
<td>20 mg</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other Ingredients: Cellulose, calcium phosphate, silica, sodium starch glycollate, magnesium stearate and hypromellose.

Caution: Contraindicated in pregnancy and lactation.

### Suggested Use

2 tablets 2 – 3 times daily before meals for 10 days repeated after a 10 day break, or as directed.

M1490 120 Tablets

For other contraindications and cautions please refer to the Herb/Drug Interaction Chart in the MediHerb Product Catalog and the Contraindications and Cautions for MediHerb Products, pdf online. Please consult the product packaging label for the most accurate product information.
## Kerry Bone’s Essentials

### Body Systems Legend
- **Cardiovascular System**
- **Digestive System**
- **Endocrine**
- **Female Health**
- **Immune System**
- **Male Health**
- **Musculoskeletal**
- **Nervous System**
- **Respiratory**
- **Skin**
- **Urinary System**

### Kerry Bone’s Essentials

<table>
<thead>
<tr>
<th>Product</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrenal Complex</td>
<td>Strong Stress Support</td>
</tr>
<tr>
<td>Andrographis Complex</td>
<td>Strong Immune System Support</td>
</tr>
<tr>
<td>Boswellia Complex</td>
<td>Joint Support</td>
</tr>
<tr>
<td>DiGest Forte</td>
<td>Core Digestive Support</td>
</tr>
<tr>
<td>Echinacea Premium</td>
<td>Immune System Insurance</td>
</tr>
<tr>
<td>Garlic Forte</td>
<td>Unique Garlic Formulation</td>
</tr>
<tr>
<td>Ginkgo Forte</td>
<td>Mental Clarity</td>
</tr>
<tr>
<td>Gotu Kola Complex</td>
<td>Tissue &amp; Capillary Integrity</td>
</tr>
<tr>
<td>Gut Flora Complex</td>
<td>Balancing Gut Flora</td>
</tr>
<tr>
<td>Gymnema</td>
<td>Blood Sugar Metabolism</td>
</tr>
<tr>
<td>HerbaVital</td>
<td>Essential Support for Healthy Aging</td>
</tr>
<tr>
<td>Kava Forte</td>
<td>Naturally Relaxing</td>
</tr>
<tr>
<td>LivCo®</td>
<td>Liver Cleansing Support</td>
</tr>
<tr>
<td>Nevaton® Forte</td>
<td>Core Nervous System Support</td>
</tr>
<tr>
<td>Rhodiola &amp; Ginseng Complex</td>
<td>Enhance Vitality &amp; Stamina</td>
</tr>
<tr>
<td>Rhodiola &amp; Schisandra</td>
<td>For the Challenges of Everyday Life</td>
</tr>
<tr>
<td>Thyroid Complex</td>
<td>Superior Thyroid Support</td>
</tr>
<tr>
<td>Tribulus</td>
<td>Maintaining Healthy Hormones</td>
</tr>
<tr>
<td>Vitanox®</td>
<td>Natural Cellular Defense</td>
</tr>
<tr>
<td>Wormwood Complex</td>
<td>Healthy Intestinal Flora</td>
</tr>
</tbody>
</table>

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This index highlights Kerry Bone’s 20 essential formulated products for your dispensary. The remaining products are categorized by body system for your easy reference.

### Cardiovascular System

#### Heart Health
- **Coleus Forte**  
  Support Healthy Normal Blood Pressure
- **Garlic Forte**  
  Support Healthy Normal Cholesterol
- **Ginkgo Forte**  
  Microcirculation Support
- **Hawthorn**  
  Heart Function Support
- **HerbaVital**  
  Anti-aging Support
- **Vitanox®**  
  Natural Cellular Defense

#### Circulation
- **Bilberry 6000mg**  
  Healthy Eye Support
- **Garlic Forte**  
  Support Healthy Normal Cholesterol
- **Ginkgo Forte**  
  Microcirculation Support
- **Gotu Kola Complex**  
  Tissue & Capillary Integrity
- **HerbaVital**  
  Anti-aging Support
- **Horsechestnut Complex**  
  Venous Support
- **Vitanox®**  
  Natural Cellular Defense*

### Digestive System

#### Upper GIT
- **ChelaCo**  
  Environmental Cleansing
- **Coleus Forte**  
  Healthy Weight Support
- **DiGest Forte**  
  Core Digestive Support
- **HiPep**  
  Healthy Stomach Acid
- **LivCo®**  
  Liver Cleansing Support
- **Livton® Complex**  
  Digestive Liver Support
- **Rhodiola & Schisandra**  
  For the Challenges of Everyday Life
- **Silymarin**  
  Core Liver Support

#### Lower GIT
- **Colax**  
  Intestinal Motility Support
- **Garlic Forte**  
  Immune System Support
- **Golden Seal 500mg**  
  GIT Immune System Support
- **Gotu Kola Complex**  
  Tissue & Capillary Integrity
- **Gut Flora Complex**  
  Balancing Gut Flora
- **Vitanox®**  
  Natural Cellular Defense
- **Wormwood Complex**  
  GIT Cleansing*
Kerry Bone’s Essentials

& Body Systems Index

This index highlights Kerry Bone’s 20 essential formulated products for your dispensary. The remaining products are categorized by body system for your easy reference.

Endocrine

**Adrenal**
- Adrenal Complex: Strong Stress Support
- Bacopa Complex: Nervous System & Adrenal Support
- Eleuthero: Adaptive Adrenal Support
- Rhodiola & Ginseng Complex: Enhance Vitality & Stamina
- Rhodiola & Schisandra: For the Challenges of Everyday Life
- Withania Complex: Calming Stress Support

**Pancreas**
- Bilberry 6000mg: Healthy Eye Support
- Coleus Forte: Healthy Weight Support
- Ginkgo Forte: Microcirculation Support
- Gotu Kola Complex: Tissue & Capillary Integrity
- Gymnema: Blood Sugar Metabolism
- Silymarin: Core Liver Support

**Thyroid**
- Adrenal Complex: Endocrine Balance Support
- Coleus Forte: Metabolism Support
- Thyroid Complex: Superior Thyroid Support*

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Female Health

Menstruation/PMS
- Chaste Tree: Natural Hormone Balance
- Cramplex: Antispasmodic Support
- Evening Primrose Oil: Healthy Prostaglandins
- FemCo: Female Vitality
- LivCo®: Liver Cleansing Support
- Nevaton® Forte: Core Nervous System Support

Child Bearing Years
- Adrenal Complex: Strong Stress Support
- Chaste Tree: Natural Hormone Balance
- Evening Primrose Oil: Healthy Prostaglandins
- FemCo: Female Vitality
- LivCo®: Liver Cleansing Support
- Thyroid Complex: Superior Thyroid Support
- Tribulus: Support Healthy Sex Hormones

Menopause
- Adrenal Complex: Strong Stress Support
- Bone Complex: Bone Tissue Support
- Eleuthero: Adaptive Adrenal Support
- HerbaVital: Anti-aging Support
- Thyroid Complex: Superior Thyroid Support
- Tribulus: Support Healthy Sex Hormones
- Valerian Complex: Sleep Support
- Wild Yam Complex: Core Menopause Support*

Immune System

Short-Term
- Andrographis Complex: Strong Immune System Support
- Garlic Forte: Immune System Support
- Golden Seal 500mg: GIT Immune System Support
- St John’s Wort 1.8g: Environmental Immune System Response

Long-Term
- Astragalus Complex: Convalescent Immune System Support
- Burdock Complex: Cleansing Immune System Support
- Cat’s Claw Forte: Systemic Immune System Support
- Echinacea Premium: Immune System Insurance
- Eleuthero: Adrenal Support
- Ganoderma & Shiitake: Mushroom Immune System Support
- Garlic Forte: Immune System Support
- Gut Flora Complex: Balancing Gut Flora
- Rehmannia Complex: Specialized Immune System Support
- St John’s Wort 1.8g: Environmental Immune System Response*

Male Health

<50
- Adrenal Complex: Strong Stress Support
- LivCo®: Liver Cleansing Support
- Rhodiola & Schisandra: For the Challenges of Everyday Life

50+
- Adrenal Complex: Strong Stress Support
- HerbaVital: Anti-aging Support
- ProstaCo: Prostate Support
- Rhodiola & Ginseng Complex: Enhance Vitality & Stamina
- Tribulus: Support Healthy Sex Hormones*

www.standardprocess.com www.mediherb.com
This index highlights Kerry Bone’s 20 essential formulated products for your dispensary. The remaining products are categorized by body system for your easy reference.

### Musculoskeletal

<table>
<thead>
<tr>
<th>Product</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone Complex</td>
<td>Bone Tissue Support</td>
</tr>
<tr>
<td>Boswellia Complex</td>
<td>Joint Support</td>
</tr>
<tr>
<td>Cramplex</td>
<td>Antispasmodic Support</td>
</tr>
<tr>
<td>Gotu Kola Complex</td>
<td>Tissue &amp; Capillary Integrity</td>
</tr>
<tr>
<td>Horsechestnut Complex</td>
<td>Venous Integrity</td>
</tr>
<tr>
<td>Kava Forte</td>
<td>Naturally Relaxing</td>
</tr>
<tr>
<td>Nervagesic</td>
<td>Nervous System Support</td>
</tr>
<tr>
<td>Saligesic</td>
<td>Strong Musculoskeletal Support</td>
</tr>
<tr>
<td>St John’s Wort 1.8g</td>
<td>Nerve Function Support*</td>
</tr>
</tbody>
</table>

### Nervous System

<table>
<thead>
<tr>
<th>Product</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrenal Complex</td>
<td>Strong Stress Support</td>
</tr>
<tr>
<td>Bacopa Complex</td>
<td>Cognitive Function</td>
</tr>
<tr>
<td>Ginkgo Forte</td>
<td>Mental Clarity</td>
</tr>
<tr>
<td>Kava Forte</td>
<td>Naturally Relaxing</td>
</tr>
<tr>
<td>Nervagesic</td>
<td>Nervous System Discomfort</td>
</tr>
<tr>
<td>Nevaton® Forte</td>
<td>Core Nervous System Support</td>
</tr>
<tr>
<td>Rhodiola &amp; Ginseng Complex</td>
<td>Enhance Vitality &amp; Stamina</td>
</tr>
<tr>
<td>Rhodiola &amp; Schisandra</td>
<td>For the Challenges of Everyday Life</td>
</tr>
<tr>
<td>St John’s Wort 1.8g</td>
<td>Nerve Function Support</td>
</tr>
<tr>
<td>Valerian Complex</td>
<td>Sleep Support</td>
</tr>
<tr>
<td>Withania Complex</td>
<td>Calming Stress Support*</td>
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</table>

### Respiratory

#### Short-Term

<table>
<thead>
<tr>
<th>Product</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broncafect®</td>
<td>Lower Respiratory Support</td>
</tr>
<tr>
<td>Sinus Forte</td>
<td>Upper Respiratory Support</td>
</tr>
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</table>

#### Long-Term

<table>
<thead>
<tr>
<th>Product</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sinus Forte</td>
<td>Upper Respiratory Support</td>
</tr>
<tr>
<td>PulmaCo</td>
<td>Free Breathing Support</td>
</tr>
<tr>
<td>ResCo®</td>
<td>Lower Respiratory Support*</td>
</tr>
</tbody>
</table>

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### Skin

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albizia Complex</td>
<td>Seasonal Stresses Support</td>
</tr>
<tr>
<td>Andrographis Complex</td>
<td>Strong Immune System Support</td>
</tr>
<tr>
<td>Chaste Tree</td>
<td>Natural Hormone Balance</td>
</tr>
<tr>
<td>Coleus Forte</td>
<td>Metabolism Support</td>
</tr>
<tr>
<td>DermaCo</td>
<td>Skin Cleansing Support</td>
</tr>
<tr>
<td>Echinacea Premium</td>
<td>Immune System Insurance</td>
</tr>
<tr>
<td>Gotu Kola Complex</td>
<td>Tissue &amp; Capillary Integrity</td>
</tr>
<tr>
<td>Gut Flora Complex</td>
<td>Balancing Gut Flora</td>
</tr>
<tr>
<td>Rehmanna Complex</td>
<td>Specialized Immune System Support</td>
</tr>
<tr>
<td>St John’s Wort 1.8g</td>
<td>Environmental Immune System Response</td>
</tr>
<tr>
<td>Vitanox®</td>
<td>Natural Cellular Defense*</td>
</tr>
</tbody>
</table>

### Urinary System

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Function</th>
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<tbody>
<tr>
<td>Andrographis Complex</td>
<td>Strong Immune System Support</td>
</tr>
<tr>
<td>Cramplex</td>
<td>Antispasmodic Support</td>
</tr>
<tr>
<td>Cranberry Complex</td>
<td>Core Urinary Tract Support</td>
</tr>
<tr>
<td>Echinacea Premium</td>
<td>Immune System Insurance</td>
</tr>
<tr>
<td>Gut Flora Complex</td>
<td>Balancing Gut Flora</td>
</tr>
<tr>
<td>ProstaCo</td>
<td>Prostate Support*</td>
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</tbody>
</table>