Kerry Bone’s Essentials

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

Kerry Bone’s Essentials feature 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 (33 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 herbalism, including the award-winning 2nd Edition of Principles and Practice of Phytotherapy.
MediHerb® was established by practitioners for practitioners, and from the beginning we have been passionate about investing in the future of herbal supplements, delivering innovative herbal solutions that work. We continue to facilitate mainstream acceptance of the professional natural supplements 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 along with 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®, exceptional quality is of the highest importance. For us, good doesn’t mean great. A pass doesn’t mean perfection. Acceptable doesn’t mean excellent.

At MediHerb®, we are dedicated to creating and providing products of exceptional quality. What does that mean? It means you can trust we have the most exceptional natural products available. These quality products, accompanied by our outstanding support, will help you achieve promising results with your patients time and time again.*

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

- Ensure our formulas are produced at clinically relevant doses
  Standardized ingredients and quantified activity levels are tested where relevant and allow us to ensure MediHerb® formulas retain potency and deliver clinically effective doses throughout their shelf life.

- Test every batch of every product
  We’ve invested in our own state-of-the-art laboratories featuring the latest technological equipment for precision, accuracy and quality control. Our testing occurs at various stages of production and follows strict criteria, so you can be sure every MediHerb® product is of the highest quality and consistent potency.

- Only source and purchase quality raw materials
  We source sustainably from around the world and select materials with precision, as we know climate and conditions matter in the end product. Our strong relationships with growers from more than 100 herb farms and/or wild harvesting regions go back over 30 years. We proudly test every raw material to ensure quality and purity meet our strict release criteria before the material is considered suitable for use.

- Invest heavily in independent herbal research
  We support and strengthen the industry through investments in a growing number of clinical trials and research projects. We do this to unlock new information, pioneer quality standards and help build a more credible industry for all practitioners in the future.

- Extract many herbs ourselves using our proprietary 1:2 cold percolation extraction
  This method was developed and is used only by MediHerb® to maintain the delicate herbal integrity and efficacy of the end MediHerb® product.

- Recruit and nurture a qualified practitioner team
  Our team is made up of industry-leading professors, naturopaths, herbalists, scientists and researchers, all with extensive years of research and significant, practical real-world clinical experience.

- Proud to be a world class manufacturer
  Our manufacturing and packaging facilities in Australia are world class and are certified as following good manufacturing practices (GMPs). We continue to invest in the latest equipment. We also source the best free-thinking, local talent; some of our employees have been with MediHerb® since the beginning.

- Empower you, the practitioner
  We want to invest in you and help you in your practice with quality technical support, valuable clinic tools, and first-class educational events that bring you relevant and current research – all with the end goal of meeting the current health needs in your clinic.

What MediHerb® DOES NOT do:

- No subclinical formulas
- No substituted, adulterated or contaminated raw materials: rigorous testing protocols are in place to ensure the identity, quality and purity of all raw materials before being approved for use in our formulas.
- No standardization claim that is not confirmed. All our raw materials must meet our minimum potency standard that will achieve our desired claim before being considered for use and where possible standardization in our formulas are confirmed.
- No release of formulas that fail our strict quality testing. We won’t bottle it if it doesn’t meet our standards.
- No harmful manufacturing processes that can damage delicate active constituents.
- No rush to market with new formulations that don’t meet MediHerb’s® strict, evidence-based benchmark.
- We don’t just comply with industry standards; we proudly meet GMPs for both the U.S. Food and Drug Administration and Australian Therapeutic Goods Administration.
How to determine the MediHerb® quality difference

A product label is very often your only guide to the quality, strength and efficacy of a product; therefore it is of crucial importance that you understand how to interpret label supplement fact information correctly so you, the health care professional, can make an informed choice.

A MediHerb® product label provides full disclosure of all ingredients in a consistent, clear and concise manner to pharmaceutical GMP standards. The detailed explanation on the MediHerb® product label allows you as the health care professional to interpret the key quality differentiators more easily and understand what makes MediHerb® truly unique.

Our values

We proudly come to work every day to provide high-quality solutions that meet 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 supplements are available for generations to come. All you need to do is sit back and see the results improving your patients’ lives.*

---

**1. Extract Ratio**
This indicates the strength of the extract. The number on the left represents the amount of herb and the number on the right represents the amount of extract, e.g. a 4:1 ratio means 4 kilograms of herb are extracted to make 1 kilogram of extract.

**2. Quantity of Starting Material**
This states the quantity of dried herb equivalent used in each tablet.

**3. Quantity of Extract**
This states the quantity of extract used in the tablet.

**4. Quantified Activity (QA) and/or Standardization**
Represents the quality of an extract as a specific active or marker compound. Our 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!

---

*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, are used traditionally to:

- restore adrenal function
- support adrenal gland health
- help the body adapt to the challenges of everyday life*

**Additional Support**
- Consider Rhodiola & Ginseng Complex tablets or Rhodiola & Schisandra tablets to promote vitality and stamina.
- Consider Thyroid Complex tablets to support healthy thyroid function and normal energy production.
- 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 support the body’s ability to adapt to temporary stress.
- Combine with Kava Forte tablets to calm the nerves.
- Consider Nervagesic tablets to ease temporary mild nervous system discomfort.
- Consider ChelaCo tablets to support the body’s natural defenses against environmental stressors.
- Combines well with Echinacea Premium tablets or liquid, Andrographs Complex tablets or Astragalus Complex tablets for immune system support.*

**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.*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>64 mg</td>
<td>4%</td>
</tr>
<tr>
<td>Licorice root 7:1 extract</td>
<td>250 mg</td>
<td></td>
</tr>
<tr>
<td>from Glycyrrhiza glabra</td>
<td></td>
<td></td>
</tr>
<tr>
<td>root 1.75 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Containing glycyrrhizin</td>
<td>25 mg</td>
<td></td>
</tr>
<tr>
<td>250 mg †</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rehmannia rhizome 5:1 extract</td>
<td>150 mg</td>
<td></td>
</tr>
<tr>
<td>from Rehmannia glutinosa</td>
<td></td>
<td></td>
</tr>
<tr>
<td>rhizome 750 mg</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, maltodextrin, sodium starch glycolate, magnesium stearate and hypromellose.

Cautions: 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.

M1050 120 Tablets
M1055 40 Tablets

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

*For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart in the MediHerb® Product Catalog. Please consult the product packaging label for the most accurate product information.*
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 Complex is the ultimate fusion of Ayurvedic and Western traditions to create a powerful support for the immune system.

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.*

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 is used traditionally 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 stress
• promote healthy liver function*

Additional Support
• 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 environment.
• Combine with Artemisinin Complex tablets to support normal flushing of naturally occurring toxins from the body.
• Combine with Viranon tablets to promote the body’s normal resistance function.
• Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.*

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</td>
<td>%DV</td>
</tr>
</tbody>
</table>
| Calcium              | 51 mg                            | 4% *
| Echinacea root 4:1 extract | 125 mg †                         |
| from Echinacea angustifolia root | 500 mg                           |
| Holy Basil herb 5:1 extract | 100 mg †                         |
| from Ocimum tenuiflorum herb | 500 mg                           |
| Andrographis herb 10:1 extract | 100 mg †                         |
| from Andrographis paniculata herb | 1.0 g                           |
| Containing andrographolide | 10 mg †                          |
| Holy Basil (Ocimum tenuiflorum) herb essential oil | 10 mg †                          |

† Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, hypromellose, silicon dioxide, magnesium stearate 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.

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart in the MediHerb® Product Catalog. 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.
And going into the house, they saw the child with Mary his mother, and they fell down and worshiped him. Then, opening their treasures, they offered him gifts, gold and frankincense and myrrh.

Matthew 2:11

Frankincense (Boswellia) is an ancient treasure prized for centuries and is now proving to be a modern treasure.

I developed Boswellia Complex over 15 years ago as comprehensive natural support for mild discomfort experienced after exercise. 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.*

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 are used traditionally to:

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

Additional Support

- Consider Rehmannia Complex tablets to promote the body’s normal toxin removal.
- Combine with Gotu Kola Complex tablets to promote healthy skin and provide antioxidant activity.
- Consider Vitanox® tablets for antioxidant activity.
- Combines well with Saligesic tablets to support musculoskeletal system health.
- Combine with Nervagesic tablets to ease temporary muscular discomfort caused by exercise.
- Consider Turmeric Forte tablets for additional joint support.*

Other ingredients: Microcrystalline cellulose, sodium starch glycolate, silicon dioxide, hypromellose, magnesium stearate and dibasic calcium phosphate dihydrate.

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

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
A unique combination of Gentian, Ginger, Wormwood, Feverfew and Tangerine, DiGest Forte stimulates appetite 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.*

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 are used traditionally to:

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

Additional Support
- Combine with Turmeric Forte tablets to further support healthy digestion.
- May be combined with Gut Flora Complex capsules to cleanse and promote health in the lower gastrointestinal tract and to help maintain healthy intestinal environment.
- Combine with Metabol Complex tablets to help relieve occasional indigestion symptoms, including bloating and flatulence.
- Combines well with Livton Complex or Milk Thistle Forte tablets for healthy liver function.
- Consider Gymnema tablets to help suppress normal cravings for sugar in the diet.
- Combine with Astragalus Complex or Ashwagandha Complex tablets to support vitality.
- Use with Colax tablets to support healthy bowel function.*

Take all that is given whether wealth, love or language, nothing comes by mistake and with good digestion all can be turned to health.

George Herbert

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

Other ingredients: Microcrystalline cellulose, sodium starch glycolate, croscarmellose sodium, silicon dioxide, hypromellose, magnesium stearate and dibasic calcium phosphate dihydrate.

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. 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 active 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 phytochemicals are used traditionally to:

- help enhance healthy 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 tract
- support healthy throat tissue*

Additional Support

- Combine with Andrographis Complex tablets or Viranon tablets for additional immune system support.
- 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 to assist in maintaining healthy breathing passages and respiratory tract function.
- Combine with Herbal Throat Spray Phytosynergist® to soothe mild irritations of the throat, freshen breath and maintain healthy mucosal tissue in the upper respiratory tract.
- Combine with Artemisinin Complex tablets to support normal flushing of naturally occurring toxins from the body.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.*

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

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart in the MediHerb® Product Catalog. Please consult the product packaging label for the most accurate product information.
Allium sativum

Garlic Forte
Allicin-releasing Garlic

Crushed Garlic has a distinctive, recognizable smell.
This is the distinctive smell of allcin 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 active benefits of fresh Garlic. Our tablets contain allin and allinase and are enterically coated to ensure that the allcin is produced, protected and utilized to its full potential.*

The air of Provence was particularly perfumed by the refined essence of this mystically attractive bulb.
Alexandre Dumas

This product is standardized to contain 12 mg per tablet of stabilized allin to ensure optimal strength and quality. The compounds in Garlic Forte, particularly the allin and resultant metabolites which are formed on ingestion, are used traditionally 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 Support
- Consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets for healthy immune system function.
- Combine with Livton® Complex tablets to support healthy liver and gallbladder function.
- Combine with Metabol Complex tablets to support normal pancreatic and liver function.
- Consider Wormwood Complex tablets to cleanse the gastrointestinal tract.
- Combine with Gut Flora Complex capsules to cleanse and promote health in the lower gastrointestinal tract.
- Consider Hawthorn tablets and/or Coleus Forte tablets to further promote cardiovascular system health.*

Additional Statements

- For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart in the MediHerb® Product Catalog. Please consult the product packaging label for the most accurate product information.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium 70 mg</td>
<td>6%</td>
</tr>
<tr>
<td>Fresh Garlic bulb 12:1 extract</td>
<td>300 mg</td>
</tr>
<tr>
<td>Containing allin 12 mg</td>
<td></td>
</tr>
<tr>
<td>Garlic (Allium sativum) bulb powder</td>
<td>45 mg</td>
</tr>
</tbody>
</table>

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, ethyl cellulose, ammonium hydroxide, fatty acids, oleic acid, sodium carboxymethylcellulose, talc (magnesium silicate), polydextrose, magnesium stearate, silicon dioxide and dl-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
Ginkgo Forte
Prehistoric Support for Brain and Circulation

Memory is the mother of all wisdom.
Aeschylus

It is quite ironic that the Ginkgo biloba tree has survived virtually unchanged for about 150 million years, and yet the clinical 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 herbal 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.*

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 Support

- Combine with Bacopa Complex tablets for enhanced mental clarity and to support cognitive function.
- Consider PulmaCo tablets to support healthy respiratory tract function.
- Combine with Vitanox® tablets for antioxidant activity.
- Consider Vascular Care Complex tablets to promote venous integrity.
- Combine with Gotu Kola Complex tablets to provide additional antioxidant activity, to promote healthy blood capillaries and to promote healthy skin.*

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart in the Mediherb® Product Catalog. 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.
Gotu Kola Complex
Tissue & Capillary Integrity

It is no coincidence that four of the six letters in health are ‘Heal’.
   Ed Northstrum

Gotu Kola has been valued in Ayurvedic practice since time immemorial.

It has an incredible ability to assist the natural repair and regeneration process for healthy skin. It also supports the microcirculation. These key properties confer a broad range of 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 are used traditionally to:

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

Addition Support
- Combine with Boswellia Complex tablets for joint support.
- Consider Vascular Care Complex tablets to further support healthy blood vessels and circulation.
- Combine with HiPep tablets for stomach and duodenal tissue support.
- Consider Vitanox® tablets for additional antioxidant activity.
- Combine with topical Calendula 1:2 liquid extract to further aid normal skin tissue repair process.*

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline 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.

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

Supplement Facts
Serving size: 1 tablet
Servings per container: 40, 120

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium 63 mg</td>
<td>4%</td>
</tr>
<tr>
<td>Gotu Kola leaf 10:1 extract 250 mg</td>
<td>1</td>
</tr>
<tr>
<td>Grape Seed 120:1 extract 30 mg</td>
<td>1</td>
</tr>
<tr>
<td>Ginkgo leaf 50:1 extract 20 mg</td>
<td>1</td>
</tr>
<tr>
<td>Centella asiatica leaf 2.5 g containing triterpenes 50 mg</td>
<td>1</td>
</tr>
<tr>
<td>Vitis vinifera seed 3.6 g containing procyanidins 25.5 mg</td>
<td>1</td>
</tr>
<tr>
<td>Ginkgo biloba leaf 1.0 g containing ginkgo flavone glycosides 4.8 mg</td>
<td>1</td>
</tr>
<tr>
<td>Ginkgo biloba leaf 1.2 mg containing ginkgolides &amp; bilobalide 1.2 mg</td>
<td>1</td>
</tr>
</tbody>
</table>

Daily Value (DV) not established.

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart in the MediHerb® Product Catalog. 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.
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 GI Flora Balance Program, 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 for many patients with a variety of conditions.*

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 are used traditionally to:

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

**Additional Support**

- Consider Garlic Forte tablets to support immune system health.
- Combine with Golden Seal 500mg tablets to help maintain healthy mucous membranes.
- Consider Wormwood Complex tablets to further cleanse the gastrointestinal tract.
- For additional immune system support, consider Astragalus Complex tablets or Echinacea Premium tablets or liquid.
- Combine with Artemisinin Complex tablets to support normal flushing of naturally occurring toxins from the body.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.*

**Supplement Facts**

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

† Daily Value (DV) not established.

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

**For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart in the MediHerb® Product Catalog. Please consult the product packaging label for the most accurate product information.**
How many ills, how many infirmities, does man owe to his excesses, his ambition – in a word, to the indulgence of his various passions!

Allan Kardec

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, and is my first choice to use alongside diet and lifestyle changes due to Gymnema’s unique ability to curb sugar cravings by binding to specific receptor locations on the taste buds, preventing their activation by sugar molecules.*

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 Support
- Combine with Metabol Complex tablets to help support the metabolism of fats and sugars.
- Combine with Coleus Forte tablets to support healthy digestion.
- Consider Livton® Complex tablets for support of healthy liver function.
- Consider DiGest Forte tablets or DiGest Phytosynergist® liquid for healthy digestion.
- Consider Vitanox® tablets for antioxidant activity.
- Diet and lifestyle are of paramount importance.*

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

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, 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 1 – 2 times daily, or as directed.

M1320 40 Tablets
M1325 120 Tablets
A unique 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 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.∗

All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. The herbs and substances within HerbaVital are used traditionally 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
- provide antioxidant activity∗

Additional Support

- 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.
- Combine with Gymnema tablets for support in reducing sweet cravings.
- Combine with Metabol Complex tablets to further promote general well-being and vitality.
- Consider Bone Complex tablets to support normal bone tissue, particularly in mature women.∗

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

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart in the MediHerb® Product Catalog. Please consult the product packaging label for the most accurate product information.
Conditions of the nervous system are notoriously difficult to manage, and it’s important to have a good range of management options.

Kava is such an important herb in this area. Clinical studies have demonstrated the value of Kava as an efficacious herb that promotes relaxation and relieves temporary nervous tension. 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.*

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 traditionally help:

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

Additional Support
- 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.*

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

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.*

The system of nature, of which man is a part, tends to be self-balancing, self-adjusting, self-cleansing. Not so with technology.

E. F. Schumacher

The liver is our largest internal organ and is thought to be responsible for up to 500 separate functions.

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
- support digestive health*

Additional Support

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

Supplement Facts

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size:</td>
</tr>
<tr>
<td>Servings per container:</td>
</tr>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
</tbody>
</table>
| Schisandra fruit 6:1 extract | 167 mg I
| from Schisandra chinensis fruit 1.0 g |
| Rosemary leaf 5:1 extract | 100 mg I
| from Rosmarinus officinalis leaf 500 mg |
| Milk Thistle seed 70:1 extract | 34 mg I
| from Silybum marianum seed 2.38 g |
| Containing flavanolignans calc. as silybin 24 mg |

† Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, hypromellose, maltodextrin, sodium starch glycolate, croscarmellose sodium, silicon dioxide, magnesium stearate and sorbitol.

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.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
The dried aerial parts of Hypericum perforatum collected during the flowering period or shortly before are used in this herbal supplement.

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.*

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 is used traditionally 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 Support
- 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.*

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

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 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*

Additional Support

- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.
- Combines well with St John’s Wort 1.8g tablets as a tonic for the nervous system.
- Consider Bacopa Complex tablets to enhance mental clarity and to further support cognitive function.*

*Suggested Use

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

*Serving size: 1 tablet
Serving per container: 60
Amount per Serving 1 tablet
%DV
Rhodiola root 20:1 extract 150 mg †
from Rhodiola rosea root 3.0 g
Containing rosavins 4.5 mg and salidroside 1.5 mg
Korean Ginseng root 5:1 extract 100 mg †
from Panax ginseng root 500 mg
Containing ginsenosides* 8.4 mg
† Daily Value (DV) not established.

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, 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.

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart in the MediHerb® Product Catalog. 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.
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 Support
- Consider Coleus Forte tablets to support cardiovascular health.
- 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 support liver health and normal toxin removal.
- Combine with Vitanox® tablets for antioxidant activity.
- Consider Gotu Kola Complex tablets to support healthy skin and to provide antioxidant activity.

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

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart in the MediHerb® Product Catalog. Please consult the product packaging label for the most accurate product information.
We must always change, renew, rejuvenate ourselves.
Johann Wolfgang von Goethe

Tribulus terrestris

A unique formulation with top quality Tribulus herb extract standardized to contain active amounts of protodioscin.

Backed by extensive research and clinical trials, MediHerb® Tribulus is unique. It contains a high quality herb sourced from Central European regions of Bulgaria and Slovakia with standardized 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.*

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 Support
- Combine with Rhodiola & Ginseng Complex tablets or Rhodiola & Schisandra 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: 1 tablet</th>
<th>Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium 7.4 mg</td>
<td>6%</td>
</tr>
<tr>
<td>Tribulus herb (aerial parts) 55:1 extract 245.45 mg</td>
<td>1</td>
</tr>
<tr>
<td>13.5 g Containing furostanol saponins as protodioscin 100 mg</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, hypromellose; silicon dioxide 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.

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart in the MediHerb® Product Catalog. 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.
Turmeric Forte
Standardized for Curcumin

Variety’s the very spice of life, that gives it all it’s flavor.
—William Cowper

The rhizome of *Curcuma longa* (Turmeric) has been used for thousands of years as a spice and in Ayurveda tradition.

MediHerb® Turmeric Forte provides a bioavailable form of curcumin by combining Turmeric rhizome with Fenugreek seed extract creating “free curcumin.” Several clinical studies have demonstrated the enhanced absorption and bioavailability of this curcumin-fenugreek extracted formulation compared to “unformulated” curcumin. MediHerb® has chosen specialized plant-sourced bioavailability technology that provides “free curcumin” helping you support your patients. In a clinical study, the curcumin-fenugreek fiber extracted formulation had 24.8 TIMES the bioavailability of an equivalent amount of unformulated curcuminoids. 1+* 

+ Contains dietary ingredient (formulation of curcumin with Fenugreek dietary fiber), found to have enhanced bioavailability of curcuminoids than unformulated curcumin.

1 Kumar D, Jacob D, Subash PS et al. J Funct Foods 2016; 22, 578-587

This product is a formulation of Turmeric rhizome and Fenugreek seed extracts to enhance absorption and improve bioavailability* of curcuminoids, the active constituents of Turmeric. Turmeric rhizome provides turmeric curcuminoids, including curcumin, demethoxycurcumin and bisdemethoxycurcumin. This product is standardized to total curcuminoids and to curcumin, to ensure optimal strength and quality. The herbs and their constituents:

- support a healthy inflammation response
- traditionally maintain and support healthy joints
- provide antioxidant activity
- support a healthy response to environmental stressors
- support healthy liver function
- traditionally support healthy digestion* 

The herbs and their constituents:

- Trigonella foenum-graecum
  
- Curcuma longa

Additional Support

- Combine with Boswellia Complex tablets for healthy circulation and additional joint support.
- Combine with LivCo® tablets to support healthy liver function.
- Combine with Metabol Complex tablets to support metabolic health.
- Combine with Vitanox® tablets for additional antioxidant activity.
- Combine with Digest Forte tablets to support healthy digestion and intestinal function.
- Combine with Saligesic tablets to temporarily relieve exercise-related lower back discomfort.
- Consider Vascular Care Complex tablets to support healthy peripheral circulation.*

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, magnesium stearate, silicon dioxide, hypromellose and dibasic calcium phosphate dihydrate.

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.

M1448 60 Tablets

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

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart in the MediHerb® Product Catalog. 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.*

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®:

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

Additional Support

- 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 to support healthy capillaries.
- Combine with Metabol Complex tablets to support antioxidant activity against free radicals formed in the body during normal metabolism.
- Consider Turmeric Forte tablets for additional antioxidant activity.
- Combines well with Hawthorn tablets to help maintain healthy circulation.*

The natural healing force within each of us is the greatest force in getting well.

Hippocrates

---

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

---

**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</td>
<td>%DV</td>
</tr>
<tr>
<td>Calcium</td>
<td>28 mg</td>
</tr>
<tr>
<td>Rosemary leaf 5:1 extract from Rosmarinus officinalis leaf</td>
<td>200 mg</td>
</tr>
<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>88 mg</td>
</tr>
<tr>
<td>Grape Seed 120:1 extract from Vitis vinifera seed</td>
<td>50 mg</td>
</tr>
</tbody>
</table>
| Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, maltodextrin, sodium starch glycolate, silicon dioxide, 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.

---

Camellia sinensis
In Western civilization, Wormwood has been known since ancient times to cleanse the lower gastrointestinal tract, especially the large intestine.

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

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

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

Additional Support

- Consider Garlic Forte tablets to support immune system health.
- Combine with Gut Flora Complex capsules to help 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 DiGest Phytosynergist® liquid to support healthy digestion and intestinal function.*

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

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, silicon dioxide, hypromellose, magnesium stearate and maltodextrin.

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.

*For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart in the MediHerb® Product Catalog. Please consult the product packaging label for the most accurate product information.
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**

<table>
<thead>
<tr>
<th>Heart Health</th>
<th>Cardiovascular System Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coleus Forte</td>
<td>Support Cardiovascular Health</td>
</tr>
<tr>
<td>Garlic Forte</td>
<td>Support Healthy Normal Cholesterol</td>
</tr>
<tr>
<td>Ginkgo Forte</td>
<td>Microcirculation Support</td>
</tr>
<tr>
<td>Hawthorn</td>
<td>Normal Heart Function Support</td>
</tr>
<tr>
<td>Herbavit</td>
<td>Aging Support</td>
</tr>
<tr>
<td>Vitanox®</td>
<td>Cellular Antioxidant Activity</td>
</tr>
</tbody>
</table>

**Digestive System**

<table>
<thead>
<tr>
<th>Digestive System Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coleus Forte</td>
</tr>
<tr>
<td>Garlic Forte</td>
</tr>
<tr>
<td>Digest Forte</td>
</tr>
<tr>
<td>Gymnema</td>
</tr>
<tr>
<td>HIPEp</td>
</tr>
<tr>
<td>LivCo®</td>
</tr>
<tr>
<td>Livton® Complex</td>
</tr>
<tr>
<td>Metabol Complex</td>
</tr>
<tr>
<td>Milk Thistle Forte</td>
</tr>
<tr>
<td>Rhodiola &amp; Schisandra</td>
</tr>
</tbody>
</table>

**Upper GIT**

<table>
<thead>
<tr>
<th>Upper GIT Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coleus Forte</td>
</tr>
<tr>
<td>Garlic Forte</td>
</tr>
<tr>
<td>Digest Forte</td>
</tr>
<tr>
<td>Gymnema</td>
</tr>
<tr>
<td>HIPEp</td>
</tr>
<tr>
<td>LivCo®</td>
</tr>
<tr>
<td>Livton® Complex</td>
</tr>
<tr>
<td>Metabol Complex</td>
</tr>
<tr>
<td>Milk Thistle Forte</td>
</tr>
<tr>
<td>Rhodiola &amp; Schisandra</td>
</tr>
</tbody>
</table>

**Lower GIT**

<table>
<thead>
<tr>
<th>Lower GIT Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artemisinin Complex</td>
</tr>
<tr>
<td>Calox</td>
</tr>
<tr>
<td>Garlic Forte</td>
</tr>
<tr>
<td>Golden Seal 500mg</td>
</tr>
<tr>
<td>Gotu Kola Complex</td>
</tr>
<tr>
<td>Gut Flora Complex</td>
</tr>
<tr>
<td>Myrth Forte</td>
</tr>
<tr>
<td>Turmeric Forte</td>
</tr>
<tr>
<td>Vitanox®</td>
</tr>
<tr>
<td>Wormwood Complex</td>
</tr>
</tbody>
</table>

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

**Female Health**

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

### Child Bearing Years
- **Adrenal Complex**: Stress Response Support
- **Chaste Tree**: Natural Hormone Balance
- **Evening Primrose Oil**: Healthy Prostaglandins
- **FemCo**: Female Vitality
- **LivCo**<sup>®</sup>: Liver-Cleansing Support
- **Thyroid Complex**: Superior Thyroid Support
- **Tribulus**: Support Healthy Sex Hormones

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

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

**Male Health**

### <50
- **Adrenal Complex**: Stress Response Support
- **LivCo**<sup>®</sup>: Liver-Cleansing Support
- **Rhodiolia & Schisandra**: For the Challenges of Everyday Life

### 50+
- **Adrenal Complex**: Stress Response Support
- **HerbaVital**: Aging Support
- **ProstaCo**: Prostate Support
- **Rhodiolia & Ginseng Complex**: Enhance Vitality & Stamina
- **Tribulus**: Support Healthy Sex Hormones*  

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

---

**Immune System**

### Short-Term
- **Andrographis Complex**: Short-term Immune System Support
- **Garlic Forte**: Immune System Support
- **Golden Seal 500mg**: GIT Immune System Support

### Long-Term
- **Astragalus Complex**: Convalescent Immune System Support
- **Burdock Complex**: Cleansing Immune System Support
- **Echinacea Premium**: Immune System Safeguard
- **Eleuthero**: Adrenal Support
- **Ganoderma & Shiitake**: Mushroom Immune System Support
- **Garlic Forte**: Immune System Support
- **Gut Flora Complex**: Balancing Gut Flora
- **Viranon**: Healthy Immune System Function*

---

**Endocrine**

### Adrenal
- **Adrenal Complex**: Stress Response Support
- **Ashwagandha Complex**: Calming Stress Support
- **Bacopa Complex**: Nervous System & Adrenal Support
- **Eleuthero**: Adaptive Adrenal Support
- **Rhodiolia & Ginseng Complex**: Enhance Vitality & Stamina
- **Rhodiolia & Schisandra**: For the Challenges of Everyday Life

### Pancreas
- **Bilberry 600mg**: Healthy Eye Support
- **Ginkgo Forte**: Microcirculation Support
- **Gotu Kola Complex**: Tissue & Capillary Integrity
- **Metabol Complex**: Normal Pancreatic Function Support
- **Milk Thistle Forte**: Core Liver Support

---

**Thyroid**

- **Adrenal Complex**: Endocrine Balance Support
- **Thyroid Complex**: Superior Thyroid Support*

---

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

**Musculoskeletal**
- Bone Complex: Bone Tissue Support
- Boswellia Complex: Joint Support
- Cramplex: Antispasmodic Support
- Gotu Kola Complex: Tissue & Capillary Integrity
- Kava Forte: Naturally Relaxing
- Nervgasic: Nervous System Support
- Rehmannia Complex: Mild Exercise-Related Joint Pain Relief
- Salgesic: Musculoskeletal Support
- St John’s Wort 1.8g: Nervous System Support
- Turmeric Forte: Healthy Inflammation Response
- Vascular Care Complex: Venous Support*

**Skin**
- Albizia Complex: Seasonal Stresses Support
- Andrographis Complex: Short-Term Immune System Support
- Chaste Tree: Natural Hormone Balance
- Coleus Forte: Healthy Skin Support
- DermaGo: Skin Cleansing Support
- Echinacea Premium: Immune System Support
- Gotu Kola Complex: Tissue & Capillary Integrity
- Gut Flora Complex: Balancing Gut Flora
- Rehmannia Complex: Healthy Skin Support
- Vitanox®: Cellular Antioxidant Activity*

**Nervous System**
- Adrenal Complex: Stress Response Support
- Ashwagandha Complex: Calming Stress Support
- Bacopa Complex: Cognitive Function
- Ginkgo Forte: Mental Clarity
- Kava Forte: Naturally Relaxing
- Nervgasic: Nervous System Discomfort
- Nevaton® Forte: Core Nervous System Support
- Rhodiola & Ginseng Complex: Enhance Vitality & Stamina
- Rhodiola & Schisandra Complex: For the Challenges of Everyday Life
- St John’s Wort 1.8g: Nervous System Support
- Valerian Complex: Sleep Support*

**Respiratory**
- Short-Term: Broncafect®: Lower Respiratory Support
- Sinus Forte: Upper Respiratory Support
- Long-Term: PulmaGo: Upper Respiratory Support
- ResCo: Lower Respiratory Support
- Sinus Forte: Upper Respiratory Support*

**Urinary System**
- Andrographis Complex: Short-Term Immune System Support
- Cramplex: Antispasmodic Support
- Cranberry Complex: Core Urinary Tract Support
- Echinacea Premium: Immune System Support
- Gut Flora Complex: Balancing Gut Flora
- ProstaCo: Prostate Support*

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