Metabol Complex

Multi-Action Metabolic Support*

Quality-tested formula

Standardized Fenugreek to 4-hydroxyisoleucine

Unique combination of Black Cumin, Bitter Melon, Cinnamon and Fenugreek which support metabolic systems in the body*
Metabol Complex
Multi-Action Metabolic Support*

A distinct formulation of Black Cumin seed, Fenugreek seed, Cinnamon bark and Bitter Melon to support metabolic systems in the body.* These ingredients are traditionally used in Ayurveda to:

Why Use MediHerb Metabol Complex?

✓ Help support the metabolism of fats and sugars*
✓ Help support normal pancreatic and liver function*
✓ Help relieve occasional indigestion symptoms, including bloating and flatulence*
✓ Support antioxidant activity against free radicals formed in the body during normal metabolism and exposure to environmental factors*
✓ Promote general well-being and vitality*

Additional Support

- Sweet Cravings - combine with Gymnema tablets to help reduce sweet cravings and inhibit sweet taste sensation.*
- Digestive Function - combine with DiGest Forte tablets for additional digestion and intestinal function support.*
- Inflammation - combine with Turmeric Forte tablets to support a healthy inflammation response after exercise.*
- Liver Support - consider Milk Thistle Forte tablets to support healthy liver function and aid in the elimination of normal toxin accumulation in the liver.*
- General Well-being - combine with HerbaVital tablets to support healthy circulation and general well-being.*
- Circulation - combine with Garlic Forte tablets to help maintain normal cholesterol levels and support cardiovascular system health.*
- Antioxidant Activity - combine with Vitanox® tablets for additional antioxidant activity.*

MediHerb Metabol Complex may benefit patients with:

✓ Poor diet - patients who may have concerns about their diet, energy levels and who may have a diet high in sugar and processed carbohydrates.*
✓ Digestive issues - patients presenting with symptoms of indigestion.*
✓ Metabolic challenges - patients should use in conjunction with a healthy diet and exercise for normal metabolism and weight management.*
✓ Pancreatic and liver support - patients seeking to support pancreatic and liver function.*

Dosage and Administration

Adults: 1 tablet 3 times daily, or as directed.

Supplement Facts

| Serving size: | 1 Tablet |
| Servings per container: | 90 |
| Amount per Serving | %DV |
| Calcium | 37 mg | 2% |
| Fenugreek seed 100:1 extract from Trigonella foenum-graecum seed 10 g containing 4-Hydroxyisoleucine 20 mg | 100 mg | † |
| Black Cumin seed 5:1 extract from Nigella sativa seed 500 mg | 100 mg | † |
| Bitter Melon fruit 6.5:1 extract from Momordica charantia fruit 600 mg | 92.3 mg | † |
| Cinnamon stem bark 12:1 extract from Cinnamomum verum stem bark 1 g | 83.3 mg | † |

† Daily Value (DV) not established.

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

Please consult the product packaging label for the most accurate product information. See cautions and/or contraindications on the product label before dispensing.
Coumarin is a naturally occurring substance in many plants including Cinnamon. In Australia, it is classified as an S4 substance due to hepatotoxicity concerns. The limit for coumarin in all Cinnamon products is no more than 0.001% (10ppm).

There are around 250 species in the genus Cinnamomum. The four species detailed in the table are most commonly used commercially and there is wide variation in phytochemistry among species.

The MediHerb research team partnering with the University of Reading, embarked on a research project to develop effective identification testing and ensure low levels of coumarin in our Cinnamon products. The result is a novel testing technique, exclusive to MediHerb, focused on patterns of procyanidins unique to each species.1

This work revealed that only *C. verum* has naturally low coumarin content to meet Australian regulatory requirements. ‘Washing’ Cinnamon to reduce the coumarin levels also reduces the active procyanidins. *C. verum* and *C. cassia* contain similar levels of active type A procyanidin dimers.

---

**Cinnamon procyanidins (mg/g) - Different colored bars show different classes of procyanidins**

---

---
Research continues to link the typical American diet with unhealthy outcomes. Many patients are accustomed to the typical American diet and eating large amounts of sugar and carbohydrates, which have a significant impact on blood sugar and overall metabolic health. Approximately 48% of Americans report drinking soda every day. Patients may not realize that many processed foods are high in sugar, fat, and salt - designed for ultimate taste, not nutrition. Cravings for sugar and processed foods make it difficult for these patients to stick to a healthy diet, and they often become overweight.

As a health care professional, recommendations on diet and lifestyle changes along with supporting supplementation for a healthy metabolism are extremely important to help educate these patients.

MediHerb Metabol Complex can be prescribed with other MediHerb products to support healthy metabolism.*

Each patient’s individual needs should be evaluated before making recommendations.
In traditional systems of health around the globe, including Ayurveda, Chinese medicine and Western herbalism, supporting good health by preventing metabolic imbalances with the use of herbs and spices has been applied for thousands of years.*

**Black Cumin** seed, **Fenugreek** seed, **Cinnamon** bark and **Bitter Melon** have been specifically chosen for their pungent, bitter, warming and penetrating qualities. They provide a balancing effect to the over-sweet, fatty and heavy Western diet that slows down digestion and normal metabolic processes. This includes refined sugars and processed foods such as white bread, pasta, biscuits, fried food, thick shakes, ice cream and soft drinks. Maintaining good “digestive fire” - which is the body’s ability to catabolize and metabolize carbohydrates, protein, fats and nutrients from food - is crucial to maintaining good metabolic health.*

The pungent and bitter qualities of the herbs and spices used in **MediHerb Metabol Complex** are like kindling for the digestive fire, supporting the metabolism of fats and sugars and providing a much needed boost to overall health.* These herbs and spices also provide plant constituents, which can have tonifying effects on digestive organs such as the liver and pancreas, as used by traditional health systems.*

### Features and Benefits of MediHerb Metabol Complex

- **Multi-Action Formula** – MediHerb Metabol Complex provides increased scope to support patients’ metabolic health and can be prescribed in conjunction with existing protocols.*
- **Standardized Fenugreek to 4-Hydroxyisoleucine** – a unique amino acid compound only found in some plants. Research suggests 4-hydroxyisoleucine has beneficial properties on glucose and lipid metabolism.*
- **Backed by High-Quality Cinnamon Phytochemistry Research** – MediHerb’s leading scientists developed knowledge on the complex chemistry of Cinnamon species traded on the international market and ensure that the correct species of Cinnamon with a very low level of coumarin is used.
- **MediHerb Manufacturing Expertise** – manufactured in Australia to strict pharmaceutical GMP standards.
- **Distinct Combination of Traditional Herbs** – work together to help support metabolic systems in the body.*

### Traditional Use of Herbs

#### Black Cumin Seed (*Nigella sativa*)
- Often referred to as the “seed of blessing,” it has been used for centuries as a spice and remedy. Black Cumin is traditionally used to help the liver metabolize fat, and as a carminative on the intestines, providing relief of mild bloating and flatulence.*

#### Bitter Melon Fruit (*Momordica charantia*)
- Bitter Melon is used in Ayurveda to enkindle the digestive fire and clear metabolic accumulations due to its bitter and pungent energy.* Traditionally used to support normal pancreatic function, and the body’s ability to metabolize fats and sugars.*

#### Fenugreek Seed (*Trigonella foenum-graecum*)
- The whole seed has a range of constituents including 4-hydroxyisoleucine, which is known to support macronutrient metabolism.* Fenugreek seed has a long history of use as a culinary spice in many cultures and is used in Ayurvedic tradition to support nourishment of the pancreas with its pungent and penetrating quality in clearing metabolic waste.*

#### Cinnamon Bark (*Cinnamomum verum*)
- In Western and Ayurvedic herbal traditions, Cinnamon is known to help generate heat and relieve symptoms of cold, sluggish indigestion as well as promoting vitality.*
The Quality Choice for Practitioners

Over 30 years of experience in natural health

For over 30 years, MediHerb has provided health care professionals with high-quality herbal products. Primary research, clinical experience and respect for traditional evidence defines the MediHerb approach to innovation – tried, tested, trusted and true.

Manufactured to pharmaceutical GMP standards

All MediHerb products are manufactured under pharmaceutical GMP and subject to our rigorous and specialized testing to ensure they contain what is on the label for suitable clinical results, batch after batch. 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.

Results-driven formulations

Standardized ingredients and quantified activity levels are tested where relevant and allow us to ensure MediHerb formulas retain potency and deliver suitable doses throughout their shelf life. Our labels state exactly how much each product contains of the important plant constituents, so you know exactly what you are prescribing to your patients and can rest assured that our formulations are produced at suitable doses.