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Product Selection Guide by Body Systems and Functions

Products are listed in order of significance with respect to the target body systems and functions. Often products are used in combinations. For more specific recommendations, contact your local Standard Process representative or distributor.

Adrenal
See Endocrine

Antioxidant Activity
OPC Synergy®
Cellular Vitality
Cruciferous Complete™
SP Green Food®
Cataplex® A
Cataplex® C
Collagen C™
Cataplex® A-C
Cataplex® E
Sesame Seed Oil

Blood Sugar Metabolism
10-Day Blood Sugar Support Kits
Cataplex® GTF
Cataplex® B
Cataplex® B-GF
A-F Betafood®
Gastro-Fiber®
Whole Food Fiber
Paraplex®
Inositol
Zinc Liver Chelate™
Fen-Gre®

Bone Building/Bone Health
See Musculoskeletal Function

Brain Support
Olprima™ EPA/DHA
Olprima™ DHA
OPC Synergy®
Neuroplex®
Calamari Omega-3 Liquid
Tuna Omega-3 Oil
Tuna Omega-3 Chewable
Cod Liver Oil
Garlic
Chlorophyll Complex™
Ferrofood®
Folic Acid B12
Cataplex® B12
OPC Synergy®
Cyruta® Plus

Cardiovascular Support
Olprima™ EPA/DHA
Olprima™ DHA
Cardio-Plus®
Cardio-Plus® GF
Magnesium Lactate
Cardiotrophin PMG®

Cholesterol-Metabolism Support
Cyruta®
Soybean Lecithin
A-F Betafood®
Gastro-Fiber®
Whole Food Fiber
Livaplex®
Purification Product Kits
Cholaplex®
Garlic

Homocysteine Management
Betacol®
Folic Acid B12
Cataplex® B
Cataplex® B-GF

Vascular Support
Vasculin®
Cyruta®
Cyruta® Plus
Circuplex®
Ginkgo Synergy®

Chewable Supplements
Listed in alphabetical order
Calcifood®
Catalyn® Chewable
Congaplex® Chewable
Cyro-Yeast®
Lactic Acid Yeast™
Tuna Omega-3 Chewable
Zymex® Wafers

Cytosol™ Extracts
Listed in alphabetical order
Hypothalmex®
Orchex®
Ovex®
Ovex® P
Prost-X®
Thymex®

Daily Fundamentals
(Convenience Packs)
Individual a.m./p.m. health maintenance packs
Listed in alphabetical order
Adrenal Health
Bone Health
General Female Endocrine
General Health

Dental Health
Bio-Dent®
BioSt®
Cataplex® A-C-P
Calcifood®
Calcifood® Powder

Detoxification
Whole Body
Purification Product Kits
SP Detox Balance™ Kits
SP Detox Balance™

Blood
Spleen PMG®
Chlorophyll Complex™
Antronex®

Colon
Whole Food Fiber
Gastro-Fiber®
Zymex® Capsules
Zymex® II
Spanish Black Radish
Fen-Chol®
Okra Pepsin E3

Kidney
Arginex®
Renafood®
Albaplex®

Liver
Hepatrophin PMG®
Livaplex®
Betacol®
A-F Betafood®
Spanish Black Radish
Garlic
SP Green Food®
Cruciferous Complete™
Sesame Seed Oil
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<td>Cholaco®</td>
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<td>Zypan®</td>
<td>Pancreas</td>
<td>Livaplex®</td>
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<tr>
<td>Disodium Phosphate</td>
<td>Pancreatrophin PMG®</td>
<td>Black Currant Seed Oil</td>
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<tr>
<td>A-F Betafood®</td>
<td>Paraplex®</td>
<td>Foundational Support</td>
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<tr>
<td>Spanish Black Radish</td>
<td>Cataplex® GTF</td>
<td>Children</td>
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<tr>
<td>Flora</td>
<td>Diaplex®</td>
<td>Catalyn®</td>
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<td>Parathyroid</td>
<td>Catalyn® Chewable</td>
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<tr>
<td>Prebiotic Inulin</td>
<td>Cal-Ma Plus®</td>
<td>Catalyn® GF</td>
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<td>Lact-Enz®</td>
<td>Pineal</td>
<td>SP Green Food®</td>
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<td>Lactic Acid Yeast™</td>
<td>Hypothalamus PMG®</td>
<td>Cyrofood® Powder</td>
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<tr>
<td>Zymex® Capsules</td>
<td>Hypothalmex®</td>
<td>Calamari Omega-3 Liquid</td>
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<tr>
<td>Zymex® Wafers</td>
<td>Neuroplex®</td>
<td>Tuna Omega-3-Chewable</td>
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<td>Pituitary</td>
<td>Adult</td>
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<td>ProSymbiotic</td>
<td>Pituitrophin PMG®</td>
<td>General Health Daily Fundamentals</td>
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<tr>
<td>Lactic Acid Yeast™</td>
<td>Neuroplex®</td>
<td>Catalyn®</td>
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<tr>
<td>Prebiotic Inulin</td>
<td>Neurotrophin PMG®</td>
<td>Catalyn® GF</td>
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<tr>
<td>Zymex® Capsules</td>
<td>Placenta</td>
<td>Cellular Vitality</td>
</tr>
<tr>
<td>Zymex® Wafers</td>
<td>Utrophin PMG®</td>
<td>Calamari Omega-3 Liquid</td>
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<td>Lower GI—Tissue Support</td>
<td>Testes</td>
<td>Tuna Omega-3-Oil</td>
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<td>ProSymbiotic</td>
<td>Orchic PMG®</td>
<td>Cod Liver Oil</td>
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<td>Collinsonia Root</td>
<td>Symplex® M</td>
<td>Trace Minerals-B12™</td>
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<td>Endocrine</td>
<td>Orchex®</td>
<td>Cyrofood®</td>
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<td>General Support</td>
<td>Chezyn®</td>
<td>SP Green Food®</td>
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<td>General Female Endocrine Support</td>
<td>Trace Minerals-B12™</td>
<td>OPC Synergy®</td>
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<tr>
<td>Daily Fundamentals</td>
<td>Cataplex® F Tablets</td>
<td>e-Poise®</td>
</tr>
</tbody>
</table>
| Paraplex® | Iodomere® | *These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*
Geriatric
General Health Daily Fundamentals
Catalyn®
Catalyn® GF
Senaplex®
Cyrofood®
Cyro-Yeast®
Calamari Omega-3 Liquid
Tuna Omega-3 Oil
Cod Liver Oil

Gallbladder Support
A-F Betafood®
Betafood®
Cholacol®
Choline

Gluten-Free
Note: Chlorophyll Complex Ointment™ and USF Ointment® do not affect the digestive tract so are exempt from testing.
Listed in alphabetical order
A-C Carbamide®
Adrenal Desiccated
A-F Betafood®
Antronex®
Arginex®
B₆-Niacinamide
Betacol ®
Betafood®
Betaine Hydrochloride
Biost®
Black Currant Seed Oil
Calamari Omega-3 Liquid
Cal-Amo®
Calcium Lactate
Calcium Lactate Powder
Cal-Ma Plus®
Calso®
Cardio-Plus® GF
Cardiotrophin PMG®
Catalyn® GF
Cataplex B-GF
Cataplex® B₂
Cataplex® D
Cataplex® E
Cataplex® F Softgels
Cataplex® GTF
Cayenne Pepper
Cellular Vitality
Chezyn®
Chlorophyll Complex™
Cholacol®
Choline
Cod Liver Oil
Collinsonia Root
Cruciferous Complete™
Cytura®
Cytura® Plus
Dermatrophin PMG®
Disodium Phosphate
Drenamin®
Drenatrophin PMG®
Echinacea-C™
E-Manganese™
Enzyme Complex
E-Z Mg™
Fen-Chol®
Fen-Gre®
Garlic
Gastro-Fiber®
Ginkgo Synergy®
Hemp Oil Complex™
Hepatrophin PMG®
Hypothalamus PMG®
Hypothalaxm®
Immuplex®
Inositol
Inositol Powder
Iodomere®
Lact-Enz®
Ligaplex® I
Linum B₆
Livaplex®
Magnesium Lactate
Mammary PMG®
Manganese B₁₂
Min-Tran®
Multyzyme®
Myotrophin PMG®
Neurotrophin PMG®
Nutrimere®
Oculotrophin PMG®
Okra Pepsin E3
OPC Synergy®
Orchic PMG®
Organically Bound Minerals
Ostrophin PMG®
Ovatrophin PMG®
Ovex®
Ovex® P
Palmettoplex®
Parotid PMG®
Phosfood® Liquid
Pituotrophin PMG®
Pneumotrophin PMG®
Prebiotic Inulin
Prolamine Iodine
Prolamine Iodine Plus
Prostate PMG®
ProSynbiotic
Purification Product Kit:
SP Complete Dairy Free and Gastro-Fiber
Regeneplex®
Renatrophin PMG®
Ribonucleic Acid (RNA)
Sesame Seed Oil
Soybean Lecithin
SP Cleanse®
SP Complete®
SP Complete® Chocolate
SP Complete® Dairy Free
SP Complete® Vanilla
SP Detox Balance™
SP Green Food®
Spanish Black Radish
Spleen Desiccated
Spleen PMG®
St. John’s Wort-IMT™
StandardBar®
Berry StandardBar®
Cocoa Cherry StandardBar®
Cocoa Crisp StandardBar®
Pearl Butter StandardBar®
Soy Almond Crunch
StandardBar®
Symplex® F
Symplex® M
Thymex®
Thymus PMG®
Thyrophin PMG®
Tuna Omega-3 Chewable
Tuna Omega-3 Oil
Utrophin PMG®
Veg-E Complete Pro™ Chocolate
Veg-E Complete Pro™ Vanilla
Wheat Germ Oil
Wheat Germ Oil Fortified™
Whey Pro Complete
Whole Food Fiber
Zinc Liver Chelate™
Zinc Test™
Zymex® Capsules
Zymex® II
Zypan®

Immune System
Short-Term Support
Congaplex®
Congaplex® Chewable
Epimune Complex
Thymex®
Calcium Lactate
Calcium Lactate Powder
Cataplex® C
Cataplex® F Tablets
Cataplex® A-C-P
Spleen Desiccated
Chezyn®
Sesame Seed Oil

Long-Term Support
Immuplex®
Epimune Complex
Spleen PMG®
Thymus PMG®
ProSynbiotic
Chezyn®
Sesame Seed Oil

Gland-Specific Support
Listed in alphabetical order
Biost®
Cardiotrophin PMG®
Dermatrophin PMG®
Drenatrophin PMG®
<table>
<thead>
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</tbody>
</table>

### Male Hormonal Health
- Symplex® M
- Wheat Germ Oil
- Orchic PMG®
- Palmettoplex®
- Prostate PMG®
- Prost-X™
- Zinc Liver Chelate™

### Mental Health
- Min-Tran®
- Min-Chex®
- OrcheX®
- St. John’s Wort-IMT™
- OPC Synergy®
- Ribonucleic Acid (RNA)
- Inositol

### Minerals

#### General
- Trace Minerals-B₁₂™
- Organically Bound Minerals

#### Calcium
- Calcium Lactate
- Calcium Lactate Powder
- Califico®
- Califico® Powder
- Cal-Ma Plus®
- Calsol®

#### Copper
- Chezyn®
- Trace Minerals-B₁₂™

#### Iodine
- Prolamine Iodine Plus
- Prolamine Iodine
- Iodomere®
- Organically Bound Minerals
- Cataplex® F Tablets

### Iron
- Ferrofood®
- Chezyn®
- Immuplex®

### Magnesium
- Magnesium Lactate
- E-Z Mg™

### Manganese
- Manganese B₁₂™
- E-Manganese™
- Trace Minerals-B₁₂™

### Phosphorus
- Phosfood® Liquid

### Potassium (Naturally Occurring)
- Organically Bound Minerals

### Zinc
- Zinc Test™
- Zinc Liver Chelate™
- Chezyn®
- Trace Minerals-B₁₂™

### Musculoskeletal Function

#### Acute Support Short Term
- Cataplex® A-C-P
- Ligaplex® I
- Calamari Omega-3 Liquid
- Tuna Omega-3 Oil
- Tuna Omega-3 Chewable
- Cod Liver Oil

#### Bone Building/Bone Health
- Bone Health Daily Fundamentals
- BioSt®
- Califico®
- Califico® Powder
- Califico® Powder
- Tuna Omega-3 Oil
- Tuna Omega-3 Chewable
- Cod Liver Oil
- Protefood®
- Betacol®
- Rumaplex®
- Ostarplex®

#### Calcium Utilization
- Cal-Ma Plus®
- Califico®
- Califico® Powder
- Califico® Powder
- Tuna Omega-3 Oil
- Tuna Omega-3 Chewable
- Cod Liver Oil
- Protefood®
- Betacol®
- Rumaplex®
- Ostarplex®

#### Joint Health and Lubrication Support
- Glucosamine Synergy®
- Calamari Omega-3 Liquid
- Tuna Omega-3 Oil
- Tuna Omega-3 Chewable
- Cod Liver Oil
- Protefood®
- Betacol®
- Rumaplex®
- Ostarplex®

#### Ligament/Tendon Support
- Ligaplex® I
- Ligaplex® II
- Calamari Omega-3 Liquid
- Tuna Omega-3 Oil
- Tuna Omega-3 Chewable
- Cod Liver Oil
- Manganese B₁₂™
- Cardio-Plus®
- Cardio-Plus® GF

#### Muscle Support
- Cardio-Plus®
- Cardio-Plus® GF
- Cardiotrophin PMG®
- Myo-Plus®
- Myotrophin PMG®
- Whey Pro Complete

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Nerve Function
- Neuroplex®
- Neurotrophin PMG®
- Super-EFF®
- Choline
- Cataplex® G
- Cataplex® B
- Cataplex® B-GF
- Nicotinamide B6
- St. John’s Wort-IMT™

Omega-3 and Omega-6
See Essential Fatty Acid Complex

Organic, USDA Certified
- E-Z Mg™
- Organically Bound Minerals
  - Veg-E Complete Pro™ Chocolate
  - Veg-E Complete Pro™ Vanilla
- pH Balance
  - Acidifiers
    - Cal-Amo®
    - Phosfood® Liquid
  - Alkalizers
    - Organically Bound Minerals
    - Chlorophyll Complex™
    - Magnesium Lactate
- Powder Supplements
  - Listed in alphabetical order
    - Calcifood® Powder
    - Calcium Lactate Powder
    - Cyrofood® Powder
    - E-Z Mg™
    - Inositol Powder
    - Prebiotic Inulin
    - SP Complete®
    - SP Complete® Chocolate
    - SP Complete® Dairy Free
    - SP Complete® Vanilla
    - SP Detox Balance™
    - Veg-E Complete Pro™ Chocolate
    - Veg-E Complete Pro™ Vanilla
    - Whey Pro Complete
    - Whole Food Fiber
- Prebiotic
  - Listed in alphabetical order
    - Biost®
    - Cardiotrophin PMG®
    - Dermatrophin PMG®
    - Drenatrophin PMG®
    - Hepatrophin PMG®
    - Hypothalamus PMG®
    - Mammary PMG®
    - Myotrophin PMG®
    - Neurotrophin PMG®
    - Oculotrophin PMG®
    - Orchic PMG®
    - Ostrophin PMG®
    - Ovatrophin PMG®
    - Pancreatrophin PMG®
    - Paraplex®
    - Parotid PMG®
    - Pituitrophin PMG®
    - Pneumotrophin PMG®
    - Prostate PMG®
    - Renatrophin PMG®
    - Spleen PMG®
    - Symplex® F
    - Symplex® M
    - Thymus PMG®
    - Thytrophin PMG®
    - Utrophin PMG®

Prenatal Support
- Catalyn®
- Catalyn® GF
- Folic Acid B12
- Calcium Lactate
- Calcium Lactate Powder
- Calcifood®
- Calcifood® Powder
- Calamari Omega-3 Liquid
- Tuna Omega-3 Oil
- Tuna Omega-3 Chewable
- Ferrofood®

Probiotic
See Digestion: Lower GI—Functional Support/Flora

Protein Metabolism
See also Digestion: Upper GI—Functional Support
See also Digestion: Middle GI—Functional Support

Protein Supplements
- Veg-E Complete Pro™ Chocolate
- Veg-E Complete Pro™ Vanilla
- Whey Pro Complete
- SP Complete®
- SP Complete® Chocolate
- SP Complete® Dairy Free
- SP Complete® Vanilla

Protomorphogen™ Extracts
Listed in alphabetical order
- Biost®
- Cardiotrophin PMG®
- Dermatrophin PMG®
- Drenatrophin PMG®
- Hepatrophin PMG®
- Hypothalamus PMG®
- Mammary PMG®
- Myotrophin PMG®
- Neurotrophin PMG®
- Oculotrophin PMG®
- Orchic PMG®
- Ostrophin PMG®
- Ovatrophin PMG®
- Pancreatrophin PMG®
- Paraplex®
- Parotid PMG®

Detox & Purification Kits
- Purification Product Kits
  - SP Complete Dairy Free + Gastro-Fiber
  - SP Complete Dairy Free + Whole Food Fiber
  - SP Detox Balance™ Program Kits

Respiratory Function
- General
  - Allerplex®
  - Emphaplex®
  - Pneumotrophin PMG®
- Seasonal and Environmental Support
  - Allerplex®
  - Antronex®
  - Cal-Amo®
  - Drenamin®
  - Fen-Gre®

Skin and Hair Health
- Regeneplex®
- Dermatrophin PMG®
- Linum B6
- Cataplex® E Softgels
- Calamari Omega-3 Liquid
- Tuna Omega-3 Oil
- Tuna Omega-3 Chewable
- Cod Liver Oil
- Wheat Germ Oil
- Chlorophyll Complex™
- USF Ointment®
- Chlorophyll Complex Ointment™

Sports Health
- Ligaplex® I
- Ligaplex® II
- Cardio-Plus®
- Cardio-Plus® GF
<table>
<thead>
<tr>
<th>Product Selection Guide</th>
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<tr>
<td>Cataplex® E2</td>
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<tr>
<td>Cataplex® B</td>
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<tr>
<td>Cataplex® B-GF</td>
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<tr>
<td>Glucosamine Synergy®</td>
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<td>Wheat Germ Oil</td>
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<td>SP Complete®</td>
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<td>SP Complete® Chocolate</td>
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<tr>
<td>SP Complete® Dairy Free</td>
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<tr>
<td>SP Complete® Vanilla</td>
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</tr>
<tr>
<td>Whey Pro Complete</td>
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</tbody>
</table>

**StandardBars**
Listed in alphabetical order

- Cataplex® E2
- Cataplex® B
- Cataplex® B-GF
- Glucosamine Synergy®
- Wheat Germ Oil
- SP Complete®
- SP Complete® Chocolate
- SP Complete® Dairy Free
- SP Complete® Vanilla
- Whey Pro Complete

**High Protein**

- Berry StandardBar®
- Cocoa Cherry StandardBar®
- Cocoa Crisp StandardBar®
- Peanut Butter StandardBar®
- Soy Almond Crunch StandardBar®

**Thyroid**

See Endocrine

**Vegan**

- Betafood®
- Cal-Amo®
- Calcium Lactate
- Calcium Lactate Powder
- Calsol®
- Cayenne Pepper
- Cellular vitality
- Choline
- Echinacea-C
- Enzyme
- Epimune Complex
- E-Z Mg™
- Gastro-Fiber®
- Ginkgo Synergy®
- Inositol
- Inositol Powder
- Min-Tran®
- Organically Bound Minerals

**Vegetarian**

- Betafood®
- Cal-Amo®
- Calcium Lactate
- Calcium Lactate Powder
- Calsol®
- Cataplex® B-GF
- Cayenne Pepper
- Cellular vitality
- Choline
- Echinacea-C
- Enzyme
- Epimune Complex
- E-Z Mg™
- Gastro-Fiber®
- Ginkgo Synergy®
- Inositol
- Inositol Powder
- Lactic Acid Yeast
- Min-Tran®
- Organically Bound Minerals

**Organically Bound Minerals**

- Betafood®
- Cal-Amo®
- Calcium Lactate
- Calcium Lactate Powder
- Calsol®
- Cataplex® B-GF
- Cayenne Pepper
- Cellular vitality
- Choline
- Echinacea-C
- Enzyme
- Epimune Complex
- E-Z Mg™
- Gastro-Fiber®
- Ginkgo Synergy®
- Inositol
- Inositol Powder
- Lactic Acid Yeast
- Min-Tran®
- Organically Bound Minerals

**Water Balance**

- A-C Carbamide®
- Arginex®
- Renafood®
- B6-Niacinamide

**Weight-Management Adjuncts**

- Purification Product Kits
- Whey Pro Complete

**Whole Desicdates**

- Adrenal Desiccated
- Spleen Desiccated

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Why Whole Food Nutrition

Buckwheat on the Standard Process certified organic farm
Why Whole Food Nutrient Solutions Matter

As you know too well, many of today’s patients eat what is considered the average American diet containing large amounts of refined and processed foods, some of which have limited nutritional value. Patients aren’t eating enough fresh foods that are naturally high in nutrients like vitamins, minerals, and phytonutrients that help the body thrive and maintain health. Most of these patients can benefit from supplementing their diets in order to bridge this nutritional gap.

Your patients come to see you for many reasons, such as stress, fatigue, digestion issues, and hormone health, just to name a few. They may not realize it, but many of their complaints may have a nutritional component. That’s where you and Standard Process come in.

Clinical nutrition and the relationship between food and a healthy body are more important than ever. Knowing how nutrients are digested, absorbed, transported, metabolized, stored, and eliminated by the body helps you communicate nutrition’s significant role in many health challenges. This knowledge also helps you to explain how the complexity of whole food and other ingredients in our supplements can support your patients.*

“The best sources of vitamins and minerals are found in whole foods.”
—Dr. Royal Lee, founder of Standard Process

*Buckwheat field on the Standard Process certified organic farm

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The Standard Process Difference

There are a lot of supplement companies in the marketplace. What makes Standard Process supplements made with whole foods and other ingredients so unique? Here are just a few reasons.

Whole Foods and the Whole Food Philosophy

Since 1929, Standard Process has been the visionary leader in whole food nutrient solutions. We are dedicated to creating quality supplements based on the whole food philosophy introduced by Standard Process founder, Dr. Royal Lee. Dr. Lee’s goal was to provide nutrients as they are found in nature, where he believed their natural potency and efficacy would be realized. Our goal is to carry on his mission, creating holistic formulas by incorporating whole food ingredients along with targeted vitamins and minerals.

Starting With Whole Foods

Following this philosophy, we start with whole foods—foods you might find in the grocery store, like peas, radishes, and beets. Then, like any good cook, we prepare these ingredients in a way that safeguards their nutritional value. The resulting whole food ingredient is then added to a complex formula that may include whole food concentrates; animal tissue extracts and concentrates; botanicals; whole food isolates; and synthetic ingredients as required to meet our high formula standards.

Why are whole food nutrient complexes important?

The nutrient complexes found in whole foods are valuable and essential to good health. Standard Process founder Dr. Royal Lee referred to these complexes as “the life element,” and they can be produced only through biological processes. That is why we start with the highest-quality whole food ingredients when making our supplements.

These ingredients contain complex structures that combine a variety of elements that work together to support healthy balance in the body. We add additional targeted ingredients to formulas as needed to support specific systems in the body.*
Our Focus Is on Quality, Not Quantity
When we take supplements, we often think that more is better. This common misperception can lead to megadosing, or taking vitamins that contain amounts of certain nutrients that exponentially exceed daily recommendations.

Quality is far more important than quantity when evaluating and choosing nutritional supplements. Supplements that contain only synthetic vitamins have just a fraction of the beneficial compounds that are found in foods. Those supplements may only focus on certain challenges in the body. Supplements that include whole food ingredients are more complex, as they contain a mix of constituents that can be used to address a wider range of the body’s needs.*

High-Quality Ingredients
As in any recipe, the quality of ingredients affects the quality of the final product. Manufacturers who grow their own ingredients have control over them, which is why Standard Process owns a 623-acre certified organic farm. The farm, located just a mile down the road from company headquarters in Palymra, Wisconsin, harvests 6.7 million pounds of vegetables every year. More than 80 percent of the raw plant ingredients used in our products are grown on our farm.

We promptly process our farm-harvested crops to minimize the loss of phytonutrients and deliver those nutrient complexes so integral to Dr. Lee’s vision.

For items we can’t grow, Standard Process has an extensive, rigorous system of supplier auditing and validation. This allows us to provide patients with a product that has been controlled, vetted, tested, and verified from beginning to end.

Some types of processing can destroy enzymes and phytonutrients. Our manufacturing process is designed to minimize the loss of vital nutrients from each ingredient.

*Buckwheat

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<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Natural Sources</th>
<th>Physiological Support</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calcium</strong></td>
<td>Tofu, sardines, sesame seeds, dairy (yogurt, milk), greens (collards, turnip greens, mustard, beet greens), spinach, kale, cheese, bone meal, cabbages, bok choy</td>
<td>Blood, skeletal, cardiovascular, musculoskeletal, and nervous systems</td>
</tr>
<tr>
<td><strong>Choline</strong></td>
<td>Eggs, seafood (shrimp, scallops, tuna, cod, salmon), poultry, beef, lentils, greens (collards, Swiss chard), broccoli, Brussels sprouts, peas, cauliflowers, mushrooms (shiitake, crimini)</td>
<td>Cell membranes, nervous and hepatic systems</td>
</tr>
<tr>
<td><strong>Chromium</strong></td>
<td>Broccoli, barley, oats, green beans, tomatoes, romaine lettuce, black pepper, garlic, potatoes (Also, there are trace amounts of chromium in many other foods, including vegetables, fruits, grains, legumes, seafood, meats, and dairy.)</td>
<td>Endocrine system</td>
</tr>
<tr>
<td><strong>Coenzyme Q</strong>&lt;sub&gt;10&lt;/sub&gt; (CoQ&lt;sub&gt;10&lt;/sub&gt;)</td>
<td>Liver, beef, fish (trout, herring), chicken, sesame seeds, pistachio nuts, spinach, broccoli, cauliflowers, rice bran, strawberries, eggs</td>
<td>Metabolic and immune systems</td>
</tr>
<tr>
<td><strong>Copper</strong></td>
<td>Liver, mollusks, lobster, seeds (sesame, sunflower), nuts (cashews, walnuts, pine, hazelnuts), beans (soybeans, chickpeas, lima beans, kidney beans), mushrooms (shiitake), tempeh, lentils, buckwheat, radishes</td>
<td>Immune, musculoskeletal, metabolic, and vascular systems</td>
</tr>
<tr>
<td><strong>Essential Fatty Acids</strong></td>
<td>Flaxseeds, chia seeds, walnuts, fatty fish (sardines, salmon, tuna, shrimp, halibut, scallops, cod), beef, wheat germ, black currant seed oil, evening primrose oil, cauliflowers, Brussels sprouts</td>
<td>Brain; visual; endocrine, cardiovascular, nervous, and integumentary systems</td>
</tr>
<tr>
<td><strong>Folate/ Folic Acid</strong></td>
<td>Beans (pinto beans, chickpeas, navy beans, black beans, kidney beans), lentils, asparagus, spinach, greens (beet greens, collards, turnip greens), broccoli, beets, romaine lettuce, citrus fruits, Brussels sprouts, liver, nutritional/baker's yeast</td>
<td>Energy production; blood; nervous, cardiovascular, and reproductive systems</td>
</tr>
<tr>
<td><strong>Inositol</strong></td>
<td>Cantaloupes, citrus fruits (oranges, grapefruits, limes), beans (Great Northern, kidney, lima, navy, green, pole, wax), peas, whole grains (wheat), artichokes, nuts, and seeds</td>
<td>Cell membranes</td>
</tr>
<tr>
<td><strong>Iodine</strong></td>
<td>Sea vegetables, seafood (scallops, cod, shrimp, sardines, salmon, tuna), dairy (yogurt, milk), eggs, turkey, navy beans, potatoes</td>
<td>Endocrine, nervous, metabolic, and reproductive systems</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>Beef, lamb, pork, mollusks, spinach, greens (Swiss chard, beet greens, collards, mustard, turnip greens), seeds (sesame, pumpkin), beans (chickpeas, lima beans, navy beans, green beans, black beans, kidney beans), lentils, artichokes, beets</td>
<td>Blood, metabolic, nervous, immune, and reproductive systems</td>
</tr>
</tbody>
</table>
### Functions

CoQ₁₀ is a cofactor in the electron transport chain for energy production and acts as an antioxidant. Due to this vital role in energy production, CoQ₁₀ has an effect on all systems within the body.

Chromium supports healthy blood glucose by enhancing insulin function.

Calcium is essential for strong bone structure, teeth, and muscle tissue; nerve function and muscle cell contraction; and balanced blood pH. Calcium aids in blood clotting function, supports contraction and dilation of vascular tissues, and facilitates cell signaling.

Choline is a key component of two phospholipids that serve as building blocks of the cell membrane; a precursor to acetylcholine, a neurotransmitter that supports nervous system function of the brain, heart, muscles, and intestines; an important factor in methylation; and essential in activities such as building DNA, exchanging signals in the brain, homocysteine metabolism, and liver detoxification.

Iodine is essential for the thyroid gland and its associated hormones. Due to iodine’s essential role in thyroid metabolism, iodine is critical for function of the brain, nervous system, normal growth and development, metabolism, and reproductive function.

Iron is vital in oxygen transport and energy metabolism via hemoglobin production; assists in formation and function of numerous enzymes; is part of the cellular antioxidant system, protecting cells from excess free radicals; and is involved in enzyme systems that produce and repair DNA, supporting growth, reproduction, healing, and immune system function.

Folate and folic acid transfer single carbon units, which are critical in the metabolism of nucleic acids and amino acids. Folate and folic acid are essential for brain development and function as well as fetal development and reproductive health. They support overall growth and development; blood cell formation and platelet function; and homocysteine metabolism, an indicator of cardiovascular health.

Inositol has not been demonstrated to be an essential nutrient; however, inositol is a component of cell membrane phospholipids and may play an important role in cell physiology.

Iodine is essential for the thyroid gland and its associated hormones. Due to iodine’s essential role in thyroid metabolism, iodine is critical for function of the brain, nervous system, normal growth and development, metabolism, and reproductive function.

### Supplements

**Containing Named Nutrient**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Supplement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chromium</td>
<td>Cataplex® GTF</td>
</tr>
<tr>
<td>Choline</td>
<td>Cardio-Plus°</td>
</tr>
<tr>
<td>CoQ₁₀</td>
<td>Cellular Vitality</td>
</tr>
<tr>
<td>Copper</td>
<td>Chezyn°</td>
</tr>
<tr>
<td>Iodine</td>
<td>Iodomere°</td>
</tr>
<tr>
<td>Inositol</td>
<td>Immuplex°</td>
</tr>
<tr>
<td>Folate</td>
<td>Black Currant Seed Oil</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>Calamari Omega-3 Liquid</td>
</tr>
<tr>
<td>Essential fatty acids</td>
<td>Calamari Omega-3 Chewable</td>
</tr>
<tr>
<td>Fatty Acids</td>
<td>Calamari Omega-3 Liquid</td>
</tr>
<tr>
<td>Iron</td>
<td>Chezyn°</td>
</tr>
<tr>
<td>Iodine</td>
<td>Cataplex® F Tablets</td>
</tr>
<tr>
<td>Selenium</td>
<td>Cardio-Plus° GF</td>
</tr>
<tr>
<td>Selenium</td>
<td>Cataplex® F Tablets</td>
</tr>
<tr>
<td>Selenium</td>
<td>Choline</td>
</tr>
<tr>
<td>Selenium</td>
<td>Myo-Plus°</td>
</tr>
<tr>
<td>Selenium</td>
<td>Cyrouta*</td>
</tr>
<tr>
<td>Selenium</td>
<td>Inositol</td>
</tr>
<tr>
<td>Selenium</td>
<td>Inositol Powder</td>
</tr>
<tr>
<td>Selenium</td>
<td>A-F Betafood°</td>
</tr>
<tr>
<td>Selenium</td>
<td>Tuna Omega-3 Chewable</td>
</tr>
<tr>
<td>Selenium</td>
<td>Tuna Omega-3 Oil</td>
</tr>
<tr>
<td>Selenium</td>
<td>Tuna Omega-3 Chewable</td>
</tr>
<tr>
<td>Selenium</td>
<td>Wheat Germ Oil</td>
</tr>
<tr>
<td>Selenium</td>
<td>St. John’s Wort-IMT™</td>
</tr>
<tr>
<td>Selenium</td>
<td>Phosfood® Liquid</td>
</tr>
<tr>
<td>Selenium</td>
<td>Organically Bound Minerals</td>
</tr>
<tr>
<td>Selenium</td>
<td>Prolamine Iodine</td>
</tr>
<tr>
<td>Selenium</td>
<td>Prolamine Iodine Plus</td>
</tr>
<tr>
<td>Selenium</td>
<td>St. John’s Wort-IMT™</td>
</tr>
<tr>
<td>Selenium</td>
<td>Trace Minerals-B₁₂™</td>
</tr>
<tr>
<td>Selenium</td>
<td>Trace Minerals-B₁₂™</td>
</tr>
</tbody>
</table>

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**See Primary Ingredient Cross Reference for additional products**
<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Natural Sources</th>
<th>Physiological Support</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Magnesium</strong></td>
<td>Spinach, artichokes, greens (Swiss chard, beet greens, turnip greens), seeds (sesame, pumpkin, sunflower), quinoa, beans (black beans, navy beans, pinto beans, lima beans, kidney beans, green beans, soybeans), nuts (cashews, almonds, walnuts, Brazil nuts, pine nuts), broccoli, buckwheat, tomatoes</td>
<td>Musculoskeletal, metabolic, nervous, endocrine, and cardiovascular systems</td>
</tr>
<tr>
<td><strong>Manganese</strong></td>
<td>Beef (liver), grains (oats, brown rice, rye, barley), beans (chickpeas, soybeans, lima beans, navy beans), chickpeas, lentils, green peas, wheat germ, spinach, pineapples, seeds (pumpkins, sunflower), tempeh, tofu, quinoa, nuts (almonds, walnuts, cashews, pecans, hazelnuts)</td>
<td>Musculoskeletal, integumentary, metabolic, and nervous systems</td>
</tr>
<tr>
<td><strong>Phosphorus</strong></td>
<td>Seafood (scallops, sardines, cod, tuna, salmon, shrimp), seeds (pumpkin, sesame, sunflower), lentils, poultry (meat, liver), dairy (yogurt, milk), nuts (cashews, almonds), flaxseeds, beans (chickpeas, navy beans, pinto beans, kidney beans, black beans, lima beans), quinoa, beef (meat, liver)</td>
<td>Cell membranes; musculoskeletal, integumentary, metabolic, nervous, and renal systems</td>
</tr>
<tr>
<td><strong>Potassium</strong></td>
<td>Greens (beet greens, Swiss chard), beans (lima, pinto, black, kidney), lentils, sweet potatoes, potatoes, spinach, avocados, bok choy, Brussels sprouts, beets, tomatoes, cantaloupes, oranges, prunes, papayas, peaches, bananas, kale</td>
<td>Electrolytes; blood; cardiovascular, nervous, musculoskeletal, renal, and metabolic systems</td>
</tr>
<tr>
<td><strong>Selenium</strong></td>
<td>Brazil nuts, seafood (tuna, shrimp, sardines, salmon, cod, lobster), poultry (meat, organ), barley, pork, beef (meat, organ), lamb, mushrooms (crimini, shiitake), wheat germ</td>
<td>Endocrine, immune, and metabolic systems</td>
</tr>
<tr>
<td><strong>Vitamin A</strong></td>
<td>Retinol source (animal): liver, shrimp, eggs, cow’s milk, cheese, yogurt, salmon, sardines, chicken, turkey Beta carotene (plant): sweet potatoes, carrots, spinach, kale, greens (mustard, collards, turnip greens), winter squash, romaine lettuce, bok choy, cantaloupes, bell peppers</td>
<td>Visual; endocrine, immune, integumentary, and reproductive systems</td>
</tr>
<tr>
<td><strong>Vitamin B₁</strong></td>
<td>Sunflower seeds, beans (navy, black, pinto, lima), lentils, whole grains (oats, wheat, barley), peas, mushrooms, sweet potatoes, flaxseeds, tuna, nutritional yeast, wheat germ</td>
<td>Energy production; nervous, cardiovascular, and immune systems</td>
</tr>
<tr>
<td><strong>Vitamin B₂</strong></td>
<td>Spinach, beet greens, tempeh, dairy (yogurt, milk), crimini mushrooms, eggs, asparagus, almonds, green peas, turkey (meat, liver), beef (meat, liver)</td>
<td>Energy production; blood; immune, cardiovascular, nervous systems</td>
</tr>
<tr>
<td><strong>Vitamin B₃</strong></td>
<td>Seafood (tuna, salmon, sardines, shrimp), poultry (meat, liver), lamb, beef (meat, liver), nutritional yeast, peanuts, whole grains (brown rice, barley, corn), sweet potatoes, mushrooms (crimini), asparagus</td>
<td>Energy production; cardiovascular, hepatic, integumentary, and nervous systems</td>
</tr>
<tr>
<td>Functions</td>
<td>Supplements Containing Named Nutrient**</td>
<td></td>
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<tr>
<td>Magnesium is an essential cofactor in more than 300 cellular reactions, such as those involved in nucleic acid, protein, carbohydrate, and lipid synthesis; necessary for bone and tooth structure and integrity; supports healthy nerve and muscle function; and essential for energy production, healthy cortisol levels, glucose function, insulin function, and cellular messaging. Glutathione, an important cellular antioxidant, requires magnesium for synthesis.</td>
<td>Calcium Lactate&lt;br&gt;Calcium Lactate Powder&lt;br&gt;E-Z Mg™&lt;br&gt;Magnesium Lactate&lt;br&gt;SP Detox Balance™</td>
<td></td>
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<tr>
<td>Manganese supports normal bone and collagen formation; promotes the formation and activation of certain enzymes, such as mitochondrial antioxidant enzyme manganese superoxide dismutase (MnSOD); involved in carbohydrate, amino acid, and cholesterol metabolism; and essential for numerous metabolic and nervous system functions in the brain.</td>
<td>E-Manganese™&lt;br&gt;Ligaplex® I&lt;br&gt;Ligaplex® II&lt;br&gt;Manganese B₁₂™&lt;br&gt;Trace Minerals-B₁₂™</td>
<td></td>
</tr>
<tr>
<td>Phosphorus is an essential component of cellular membrane structure and nucleic acids; vital for bone, collagen, and tooth integrity, formation, and structure; and involved in metabolism of carbohydrates, proteins, and lipids. Phosphorus supports energy production, cell growth and repair, cardiovascular function, and nerve and muscle activity; regulates healthy pH; and facilitates excretion of wastes through the kidneys.</td>
<td>Calcifood®&lt;br&gt;Calso™&lt;br&gt;Disodium Phosphate&lt;br&gt;Ligaplex® I&lt;br&gt;Phosfood® Liquid</td>
<td></td>
</tr>
<tr>
<td>Potassium is a vital electrolyte involved in osmotic balance and creation of membrane potential, which fuels muscle contraction, heart function, and nerve impulse transmissions; essential for healthy blood pressure, kidney function, and healthy blood clotting; helps maintain a normal pH; and supports enzymes involved in carbohydrate metabolism.</td>
<td>Calcifood® Powder&lt;br&gt;Cruciferous Complete™&lt;br&gt;Organically Bound Minerals</td>
<td></td>
</tr>
<tr>
<td>Selenium is a vital cofactor for antioxidant enzymes, such as glutathione peroxidase and thioredoxin reductases; essential for thyroid function; aids in DNA and protein synthesis; and supports a healthy immune system response.</td>
<td>Cardio-Plus®&lt;br&gt;Cardio-Plus® GF&lt;br&gt;Cataplex® E&lt;br&gt;Cataplex® E₂&lt;br&gt;Immuplex®&lt;br&gt;Myo-Plus®</td>
<td></td>
</tr>
<tr>
<td>Vitamin A is essential for the visual system, including adaptation to light and night vision. Vitamin A also supports a healthy immune system; is required for growth and natural repair of many body tissues; and maintains integrity of blood cells and epithelial tissue lining the gut, lungs, and reproductive tract.</td>
<td>A-F Betafood®&lt;br&gt;Cataplex® A&lt;br&gt;Cataplex® A-C&lt;br&gt;Cataplex® A-C-P&lt;br&gt;Cod Liver Oil&lt;br&gt;Emphaplex®</td>
<td></td>
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<tr>
<td>Vitamin B₁ is a required cofactor for carbohydrate metabolism and is necessary for biosynthesis of neurotransmitters that support mental alertness and cognitive ability. Vitamin B₁ supports myocardial energy, has roles in oxidant stress protection, and supports the immune system.</td>
<td>Catalyn®&lt;br&gt;Cataplex® B&lt;br&gt;Cataplex® B-GF&lt;br&gt;Cellular Vitality&lt;br&gt;e-Poise®&lt;br&gt;Neuroplex®&lt;br&gt;Vasculin®</td>
<td></td>
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<tr>
<td>A required factor in coenzymes that activate and support metabolic processes throughout the body, vitamin B₆ is vital in the electron-transport chain for production of energy, normal cell function, and growth. Vitamin B₆ interacts as a cofactor with other B vitamins, such as in the activation of vitamin B₁ and creation of niacin; supports a healthy immune system; participates in activities of many critical enzymes; and supports the cardiovascular system and red blood cell production.</td>
<td>Cardio-Plus®&lt;br&gt;Cardio-Plus® GF&lt;br&gt;Cataplex® G&lt;br&gt;Cholaplex®&lt;br&gt;Drenamin®&lt;br&gt;Neuroplex®</td>
<td></td>
</tr>
<tr>
<td>Niacin is converted to the cofactor nicotinamide adenine dinucleotide (NAD), an important part of oxidation-reduction reactions within the body. NAD is involved in catabolism of carbohydrates, fats, amino acids, and alcohol as well as biosynthetic reactions. Niacin promotes a healthy heart and skin integrity, promotes hydrochloric acid production and cellular respiration, and enhances metabolism and circulation.</td>
<td>B₆-Niacinamide&lt;br&gt;Cataplex® B&lt;br&gt;Cataplex® B-GF&lt;br&gt;Cataplex® G&lt;br&gt;Niacinamide B₆</td>
<td></td>
</tr>
<tr>
<td>Nutrient</td>
<td>Natural Sources</td>
<td>Physiological Support</td>
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</tr>
<tr>
<td><strong>Vitamin B&lt;sub&gt;5&lt;/sub&gt;</strong>&lt;br&gt;Pantothenic Acid</td>
<td>Mushrooms (shiitake and crimini), avocados, sweet potatoes, lentils, dried peas, poultry (meat, liver), beef (liver), yogurt, broccoli, rye, sunflower seeds</td>
<td>Energy production; endocrine and hepatic systems</td>
</tr>
<tr>
<td><strong>Vitamin B&lt;sub&gt;6&lt;/sub&gt;</strong>&lt;br&gt;Pyridoxine</td>
<td>Poultry, beef, fish (cod, salmon, halibut, tuna), sweet potatoes, potatoes, sunflower seeds, spinach, bananas, nutritional yeast, winter squash, broccoli</td>
<td>Energy production; blood; nervous, hepatic, and immune systems</td>
</tr>
<tr>
<td><strong>Vitamin B&lt;sub&gt;7&lt;/sub&gt;</strong>&lt;br&gt;Biotin</td>
<td>Almonds, sweet potatoes, eggs, onions, oats, tomatoes, peanuts, carrots, walnuts, salmon</td>
<td>Hepatic, endocrine, integumentary, and immune systems</td>
</tr>
<tr>
<td><strong>Vitamin B&lt;sub&gt;12&lt;/sub&gt;</strong>&lt;br&gt;Cobalamin</td>
<td>Seafood (salmon, halibut, sardines, shrimp, tuna, cod, scallops, mollusks), lamb (meat, liver), beef (meat, liver), dairy (yogurt, milk, cheese), eggs, poultry (meat, liver, heart)</td>
<td>Energy and DNA production; blood; cardiovascular, nervous, and musculoskeletal systems</td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td>Papayas, bell peppers, broccoli, Brussels sprouts, strawberries, pineapples, oranges, kiwi fruits, cantaloupes, cauliflowers, tomatoes</td>
<td>Immune, integumentary, nervous, endocrine, cardiovascular, and skeletal systems</td>
</tr>
<tr>
<td><strong>Vitamin D</strong></td>
<td>Fatty fish (salmon, halibut, sardines, tuna, mackerel), cow’s milk (fortified), alternative milks (fortified), eggs, mushrooms, cod liver oil, liver</td>
<td>Skeletal, immune, endocrine, cardiovascular, and integumentary systems</td>
</tr>
<tr>
<td><strong>Vitamin E</strong></td>
<td>Sunflower seeds, almonds, spinach, greens (Swiss chard, turnip greens, collards, beet greens, mustard, kale), avocados, peanuts, asparagus, wheat germ, peppers (chili, bell), olives, red palm oil</td>
<td>Immune, cardiovascular, integumentary, and nervous systems</td>
</tr>
<tr>
<td><strong>Vitamin K</strong>&lt;br&gt;Naphthoquinones</td>
<td>Kale, spinach, greens (mustard, collards, beet greens, Swiss chard, turnip greens), parsley, broccoli, Brussels sprouts, cabbages, pumpkins, okra, pine nuts, blueberries</td>
<td>Blood, skeletal system</td>
</tr>
<tr>
<td><strong>Zinc</strong></td>
<td>Seafood (mollusks, crab, shrimp, oysters), beef (meat, liver), lamb (meat, liver), seeds (sesame, pumpkin), lentils, chickpeas, nuts (cashews, almonds, peanuts), poultry (meat, organ), quinoa, wheat germ</td>
<td>Cell membranes; metabolic, cardiovascular, immune, integumentary, endocrine, musculoskeletal, and nervous systems</td>
</tr>
<tr>
<td>Functions</td>
<td>Supplements Containing Named Nutrient**</td>
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<td>-----------</td>
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</tr>
<tr>
<td>Vitamin B₂ is an essential component of coenzyme A (CoA), which is required for metabolism of proteins, fats, and carbohydrates; necessary for synthesis and storage of fatty acids; and required for synthesis of cholesterol and hormones.</td>
<td>Cellular Vitality</td>
<td></td>
</tr>
<tr>
<td>Vitamin B₆ is a cofactor required for metabolism of amino acids, carbohydrates, and lipids as well as glycogen utilization; synthesis of neurotransmitters and hormones; essential for myelin formation, heme production, sulfur metabolism, and phase one liver detoxification; supports a healthy immune system; and plays a role in metabolism of tryptophan.</td>
<td>B₆-Niacinamide&lt;br&gt;Circuplex™&lt;br&gt;Min-Chex™&lt;br&gt;Niacinamide B₆&lt;br&gt;Orchex™</td>
<td></td>
</tr>
<tr>
<td>Vitamin B₇ is essential for lipogenesis and gluconeogenesis, metabolism of amino acids, and oxidation of fatty acids; helps regulate gene expression; and supports immune system processes, insulin function, and epithelial tissue. Biotin can be synthesized in the gut by intestinal bacteria.</td>
<td>Cataplex® B&lt;br&gt;Folic Acid B₁₂&lt;br&gt;For-Til B₁₂™&lt;br&gt;Manganese B₁₂™&lt;br&gt;Trace Minerals-B₁₂™</td>
<td></td>
</tr>
<tr>
<td>Vitamin C is an antioxidant, a cofactor in the synthesis of neurotransmitters, and required for collagen formation and healthy connective tissue. Vitamin C supports skin, tooth, blood vessel, and bone integrity; facilitates iron absorption; supports immune system function; and assists in cholesterol metabolism.</td>
<td>Cataplex® A-C&lt;br&gt;Cataplex® A-C-P&lt;br&gt;Cataplex® C&lt;br&gt;Collagen C™&lt;br&gt;Echinacea-C™&lt;br&gt;Regeneplex™</td>
<td></td>
</tr>
<tr>
<td>Vitamin D is essential in bone health and regulation of bone mineral density and calcium balance as well as for the immune system and the maturation of white blood cells. Vitamin D supports insulin secretion and action; the cardiovascular system and healthy blood pressure; overall health of the endocrine system; and cellular growth and differentiation of the epithelium.</td>
<td>Catalyn™&lt;br&gt;Cataplex® D&lt;br&gt;Cod Liver Oil&lt;br&gt;Cyro-Yeast™&lt;br&gt;e-Poise™&lt;br&gt;Senaplex™</td>
<td></td>
</tr>
<tr>
<td>Vitamin E is a fat-soluble antioxidant that exists in eight different forms, each considered to have distinct effects in the body. Vitamin E is immune enhancing; supports proper nerve and muscle function; supports healthy circulation and tissue regeneration; promotes healthy blood clotting; and is essential for the maintenance of healthy skin.</td>
<td>Cataplex® E&lt;br&gt;Cataplex® E₂&lt;br&gt;E-Manganese™&lt;br&gt;Immuplex™&lt;br&gt;Wheat Germ Oil Fortified™</td>
<td></td>
</tr>
<tr>
<td>Vitamin K is essential for normal blood clotting function and is involved in bone mineralization, supporting bone mineral density and strength.</td>
<td>Cruciferous Complete™</td>
<td></td>
</tr>
<tr>
<td>Zinc is essential for numerous enzyme functions and cellular processes, such as gene expression, protein folding, carbohydrate synthesis, vasoconstriction, and immune system response; has a structural role in cell membranes and proteins; and regulates gene expression, cell signaling, hormone release, apoptosis, and nerve impulse transmission. Zinc is concentrated in the prostate gland.</td>
<td>Chezyn™&lt;br&gt;Epimune Complex&lt;br&gt;Immuplex™&lt;br&gt;Neuroplex™&lt;br&gt;Palmettoplex™&lt;br&gt;Zinc Liver Chelate™</td>
<td></td>
</tr>
</tbody>
</table>

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**See Primary Ingredient Cross Reference for additional products**
How Standard Process Defines Quality

How we define quality frames our approach to making supplements, from our whole food philosophy and our careful ingredient sourcing to our formulations and dedication to rigorous testing and safety. “Quality from seed to supplement®” is more than just a tag line to us—it’s a commitment we take to heart during every step of the production process.

A whole food supplement is a complex formula of targeted ingredients that may include:

Whole food ingredients—complete foods prepared in a way that safeguards their nutritional value

On our product labels are many ingredients that you recognize as foods. Some of these whole food ingredient sources are regularly grown locally on our certified organic farm, including alfalfa, barley grass, beets, Brussels sprouts, buckwheat, kale, kidney beans, oats, pea vine, and Spanish black radish. This allows us to control the quality of these ingredients from seed to supplement.

Whole food concentrates—processed parts of a whole food containing two or more constituents of the original whole food

These concentrates are used when a beneficial concentration of nutrients cannot be obtained using a whole food ingredient. Fish oil is a good example. Derived from whole fish, the nonconcentrated triglyceride oil that makes up our final product allows patients to take advantage of the naturally occurring DHA and EPA omega-3 fatty acids.

Whole food isolates—single components from a whole food

Sometimes foods do not contain sufficient quantities of specific nutrients to address certain health challenges. In this case, we use evidence-based food isolates to complement whole food ingredients for optimal nutritional support.

Isolates like glucosamine are used in our products because they are well-researched and have strong evidence for efficacy. Isolates derived from whole food sources are combined with other ingredients to maximize efficacy.
Specialized protein isolates and concentrates—whole food ingredients derived from bovine, ovine, and porcine sources
The use of specialized protein isolates has a long history at Standard Process. The first product based on a Protomorphogen™ brand extract was introduced in 1952 and contained bovine heart PMG™ extract. Why do we start with protein isolates and organs? They are inherently different from skeletal muscle. They have more DNA per gram than skeletal muscle, different protein profiles, and different starting concentrations of vitamins and minerals. All raw specialized protein isolates are exclusively from U.S. Department of Agriculture (USDA)-inspected facilities.

Protomorphogen™ Brand Extracts
Continuing the pioneering work of Dr. Royal Lee, certain Standard Process products contain specific Protomorphogen™ brand extracts. Protomorphogen™ brand extracts are specific materials extracted from specialized protein isolates and organs through a complex, multistep process to retain what Dr. Lee termed “cellular determinants.” Current laboratory methods have confirmed that Protomorphogen™ brand extracts contain minerals, nucleotides (the components of nucleic acids like RNA and DNA), and peptides (short chains of amino acids).

Cytosol™ Brand Extracts
Cytosol™ brand extracts are derived from the cytoplasm of selected organs and glands through a process similar to the Protomorphogen™ extraction process. However, these extracts contain cellular factors such as hormone precursors and synergistic cofactors that are the biochemical building blocks essential to cellular metabolism.

Whole Desiccates
Whole deisicates are tissues that have been dried to provide the nutritional content of the organ in a concentrated form.

Botanicals—plants and plant extracts with health-supporting properties
Botanicals provide important constituents that contribute additional support to the body’s systems by complementing the vitamins, minerals, and tissue concentrates found in whole food ingredients.*

Synthetic ingredients—a nutrient produced by chemical means
We know Dr. Lee included synthetics in his original formulas to meet label claims and/or enhance product effects. Historically and still today, this type of ingredient is used selectively. Where synthetics appear, they have been added to protect the complexity and synergistic design of the formula.

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About Us

The Standard Process Certified Organic Farm

Our founder, Dr. Lee, emphasized the importance of producing high-quality supplements made with whole food ingredients. We are proud to be one of the few supplement manufacturers that can assure quality ingredients by continuing our tradition of growing many of our raw materials locally and organically.

More than 80 percent of the raw plant ingredients used in our products are grown on our 623-acre farm. We harvest 6.7 million pounds of produce per year on the farm, which is located just a mile down the road from our corporate headquarters. Standard Process has become a respected leader in the regional and national organic farming community.

Formed by glaciers, Wisconsin’s Kettle Moraine region contains nutrient-rich soil for our certified organic farm. It is here that we grow strong, vital plants for use in our supplements, including:

- Alfalfa
- Barley grass
- Beets
- Broccoli
- Brussels sprouts
- Buckwheat
- Celery
- Kale
- Kidney beans
- Oats
- Parsley
- Pea vine
- Red clover flower
- Spanish black radish

Organic Farming Methods

We use organic farming practices that have been part of our culture for 90 years to ensure that the quality of our farmland is maintained for years to come. In accordance with our organic certification, we follow strict guidelines to grow our crops and keep detailed records of our farming practices. Our farmland is monitored annually by the Midwest Organic Services Association (MOSA) to ensure that only approved farming practices are used. At Standard Process, we are involved from the moment a seed is planted through shipping the finished product to your door.

“Whole food nutrition begins with sun, water, and fertile soil.”

—Dr. Royal Lee
About Us

Seeds
In an organic system and on our certified organic farm, there is zero tolerance for genetic engineering. On the Standard Process farm, we use certified organic seeds whenever they are available, whether they are purchased or saved from our own farm. If after a diligent search it is determined that organic seed is not available, other untreated seed that has not been genetically engineered is only then considered an option.

Soil
We take soil samples annually to determine mineral and nutrient levels in the soil. We never use any synthetic fertilizers or pesticides in the organic growing process.

Weed Control
Like all farmers who strictly adhere to organic weed-control standards, we spend many of our days managing weeds. There is no simple approach, just a comprehensive one that includes cultivating, mowing, and hand weeding. To minimize weeds, we grow cover crops and institute crop rotation. These practices have additional benefits: Cover crops are a great source of nitrogen and organic matter, and crop rotation helps maintain the health of the soil and the plants.

Irrigation
When irrigation is necessary, water is supplied from a naturally occurring artesian flowage below the farm’s surface.

Pollination
Colony collapse disorder has had a catastrophic effect on the honeybee population in the United States and threatens the pollination of our nation’s fruits and vegetables. That’s why our farm has planted more than 500 plants of 35 different native species in a permanent habitat for honeybees and other pollinators.

Composting
It is a goal of every organic farm to increase fertility and improve soil health. We use the biological process of composting to turn organic production waste from the farm’s press room into a rich and extremely fertile humus-like substance that we spread over our fields.

Environmental Buffers
Our farm is surrounded on all sides by environmental buffers to minimize the impact of nonagricultural land and synthetic inputs from conventional farming practices.
Manufacturing: Processes That Preserve Nutrients

Preserving the whole food complex is a top priority when manufacturing our supplements. Our formulas are based on Dr. Lee’s time-proven philosophies. Quality takes time. Our manufacturing process, from raw materials to finished product, takes an average of six weeks. Throughout the process, raw materials are handled in a carefully controlled environment and tested for quality.

**Exclusive Certified Organic Manufacturing Processes**
Our manufacturing processes are certified as organic by MOSA, ensuring that ingredients remain organic from seed to supplement. Our processes are also certified by NSF International for GMP compliance. Each process is designed to preserve nutrients in raw materials.

**Juice Extraction**
To capture the nutrients from raw materials such as buckwheat, alfalfa, and pea vine, the juice is pressed from the plants and separated from the pulp. The result is a concentrated product containing both fat- and water-soluble nutrients.

**Separation Process**
Selected animal tissues used to make our Protomorphogen™ and Cytosol™ extracts are ground to create a liquid slurry. The slurry is subjected to our proprietary multistep separation methods. All raw animal tissues are obtained exclusively from USDA-inspected facilities.

**Drying**
To safeguard the complexity of our raw materials, we use equipment that allows for accurate temperatures and highly reproducible processes.
- Double drum: dries extracts from both plant and animal tissues
- Forced air: a multistage forced-air belt dryer that works like a sophisticated food dehydrator

**Isolated Production Processes**
We use isolated production suites for the following processes. These suites enhance cleanliness and reduce the risk of cross-contamination in the manufacturing area.

**Mixing**
Dried materials are precisely measured and carefully mixed. Because of the variability in natural and organic ingredients, color, texture, and odor may vary from batch to batch. However, the basic formula remains constant.
Standard Process is proud to be an industry leader in organic certifications. Not only do we have our own certified organic farm, our manufacturing processes are also certified as organic.

Binding and Processing Aids

After mixing, our fluid bed granulator is used to add natural binding ingredients, such as honey and arabic gum, to the product batch for tableting. Other processing aids we use include cellulose and calcium stearate. Cellulose is often used to give body to the powders. When needed, calcium stearate, derived from vegetable sources, is used to help product release from the tablet and capsule machines. We do not use artificial flavoring.

Product Forms

Our supplements are offered in several forms of delivery. The most common are tablets, capsules, softgels, and powders.

Tablets—Tablet presses used by Standard Process allow for high-volume production without sacrificing quality. All of our finished tablets are routinely analyzed for content to ensure that label claims are accurate.

Capsules—Capsule machines are continuously monitored to ensure that precise amounts of product are enclosed in gelatin and/or cellulose capsules. Capsules are packaged by weight, not volume. Therefore, the denser the product, the less you will find in the capsule. The gelatin capsules are considered pareve/parve, meaning the capsule has been processed so extensively that it can be considered to have been prepared without meat or other derivatives.

Softgels—Our soft gelatin manufacturing process consists of: gelatin preparation, encapsulation, drying and inspection. Temperature and humidity are carefully monitored during this process.

Powders—For powder formulas, we use a volumetric filler, which achieves very accurate fill amounts.

Packaging

Our products are packaged in either amber glass bottles or bisphenol A (BPA)-free bottles made of polyethylene terephthalate (PET) plastic. The color of the bottles helps protect the supplements’ nutrients from damaging light, while the sealed bottle helps prevent product oxidation. Seals and neckbands protect against product tampering. The majority of the products are then packaged in eco-friendly cardboard cartons, providing easy storage, protection, and shipping.

Cleaning

In between product runs, all of the equipment used in our manufacturing process is taken apart, cleaned, and sanitized. Adenosine triphosphate (ATP) testing is used to validate the effectiveness of the equipment-cleaning process. In addition, the surrounding production suite, including the floors, walls, and vent covers, is cleaned.

Environmental Monitoring

In order to monitor the general level of manufacturing hygiene, Standard Process has implemented an environmental monitoring program for the facility. The program is twofold: It highlights the presence of any foodborne pathogen that may be in the facility and determines the source of these pathogens. Routine meetings between production and quality control personnel are held to maintain the highest level of cleanliness throughout all areas of the facility.
Quality Control: Comprehensive and Meticulous

Another way Standard Process is a leader in the supplement industry is through its quality control program. In fact, since the good manufacturing practices (GMPs) for dietary supplements were published in 2007, many companies began to look at quality in the way Standard Process has been doing for decades.

Our quality control laboratory recently earned ISO 17025:2005 accreditation for Determination of Metals, Direct Yeast & Mold, Coliforms, E.coli, Residual Solvents, Enterohemorrhagic E.coli, Listeria, and Salmonella. Laboratories who receive this accreditation have demonstrated that they are technically competent and able to produce precise and accurate tests and calibration data. In order to be accredited, third party auditing was conducted to ensure adherence to all requirements of the standard.

Our quality control team consists of highly trained microbiologists and chemists who work meticulously to guarantee our customers receive quality products. This department performs testing after critical stages of production to ensure our label claims are met and confirms products are free of bacterial contamination. Shelf-life studies are also conducted on each product to make certain that label claims are met throughout the life of the product.

Quality Assurance
We use high-performance thin-layer chromatography (HPTLC) to identify incoming raw materials and in-process materials and qualify them based on consistency, potency, and purity. HPTLC is used to create a unique banding pattern, or “fingerprint,” by isolating key chemical constituents to aid in identification of these materials.

Quality Audits
We work very closely with our suppliers, using a questionnaire for qualification and an auditing program designed to ensure quality. Planned site visits are conducted based on risk analysis. Our purchasing department evaluates on-time delivery, customer service, invoicing, and more.

Testing
Testing of every batch is repeated in various stages throughout the manufacturing process to ensure quality and safety of our products. On average, a batch is tested four times. Every week, our scientists in our full-scale quality control laboratory run as many as 2,000 tests on raw materials, in-process product batches, and finished product. We use analytical methods approved by nationally recognized evaluative bodies, including the Association of Analytical Communities (AOAC) and United States Pharmacopeia (USP).

Gluten
We pay special attention to ensuring that the products we label as “gluten-free” are indeed gluten-free. In conjunction with the research and development team, the quality control department has internally validated a method approved by the Association of Analytical Communities for gluten testing using the RIDASCREEN® Gliadin by R-Biopharm. The testing consists of an enzyme immunoassay to quantify the prolamin that are found in wheat, barley, and rye.

In order for a product to be considered gluten-free by U.S. Food and Drug Administration standards, it needs to contain less than 20 ppm of gluten. Products listed with this designation are tested each time they are manufactured to ensure gluten-free compliance.

Laboratory Information
Management System (LIMS)
Standard Process’ quality control department has fully validated and implemented a laboratory integrated management system (LIMS). The system allows for a centralized storage location for all data analysis conducted by the laboratory.

| High-Performance Liquid Chromatography (HPLC) | vitamins A, E, B6, B12, C, D, niacin, folic acid |
| Gas Chromatography (GC) | solvents |
| Inductively Coupled Plasma (ICP) | minerals, heavy metals |
| High-Performance Thin-Layer Chromatography (HPTLC) | botanical identification |
| Fourier Transform Infrared Spectroscopy (FTIR) | raw material identification |
| LECO® | protein analyzer |
Chemistry
Multiple assays, or tests, are performed to guarantee that our products meet or exceed label claims and to ensure the viability of the product through its “Best Used By” date. We use the following instrumentation in testing raw materials and final product mixes: The chemistry laboratory personnel also conduct wet chemistry tests. The vast testing capability of the chemistry laboratory allows Standard Process to verify the identity, purity, and strength of our products and of the raw materials used in our products.

Microbiology
Every product batch is tested for pathogens to ensure our products are safe to continue to the next stage of production. Testing is conducted in multiple phases of the manufacturing process, including raw materials, mixing, milling, tableting, capsuling, and packaging. Raw materials, in-process products, and final products are only released to the next stage of production by the quality control unit upon verification that the material or product has passed all testing requirements.

Tableting and Capsuling Process
Many tests are performed after the product is tableted or capsuled, including:
- Monitoring tablets for size, weight, water activity, and hardness (Hardness testing ensures that tablets remain intact throughout the packaging and shipping process.)
- Monitoring capsules for size, weight, and water activity
- Monitoring powders for water activity
- Verification of tablet and capsule weight to guarantee that label claims are met

Each product batch is tested an average of six times.
QUALITY CHECKS
From Raw Ingredient to Final Product

QUALITY ASSURANCE

SUPPLIER AUDITS
MOST RAW MATERIALS

Raw Material Receiving

Mixing/Milling

Tablet/Capsule/Softgel Preparation

Tableting/Capsuling/Softgeling

Packaging

Continuous Monitoring of Label Claims, Shelf Life, and Customer Comments

QUALITY CONTROL

IDENTIFICATION  MICROORGANISM CHECK  LABEL CLAIMS

MICROORGANISM CHECK  LABEL CLAIMS

GLUTEN CONTENT  MICROORGANISM CHECK  LABEL CLAIMS

MICROORGANISM CHECK  LABEL CLAIMS

SHELF-LIFE SAMPLES  MICROORGANISM CHECK
Research and Development at Standard Process

A New Era of Innovation

Standard Process has embarked on the next era of innovation. As a company, we’ve always been driven to excellence in our efforts to transform lives through whole food nutrition therapy. Now we are elevating our commitment to change lives to the next level by significantly investing in clinical science, patient outcomes, and practitioner education. This is how we will drive innovation for the future.

Our commitment began with the establishment of the new Standard Process Nutrition Innovation Center, which opened in early 2018.

Standard Process Nutrition Innovation Center

It is located at the prestigious North Carolina Research Campus (NCRC) in Kannapolis, North Carolina, which is a 350-acre research center where corporations, universities, and health care organizations forge a public-private partnership that is transforming science at the intersection of human health and nutrition. Our Nutrition Innovation Center will become a leading focal point for innovation in nutritional therapy for health care practitioners, developing new solutions for patient care, and advancing the science of whole food nutrition therapy.

The Standard Process Nutrition Innovation Center is a catalyst for this next era of innovation. Our center will be the leading and only active clinical research center of its kind, being fully dedicated to supporting the present and future needs of health care practitioners and their practices by focusing on clinical outcomes in therapeutic care as well as product-specific benefits and outcomes. No other branded company in our category of business currently has the commitment and dedicated, active facility that this site does for both mid- and long-term support of whole food clinical nutrition. This is a logical next step for Standard Process, which has supported the foundations of health in integrative and functional medicine for nearly 90 years.

The center also recognizes the intricate and essential link between individual health and the environment. To that end, the center will also focus on advancement of organic agriculture. This will include investigating techniques that optimize nutrient density of whole food crops and researching actual benefits that whole food nutrition provides in managing health outcomes.

*A Standard Process microbiologist identifies cells that will be used in detoxification studies.
How the Dietary Supplement Industry Is Regulated

The dietary supplement industry has often been criticized for being “unregulated.” That perception is incorrect. The U.S. Food and Drug Administration (FDA) has always been able to regulate the dietary supplement industry according to food industry regulations.

Prior to 1994, the FDA could conduct regular routine physical inspections of manufacturing facilities, regulate label claims to make sure they are truthful and not misleading, ensure the safety of ingredients used in the products, disallow new ingredients, or remove existing ingredients for safety reasons. The following information shows the regulatory/compliance timeline for the dietary supplement industry.

1994 | Dietary Supplement Health and Education Act (DSHEA)

Prior to 1994, dietary supplements were regulated as foods under the Food, Drug, and Cosmetic Act. After the regulations were enacted, it provided a dietary-supplement classification for the first time. It acknowledged the importance of nutrition and the benefits of dietary supplements to promote health and prevent disease, provided guidelines for labeling, and allowed statements of nutritional support. The act also established an Office for Dietary Supplements in the National Institutes of Health. The office’s purpose is to explore the potential role that dietary supplements have in improving health care and to promote the scientific study of the benefits of dietary supplements in maintaining health and preventing chronic disease.

To learn more, visit: http://ods.od.nih.gov/Health_Information/Health_Information.aspx

Standard Process scientists work meticulously to ensure product quality and safety.
2002 | Public Health Security and Bioterrorism Preparedness and Response Act
This act consists of five separate sections. The most significant part requires facilities that manufacture, process, pack, or hold food for human consumption in the United States to register the facility with the FDA. This act has given the FDA a much-needed tool to identify food facilities operating within the United States and manufacturing food imported to the United States. It allows for the monitoring of food tampering or bioterrorism incidents.

To learn more, visit: http://www.fda.gov/ICECI/ComplianceManuals/CompliancePolicyGuidanceManual/ucm122876.htm

2006 | Adverse Event Reporting System
The Dietary Supplement and Nonprescription Drug Consumer Protection Act, passed in late 2006, mandates the reporting of serious adverse events associated with dietary supplements. This reporting system promotes earlier detection in case of an event and earlier identification of tampered or adulterated products. This legislation has given consumers greater confidence in the safety of dietary supplements.

To learn more, visit: https://www.fda.gov/food/compliance-enforcement-food/cfsan-adverse-event-reporting-system-caers

2007 | Good Manufacturing Practices for Dietary Supplements
Good manufacturing practice (GMP) regulations were designed specifically for dietary supplements and went into effect August 24, 2007. Since the DSHEA Act in 1994, the FDA has been charged with establishing GMPs specific for this industry. These regulations establish the GMPs needed to ensure quality throughout the manufacturing, packaging, labeling, and storing of dietary supplements to provide consistent product, free of contamination, and with accurate labeling. This final rule provides companies with a model to follow when manufacturing supplements and guidance for new companies entering the industry.


2011 | Food Safety Modernization Act (FSMA)
FSMA was the largest update to food laws since the 1938 Food, Drug and Cosmetic Act. The FDA set up seven different sections that ensure the safety of the global food supply for both humans and animals. The law focuses on setting up preventative control safety measures in agriculture, packaging, production, export/imports, and the ability to trace all ingredients from farm to table. All food companies, farms, and dietary supplement companies are required to be in compliance with all FSMA requirements, provide data to prove the preventative programs are in place, and demonstrate that they can trace every material used in their facility back to its origins. The program is designed to help prevent food illness from the food supply before it ever makes it to the shelves.

To learn more, visit: https://www.fda.gov/food/guidance-regulation-food-and-dietary-supplements/food-safety-
Lee Engineering
Before Dr. Royal Lee founded Standard Process in 1929, he started Lee Engineering in 1927. In fact, during those early years, Dr. Lee used the proceeds from Lee Engineering to fund Standard Process research and products.

Through Lee Engineering, Dr. Lee sold numerous products, including laboratory lattice systems and household flour mills.

Standard Process sold Lee Engineering in the late 1980s, then bought it back in late 2014. The updated, redesigned Lee Household Flour Mill™ was released in 2016.

Today, Lee Engineering LLC continues the legacy of Dr. Lee, designing and manufacturing laboratory lattice systems, motorized household flour mills, and momentary foot switches.

To learn more: visit www.engineeringbylee.com.

Royal Lee Organics by Standard Process
A brand of Lee Engineering, Royal Lee Organics provides organic foods that are not genetically engineered. We believe these foods are a vital part of Intelligent, Healthful Living™.

Our line of organic health grains includes:

◆ Buckwheat groats and whole buckwheat
◆ Soft white and hard red wheat
◆ Oat groats
◆ Quinoa and other ancient grains

Our health grains are ideal for use with the Lee Household Flour Mill™. Many can also be cooked like rice.

To learn more: visit www.organicsbylee.com.

Standard Process customers are welcome to order these products along with their supplement purchase.
10-Day Blood Sugar Support Kits

Maintaining healthy normal blood sugar metabolism is key for good energy, quality sleep, an even mood, and a healthful appetite. The 10-Day Blood Sugar Support Program gives you a valuable way to start patients on a journey toward wellness. Choose from four different product kits based on the preferred protein choice.*

Included in the kit are:
- One SP Complete (any type)
- One SP Cleanse
- One Diaplex
- One Gymnema (MediHerb®)
- Patient program guide
- Recyclable bag

For suggested use, ingredients, and supplement facts:
SP Complete
SP Complete Dairy Free
SP Cleanse
SP Complete Chocolate
SP Complete Vanilla
Diaplex
Gymnema
(See MediHerb® catalog or visit standardprocess.com).

10-Day Healthy Inflammation Response Kits

Reducing the effects of inflammation associated with exercise and a healthy lifestyle is a key factor in supporting and improving overall function. The 10-Day Healthy Inflammation Response Program gives you a valuable way to jump-start your patients' normal inflammatory processes. Choose from four different product kits based on the preferred protein choice.*

Included in the kit are:
- One SP Complete (any type)
- One SP Cleanse
- One Cyruta Plus
- One Black Currant Seed Oil
- One Boswellia Complex (MediHerb)
- Patient program guide
- Recyclable bag

For suggested use, ingredients, and supplement facts:
SP Complete
SP Complete Dairy Free
SP Cleanse
SP Complete Chocolate
SP Complete Vanilla
Cyruta Plus
Black Currant Seed Oil
Boswellia Complex
(See MediHerb® catalog or visit standardprocess.com).
A-C Carbamide

A-C Carbamide supports healthy fluid transfer among tissues.*
- Promotes the healthy formation and excretion of urine
- Promotes healthy fluid levels
- Supports healthy urinary system function
- Promotes healthy cellular fluid levels
- High in antioxidant vitamin C*

Suggested use: Three capsules per day, or as directed.

Special information: Keep bottle tightly closed. This product absorbs moisture.

Adrenal Desiccated

Adrenal Desiccated supports endocrine health. The adrenal glands are important in the body’s natural response to stress and energy metabolism.*
- Provides powerful short-term adrenal support for immediate energy needs
- Supports immune system response function during times of increased demand*

Suggested use: Two tablets per day, or as directed.

Synergistic Product Support
- Cataplex C
- Drenatrophin PMG

Supplement Facts
Serving Size: 2 Tablets
Servings per Container: 45

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<th>%Daily Value</th>
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<tr>
<td>Calcium</td>
<td>20 mg</td>
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<tr>
<td>Proprietary Blend</td>
<td>430 mg</td>
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</tbody>
</table>

Other Ingredients: Gelatin, water, ascorbic acid, calcium stearate, starch, and vitamin A palmitate.
A-F Betafood®

A-F Betafood includes an array of whole food and other ingredients to support healthy fat digestion.*
- Supports normal processing of dietary fats for cholesterol metabolism
- Supports healthy bowel functioning
- Supports bile production in the liver and healthy bile flow in the gallbladder
- Helps maintain healthy levels of fat in the liver
- Contains a combination of key ingredients from Cataplex A, Cataplex F, and Betafood

Suggested use: Two tablets per meal, or as directed.

Synergistic Product Support
- Cholacol
- Choline

Albaplex®

Albaplex supports kidney function.*
- Supports the body’s natural immune system response function
- Encourages healthy liver function
- Contains a combination of key ingredients from Betacol, Renatrophin PMG, Arginex, Cataplex A-C, and Thymex

Suggested use: Two capsules per meal, or as directed.

Synergistic Product Support
- Cataplex A-C-P
- Livaplex
- Renafood

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

Allerplex, with vitamin A, supports the body’s ability to handle seasonal, environmental, and dietary challenges. *

- Supports the body’s natural ability to manage mucus movement
- Supports healthy liver function
- Supports healthy lung and respiratory function
- Contains a combination of key ingredients from Pneumotrophin PMG, Drenatrophiin PMG, Cataplex A-C, Betacol, and Antronex*

**Suggested use:** Three capsules per meal, or as directed.

*Caution: If pregnant or lactating, consult your health care professional before using this product.

Synergistic Product Support
- Antronex
- Cataplex A-C-P
- Drenamin

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Antronex

Antronex contains yakriton, a liver fat extract discovered by Japanese researchers that is used to support the body’s normal detoxification mechanisms. *

- Supports the liver and the body’s natural immune system response function*

**Suggested use:** One tablet per day, or as directed.

Synergistic Product Support
- Allerplex
- Livaplex

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**Supplement Facts**

**Allerplex**

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<tr>
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<td>% Daily Value</td>
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<tr>
<td>Vitamin A</td>
<td>160 mcg RAE</td>
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<tr>
<td>Vitamin C</td>
<td>4 mg</td>
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<tr>
<td>Calcium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>10 mg</td>
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</table>

Proprietary Blend: 820 mg * 8 Spanish moss (Tillandsia usneoides), fenugreek seed, betaine hydrochloride, soy protein, bovine lung PMG™ extract, curcuminoid, salt flour, bovine adrenal PMG™ extract, organic carrot, organic sweet potato, bovine liver fat extract (yakriton), organic alfalfa (aerial parts), organic alfalfa (aerial parts) juice powder, organic buckwheat flour, bovine bone, yeast, defatted wheat germ, bovine kidney, sunflower lecithin, rice bran, carrot oil, and d-alpha tocopherol (vitamin E sunflower).

**Supplement Facts**

**Antronex**

<table>
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<tr>
<th>Serving Size: 1 Tablet</th>
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<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Calcium</td>
<td>30 mg</td>
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</table>

Proprietary Blend: 16 mg * 1 Bovine liver fat extract (yakriton) and d-alpha tocopherol (vitamin E sunflower).

*Daily Value not established.

Other Ingredients: Gelatin, calcium lactate, magnesium citrate, potassium bicarbonate, water, calcium stearate, and sucrose.

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

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Standard Process

Whole Food Nutrient Solutions | standardprocess.com | 800-558-8740
Arginex supports the organs that help cleanse the body, primarily the liver and kidneys.*
- Promotes healthy breakdown of protein byproducts in the liver
- Helps to maintain healthy kidney function*

Suggested use: One tablet per meal, or as directed.

Synergistic Product Support
- Livaplex
- Renafood

B6-Niacinamide

B6-Niacinamide supplies B vitamins to support the cardiovascular, digestive, endocrine, circulatory, and central nervous systems.*
- Supports a healthy nervous system
- Supports energy metabolism*

Suggested use: One tablet per day, or as directed.

Betacol

Betacol supports the liver’s handling and processing of fats.*
- Encourages healthy bile production
- Supports healthy liver function
- Helps the body metabolize protein
- Supports homocysteine management
- Supports muscular function*

Suggested use: One capsule per meal, or as directed.

Synergistic Product Support
- Choline
- Livaplex
Betafood®

Betafood contains beets to support digestion and intestinal function.*
- Provides methyl donors to support the liver’s natural detoxification processes
- Contains naturally occurring betaine for liver and cardiovascular health
- Supports normal processing of dietary fats*

Suggested use: One tablet per meal, or as directed.

Special information: Keep bottle tightly closed. This product absorbs moisture.

Betafood

Introduced in 1943
1450 - 90 Tablets | 1455 - 180 Tablets

40 Whole Food Nutrient Solutions | standardprocess.com | 800-558-8740

Betaine Hydrochloride GF

Betaine Hydrochloride supports normal gastrointestinal pH.*
- Supports healthy protein digestion
- Promotes healthy gastric pH
- Enhances calcium, iron, and vitamin B12 absorption*

Suggested use: Two tablets per meal, or as directed.

Special information: Chewing this product is not recommended.

Synergistic Product Support
- A-F Betafood

Bio-Dent®

Bio-Dent provides synergistic ingredients to support cell function and a healthy skeletal system.*
- Addresses the energy needs of muscle tissue
- Aids in the maintenance of healthy muscle, bone, and skin
- Supports the body’s natural processes of growth, development, and repair of teeth
- Supports bone remodeling*

Suggested use: Five tablets per meal, or as directed.

Synergistic Product Support
- Cataplex A-C-P
- Collagen C
- Ostrophin PMG
Biost®

Biost contains manganese and veal bone PMG™ extract to support cellular and skeletal health.*
- Contains veal bone PMG™ extract, which provides a unique profile of minerals, nucleotides, and peptides
- Promotes healthy bones and teeth*

Suggested use: One tablet per meal, or as directed.

Synergistic Product Support
- Bio-Dent
- Collagen C

Black Currant Seed Oil

Black Currant Seed Oil contains the essential fatty acid gamma-linolenic acid.*
- Encourages proper eicosanoid synthesis
- Supports the body’s normal tissue repair process
- Supports normal blood flow
- Supports healthy immune system function*

Suggested use: One softgel per meal, or as directed.

Synergistic Product Support
- Tuna Omega-3 Oil

Supplement Facts

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<th>Amount per Serving</th>
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<tr>
<td>Manganese</td>
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<td>Sodium</td>
<td>10 mg</td>
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<tr>
<td>Proprietary Blend</td>
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</table>

Proprietary Blend contains veal bone PMG™ extract, calcium lactate, and magnesium citrate.

Other Ingredients: Gelatin, water, and glycerine.

Caution: This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

Supplement Facts

<table>
<thead>
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<th>Amount per Serving</th>
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<tr>
<td>Black Currant Seed Oil</td>
<td>320 mg</td>
</tr>
<tr>
<td>Gamma-Linolenic Acid</td>
<td>47 mg</td>
</tr>
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</table>

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
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<td>47 mg</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Gelatin, water, and glycerine.

Caution: This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

GF
Gluten-free. This product contains less than 20 parts per million of the suggested use listed on each product label. (Vegetarian (paleo))

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Calamari Omega-3 Liquid

Calamari Omega-3 Liquid helps bridge the gap in dietary omega-3 intake and supports general health for patients at all stages of life. With a clean, understated citrus taste, it’s perfect for those who cannot or prefer not to swallow pills, especially children and the elderly. It’s also certified sustainable from the independent nonprofit group Friend of the Sea® and rigorously tested to be below regulatory standards for contaminates and toxins.

Calamari Omega-3 Liquid supports healthy inflammatory processes, immune system response,* and also:

- Supports cardiovascular health^
- Assists in triglyceride management for triglyceride levels already within a normal range^
- Supports normal blood pressure already within a normal range
- Supports healthy normal blood coagulation
- Supports cognition
- Promotes emotional balance
- Supports skin, nail, and hair health
- Supportive but not conclusive research has shown that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.*^  
  *As part of a diet low in saturated fat and cholesterol.

Suggested use: 1 teaspoon (5 mL) per day, or as directed.  
May be taken with meals.

Special information: Refrigerate after opening.

Synergistic Product Support
- Black Currant Seed Oil

Cal-Amo®

Cal-Amo supports normal cellular pH.*

- Contains compounds that are useful in supporting proper acid/alkaline balance
- Supports respiratory function*

Special information: Keep bottle tightly closed. This product absorbs moisture. Chewing this product is not recommended.

Suggested use: One tablet per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>30 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Chloride</td>
<td>100 mg</td>
<td>4%</td>
</tr>
</tbody>
</table>

Ingredients: Ammonium chloride, betaine hydrochloride, calcium chloride, calcium lactate, magnesium citrate, calcium stearate, and water.

*Please consult the actual product label for the most accurate product information.
Calcifood®

Calcifood supports calcium absorption.*

- Helps the body build strong, healthy bones
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.*

Suggested use: Two wafers per meal, or as directed.

Special information: This product should be chewed then swallowed.

Synergistic Product Support
- Cataplex D
- Collagen C
- Cruciferous Complete
- Ostrophin PMG

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 Wafers</th>
<th>Servings per Container: 50</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
<td>&lt;1%*</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>1 g</td>
<td>1%</td>
</tr>
<tr>
<td>Calcium</td>
<td>180 mg</td>
<td>15%</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>50 mg</td>
<td>4%</td>
</tr>
</tbody>
</table>

Proprietary Blend 810 mg
- Calendula, dandelion root, fennel leaf, horsetail silica, and rice bran.

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other ingredients: Honey, di-calcium phosphate, cellulose, bovine bone, calcium stearate, and arabic gum.

Gluten-free. This product contains less than 20 parts per million per the suggested use listed on each product label. Vegetarian (pasts-only).

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

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

Calcifood Powder supports calcium absorption.*
- Provides 410 mg more calcium per serving than Calcifood supplement wafers
- Helps the body build strong, healthy bones
- Can be mixed in a supplement shake or added to foods
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life*

Suggested use: One level tablespoon mixed in blender drink per day, or as directed.

Synergistic Product Support
- Cataplex D
- Collagen C
- Cruciferous Complete
- Ostrophin PMG

Calcium Lactate

Calcium Lactate supports absorption of calcium and magnesium.*
- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a nondairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for the immune system response function
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life*

Suggested use: Six tablets per day, or as directed.

Synergistic Product Support
- Cataplex D
- Collagen C
- Ostrophin PMG

Calcifood® Powder

Calcifood Powder supports calcium absorption.*
- Provides 410 mg more calcium per serving than Calcifood supplement wafers
- Helps the body build strong, healthy bones
- Can be mixed in a supplement shake or added to foods
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life*

Suggested use: One level tablespoon mixed in blender drink per day, or as directed.

Synergistic Product Support
- Cataplex D
- Collagen C
- Cruciferous Complete
- Ostrophin PMG

Calcium Lactate

Calcium Lactate supports absorption of calcium and magnesium.*
- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a nondairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for the immune system response function
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life*

Suggested use: Six tablets per day, or as directed.

Synergistic Product Support
- Cataplex D
- Collagen C
- Ostrophin PMG

Calcium Lactate

Calcium Lactate supports absorption of calcium and magnesium.*
- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a nondairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for the immune system response function
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life*

Suggested use: Six tablets per day, or as directed.

Synergistic Product Support
- Cataplex D
- Collagen C
- Ostrophin PMG

Calcium Lactate

Calcium Lactate supports absorption of calcium and magnesium.*
- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a nondairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for the immune system response function
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life*

Suggested use: Six tablets per day, or as directed.

Synergistic Product Support
- Cataplex D
- Collagen C
- Ostrophin PMG

Calcium Lactate

Calcium Lactate supports absorption of calcium and magnesium.*
- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a nondairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for the immune system response function
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life*

Suggested use: Six tablets per day, or as directed.

Synergistic Product Support
- Cataplex D
- Collagen C
- Ostrophin PMG
Calcium Lactate Powder

Calcium Lactate Powder supports absorption of calcium and magnesium.*
- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a nondairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for immune system response function
- Can be mixed in a supplement shake or added to foods
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.*

Suggested use: One level tablespoon per day, or as directed.
Mixes best with hot, slightly acidic liquids, such as hot apple juice.

Synergistic Product Support
- Cataplex D
- Collagen C
- Ostrophin PMG

**Calc-Ma Plus®**

Calc-Ma Plus supports endocrine, cellular, and metabolic functions.*
- Encourages healthy blood calcium levels
- Contains key ingredients from Calcium Lactate along with bovine parathyroid to support healthy parathyroid function, which is required for the proper regulation of calcium metabolism*

Suggested use: Three tablets per day, or as directed.

Synergistic Product Support
- Calcifood
- Cataplex D
- Collagen C
- Ostrophin PMG

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

Calsol supports soft tissue.*
• A nonanimal source of calcium and phosphorus
• Supports gallbladder function as well as the digestive, musculoskeletal, and central nervous systems*

Suggested use: Five tablets per meal, or as directed.

Cardio-Plus®

Cardio-Plus helps support the cardiovascular system.*
• Supports the healthy functioning of the heart and other muscles
• Supports healthy coronary blood flow
• Provides ingredients with antioxidant activity
• Contains bovine heart PMG™ extract
• Supports increased oxygen demand during exercise
• Good source of antioxidant vitamin C*
• Contains a combination of key ingredients from Cataplex G, Cataplex E™, Cardiotrophin PMG, and Cataplex C
• Twin product to Myo-Plus*

Suggested use: Two tablets per meal, or as directed.

Synergistic Product Support
• Calamari Omega-3 Liquid or Tuna Omega-3 Oil
• Cataplex E
• Vasculin

Supplement Facts

Calsol

<table>
<thead>
<tr>
<th>Serving Size: 5 Tablets</th>
<th>Servings per Container: 18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Calcium</td>
<td>230 mg</td>
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<tr>
<td>Phosphorus</td>
<td>170 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>195 mg</td>
</tr>
<tr>
<td>Carbamide and magnesium citrate</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Calcium glycerophosphate, calcium lactate, calcium stearate, and calcium phosphate.

Cardio-Plus

<table>
<thead>
<tr>
<th>Serving Size: 2 Tablets</th>
<th>Servings per Container: 45 or 165</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>15 mg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>1.3 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1.8 mg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>1.4 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>14 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1.3 mg</td>
</tr>
<tr>
<td>Selenium</td>
<td>4 mcg</td>
</tr>
<tr>
<td>Sodium</td>
<td>15 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>540 mg</td>
</tr>
<tr>
<td>Bovine heart PMG™ extract, bovine liver, calcium lactate, porcine stomach, bovine orchic extract, Spanish moss (Tillandsia usneoides), defatted wheat germ, nutritional yeast, inositol, bovine spleen, ovine spleen, oat flour, and bovine adrenal Cytosol™ extract</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Honey, choline bitartrate, acidophilus, niacinamide, calcium stearate, arabic gum, d-alpha tocopherol (vitamin E sunflower), selenium yeast, modified tapioca starch, glycerine, riboflavin, and pyridoxine hydrochloride.
Cardio-Plus® GF

Cardio-Plus GF helps support the cardiovascular system.*
- Supports the healthy functioning of the heart and other muscles
- Supports healthy coronary blood flow
- Provides ingredients with antioxidant activity
- Contains bovine heart PMG™ extract
- Supports increased oxygen demand during exercise
- Good source of antioxidant vitamin C*
- Contains a combination of key ingredients from Cataplex G, Cataplex E, Cardiotrophin PMG, and Cataplex C*

Suggested use: Two tablets per meal, or as directed.

Synergistic Product Support
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Cataplex E
- Vasculin

Cardiotrophin PMG®

Cardiotrophin PMG includes bovine heart PMG™ extract to support heart muscle function.*
- Provides a unique profile of minerals, nucleotides, and peptides
- Supports the heart and cardiovascular system
- Supports normal heart cell growth and differentiation
- Twin product to Myotrophin PMG*

Suggested use: One tablet per meal, or as directed.

Synergistic Product Support
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Cataplex E
- Vasculin
Catalyn®

Catalyn, Dr. Royal Lee’s first product, contains vital nutrients from whole food and other sources.*

- Supplies multiple vitamins for complete, complex nutritional supplementation
- Designed to bridge nutritional gaps in the diet
- Encourages healthy cell functioning
- Supports overall well-being*

Suggested use: Three tablets per day, or as directed.

Synergistic Product Support
- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Trace Minerals-B₁₂

Catalyn® Chewable

Catalyn Chewable contains vital nutrients from whole food and other sources.*

- Supplies multiple vitamins for complete, complex nutritional supplementation
- Designed to bridge nutritional gaps in the diet
- Encourages healthy cell functioning
- Supports overall well-being
- Great-tasting chewable tablet with natural cherry fruit powder*

Suggested use: Three tablets per day, or as directed.

Synergistic Product Support
- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Chewable

---

**Supplement Facts**

**Catalyn®**

**Serving Size:** 3 Tablets  
**Servings per Container:** 30 or 120  
<table>
<thead>
<tr>
<th><strong>Amount per Serving</strong></th>
<th><strong>%Daily Value</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>360 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4 mg</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>7.8 mcg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1 mg</td>
</tr>
</tbody>
</table>

**Proprietary Blend**  
Defatted wheat germ, calcium lactate, organic carrot (root), organic sweet potato, nutritional yeast, bovine adrenal, bovine liver, magnesium citrate, bovine spleen, ovine spleen, bovine kidney, organic dried pea (vigne) juice, organic dried alfalfa (aerial parts) juice, oat flour, sunflower lecithin, organic shiitake mushroom powder, organic reishi mushroom powder, and rice (bran).

*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

**Other Ingredients:** Honey, glycerine, arabic gum, ascorbic acid, starch, calcium stearate, cholecalciferol, pyridoxine hydrochloride, vitamin A palmitate, sucrose, thiamine hydrochloride, and riboflavin.

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**Catalyn® Chewable**

**Serving Size:** 3 Tablets  
**Servings per Container:** 30  
<table>
<thead>
<tr>
<th><strong>Amount per Serving</strong></th>
<th><strong>%Daily Value</strong></th>
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</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>360 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4 mg</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>7.8 mcg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1 mg</td>
</tr>
</tbody>
</table>

**Proprietary Blend**  
Defatted wheat germ, calcium lactate, organic carrot, organic sweet potato, nutritional yeast, bovine adrenal, bovine liver, magnesium citrate, bovine spleen, ovine spleen, bovine kidney, organic dried pea (vigne) juice powder, organic alfalfa (aerial parts) juice powder, oat flour, sunflower lecithin, organic shiitake mushroom powder, organic reishi mushroom powder, and rice bran.

*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

**Other Ingredients:** Organic dehydrated sugar cane juice (sugar), maltodextrin, cherry powder, honey, calcium stearate, glycerine, natural cherry flavor, ascorbic acid, modified corn starch, arabic gum, cholecalciferol, vitamin A palmitate, sucrose, pyridoxine hydrochloride, thiamine hydrochloride, and riboflavin.

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A gluten-free version of the original Catalyn formula, Catalyn GF provides the same nutritional density as the original Catalyn, minus the gluten.*

- Formulated with several whole food ingredients that contain complexes of nutrients, naturally occurring minerals and phytonutrients, and vitamins
- Encourages healthy cell functioning
- Supports overall well-being*

Suggested use: Three tablets per day, or as directed.

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 3 Tablets</th>
<th>Servings per Container: 120</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>360 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4 mg</td>
</tr>
<tr>
<td>Thiamine</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.7 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend 825 mg

- Rice bran, calcium lactate, carrot puff, organic sweet potato, nutritional yeast, bovine adrenal, bovine liver, magnesium citrate, bovine spleen, oxine spleen, bovine kidney, oat flour, organic dried pea (pea) juice, organic dried alfalfa (alfalfa) juice, sunflower lecithin, organic shiitake mushroom powder, and organic reishi mushroom powder.

*Percent Daily Values are based on a 2,000 calorie diet.

Vitamin A (as Beta-carotene)

- 900 mcg RAE 100%

Proprietary Blend 568 mg

- Organic carrot, organic sweet potato, calcium lactate, defatted wheat germ, bovine kidney, oat flour, nutritional yeast, rice bran, magnesium citrate, organic alfalfa (alfalfa part), d-alpha tocopherol (vitamin E sunflower), ascorbic acid, and sunflower lecithin.

† Daily Value not established.

Other Ingredients: Honey, arabic gum, and calcium stearate.

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Cataplex® A

Cataplex A is a vitamin A supplement with whole food and other ingredients.*

- Supplies vitamin A as it naturally occurs in plants
- Promotes healthy epithelial cell development
- Provides ingredients with antioxidant activity
- Helps maintain healthy eyes
- Helps maintain healthy mucous membranes*

Suggested use: Two tablets per meal, or as directed.

**Synergistic Product Support**

- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Dermatrophin PMG
- Iplex

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Cataplex® A-C

Cataplex A-C helps support immune system function and maintains healthy cells and tissues.*

- Helps maintain healthy mucous membranes
- Supports healthy immune system response function
- Provides ingredients with antioxidant activity
- Supports the hematopoietic system
- Helps maintain healthy epithelial and connective tissue
- Contains a combination of key ingredients from Cataplex A and Cataplex C along with echinacea*

Suggested use: Two tablets per meal, or as directed.

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.

Synergistic Product Support
- Calcium Lactate
- Thymex

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>450 mcg</td>
<td>50%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>11 mg</td>
<td>10%</td>
</tr>
</tbody>
</table>

Proprietary Blend
- Calcium lactate, carrot (root), organic sweet potato, bovine adrenal, bovine kidney, organic echinacea purpurea (root), organic echinacea angustifolia (root), nutritional yeast, magnesium citrate, organic alfalfa (aerial parts), organic dried alfalfa (aerial parts) juice, organic dried bucephalum (aerial parts) juice, organic buckwheat (seed), bovine bone, organic reishi mushroom powder, organic shiitake mushroom powder, defatted wheat germ, yeast biol, oat flour, sunflower lecithin, d-alpha tocopheryl, vitamin E, sunflower, carotene, and rice bran.

Serving Size: 2 Tablets
Serving per Container: 90

† Daily Value not established.

Other Ingredients: Honey, ascorbic acid, starch, arabic gum, calcium stearate, and vitamin A palmitate.

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

Alfalfa on the Standard Process certified organic farm
Cataplex® A-C-P

Cataplex A-C-P supports cardiovascular health, immune system response function, and the maintenance of cells and tissues.*

- Promotes vascular integrity
- Helps maintain healthy mucous membranes
- Supports healthy immune system response function
- Supports healthy cholesterol levels already within a normal range
- Supports dental health in relation to gums
- Contains a combination of key ingredients from Cataplex A, Cataplex C, and Cyruta*

Suggested use: Three tablets per meal, or as directed.

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

Synergistic Product Support
- Calcium Lactate
- Thymex

Cataplex® B

Cataplex B supports physical and nervous system health.*

- Supports a healthy heart
- Stimulatory to the metabolic, cardiovascular, and central/peripheral nervous systems
- Supports energy production in all cells
- Supports healthy cholesterol levels already within a normal range
- Contains B-complex vitamins to support healthy muscle action
- Supports healthy homocysteine levels*

Suggested use: Two tablets per meal, or as directed.

Synergistic Product Support
- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Oil

Supplement Facts

| Serving Size | 2 Tablets  
|-------------|-----------------
| Servings per Container | 90 or 180  
| Amount per Serving | %Daily Value  
| Vitamin B6 | 1 mg  
| Vitamin B12 | 10 mg  
| Energy Production | 5%  
| Proprietary Blend | 565 mg  

Caution: This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

Other Ingredients: Honey, choline bitartrate, niacinamide, calcium stearate, arabic gum, calcium carbonate, and vitamin A palmitate.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Cataplex® B-GF

Cataplex B-GF supports physical and nervous system health.*
- Supports a healthy heart
- Stimulatory to the metabolic, cardiovascular, and central/peripheral nervous systems
- Supports energy production in all cells
- Supports healthy cholesterol levels already within a normal range
- Contains B vitamins to support healthy muscle action
- Supports healthy homocysteine levels*

Suggested use: Two tablets per meal, or as directed.

Synergistic Product Support
- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Oil

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 Tablets</th>
<th>Servings per Container: 180</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Thiamin</td>
<td>1 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>20 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>545 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Honey, choline bitartrate, niacinamide, calcium stearate, arabic gum, thiamine hydrochloride, pyridoxine hydrochloride, and water.

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Cataplex® B₁₂

Cataplex B₁₂ supports blood health and general well-being.*
- Promotes and supports blood production
- Maintains healthy blood
- Supports folic acid metabolism and homocysteine management
- Supports healthy development of red blood cells
- Essential for normal myelin synthesis and central nervous system function*

Suggested use: One tablet per day, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Vitamin B₁₂</td>
<td>6 mcg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>355 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Honey, choline bitartrate, niacinamide, calcium stearate, arabic gum, thiamine hydrochloride, pyridoxine hydrochloride, and water.

*Daily Value not established.

†Other Ingredients: Cellulose, honey, dicalcium phosphate, and cyanocobalamin.
Cataplex® C

Cataplex C supports the immune system, skin and connective tissue, and bone health.*

- Supports and promotes normal immune system response function
- Promotes vascular integrity through support of the body’s natural collagen-synthesis processes
- Supports healthy bone tissue
- Provides ingredients with antioxidant activity
- Supports the adrenal glands
- High in antioxidant vitamin C*

Suggested use: Three tablets per meal, or as directed.

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

<table>
<thead>
<tr>
<th>Synergistic Product Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium Lactate</td>
</tr>
<tr>
<td>Cataplex E</td>
</tr>
<tr>
<td>OPC Synergy</td>
</tr>
</tbody>
</table>

Cataplex® D

Cataplex D supports bone health, mineral absorption, the immune system, and cellular processes.*

- Encourages healthy calcium absorption from the intestinal tract into the blood
- Supports healthy immune system response function
- Supports and maintains healthy bone density
- Provides vitamin D, which is needed by almost every cell in the body for development and transcription*

Suggested use: Two tablets per day, or as directed.

<table>
<thead>
<tr>
<th>Synergistic Product Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>CalciFood</td>
</tr>
<tr>
<td>Calcium Lactate</td>
</tr>
<tr>
<td>Collagen C</td>
</tr>
<tr>
<td>Cruciferous Complete</td>
</tr>
<tr>
<td>Ostrophin PMG</td>
</tr>
</tbody>
</table>

---

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

Cataplex E supports cells and cell processes as well as healthy thyroid function.*
- Provides ingredients with antioxidant activity
- Supports cell signaling and regulation of gene expression
- Good source of antioxidant selenium*

Suggested use: Two tablets per meal, or as directed.

Synergistic Product Support
- Cataplex C

Cataplex® E2

Cataplex E2 supports cellular health and general well-being.*
- Supports normal cardiovascular health
- Provides ingredients with antioxidant activity
- Good source of antioxidant selenium*

Suggested use: Two tablets per meal, or as directed.

Synergistic Product Support
- Cardio-Plus
- Vasculin

Cataplex® F Softgels GF

Cataplex F supports the body’s inflammatory response function as it relates to periodic challenges like consumption of high-fat foods or strenuous activity.*
- Flaxseed is a natural source of omega-3 fatty acids from plants
- Provides lipids for the formation of eicosanoids
- Promotes healthy skin and hair
- Supports metabolism of fats
- Contains no iodine, ideal for the iodine-sensitive patient*

Suggested use: One softgel per meal, or as directed.

Synergistic Product Support
- Calcium Lactate
Cataplex® F Tablets

Cataplex F supports the body's inflammatory response function as it relates to periodic challenges like consumption of high-fat foods or strenuous activity.*

- Flaxseed is a natural source of omega-3 fatty acids from plants
- Provides lipids for the formation of eicosanoids
- Promotes healthy skin and hair
- Contains iodine for thyroid support
- Supports the metabolism of fats*

Suggested use: One tablet per meal, or as directed.

Synergistic Product Support
- Calcium Lactate

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90 or 360</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.8 mg</td>
</tr>
<tr>
<td>Iodine</td>
<td>35 mcg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>275 mg</td>
</tr>
<tr>
<td>Calcium lactate, defatted wheat germ, organic carrot, organic sweet potato, bovine prostate, bovine liver, magnesium citrate, bovine orchic extract, oat flour, organic flaxseed oil extract, bovine liver fat extract, ascorbic acid, sunflower lecithin, and d-alpha tocopherol (vitamin E sunflower).</td>
<td></td>
</tr>
</tbody>
</table>

Caution:
This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90 or 360</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>7 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1.3 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>12 mcg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>20 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>220 mg</td>
</tr>
<tr>
<td>Bovine liver, porcine stomach, calcium lactate, defatted wheat germ, nutritional yeast, and porcine brain.</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Honey, glycerine, arabic gum, calcium stearate, prolamine iodine (zein), and pyridoxine hydrochloride.

Cataplex® G

Cataplex G maintains nerve health and provides a calmative effect on the nervous system.*

- Encourages healthy parasympathetic nerve functioning
- Supports healthy liver functioning
- Supports brain and nervous system function
- Supports the body’s metabolism
- Provides coenzymes and cofactors needed for cellular function*

Suggested use: One tablet per meal, or as directed.

Synergistic Product Support
- Livaplex

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90 or 360</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>7 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1.3 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>12 mcg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>20 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>220 mg</td>
</tr>
<tr>
<td>Bovine liver, porcine stomach, calcium lactate, defatted wheat germ, nutritional yeast, and porcine brain.</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Choline bitartrate, honey, niacinamide, ascorbic acid, glycerine, riboflavin, arabic gum, calcium stearate, and pyridoxine hydrochloride.

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

Cataplex GTF supports carbohydrate digestion.*
- Supports healthy blood sugar levels when already within a normal range
- Encourages healthy blood sugar utilization at the cellular level
- Supports healthy cholesterol levels that are already within a normal range
- Contains chromium, an essential part of the biologically active complex that is involved in carbohydrate metabolism
- Combines chromium, L-cysteine hydrochloride, and pancreatic Cytoisol™ extract along with synergistic ingredients*

Suggested use: One tablet per meal, or as directed.

Synergistic Product Support
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Diaplex
- Magnesium Lactate

Cayenne Pepper

Cayenne Pepper supports healthy gastric digestion.*
- Encourages healthy circulation
- Supports healthy blood lipid profiles already within a normal range
- Helps to maintain healthy blood sugar levels already within a normal range
- Provides antioxidant activity*

Suggested use: One capsule per day, or as directed.

Caution: Exceeding recommended dosage may cause stomach irritation. Keep out of reach of children. Avoid contact with injured or open skin. Avoid use during pregnancy and lactation. Contraindicated with pepper, celery, mugwort, and birch pollen allergies.

Synergistic Product Support
- Cyruta
- Garlic
- Ginkgo Synergy

Supplement Facts

Cataplex GTF

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 Tablet</td>
</tr>
<tr>
<td>Servings per Container: 180</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>150 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>9.5 mg</td>
</tr>
<tr>
<td>Chromium</td>
<td>48 mcg</td>
</tr>
</tbody>
</table>

Proprietary Blend: 317 mg
- Bovine liver, nutritional yeast, organic dried buckwheat (aerial parts) juice, organic buckwheat (seed), bovine pancreas Cytoisol™ extract, inositol, L-cysteine hydrochloride, bovine adrenal Cytoisol™ extract, and oat flour.

†Daily Value not established.

Other Ingredients: Honey, chromium yeast, niacinamide, ascorbic acid, starch, vitamin A palmitate, and calcium stearate.

Cayenne Pepper

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 Capsule</td>
</tr>
<tr>
<td>Servings per Container: 150</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cayenne Pepper (Capsicum annuum)</td>
<td>345 mg</td>
</tr>
<tr>
<td>35,000 Scoville Units</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Cellulose, water, and calcium stearate.
Cellular Vitality 

Cellular Vitality supports the body as a whole, with specific emphasis on cellular processes.*

- Contains American ginseng, which acts as a body tonic for the byproducts of everyday stress
- Contains B vitamins, to fuel cells and participate in numerous body processes that contribute to normal function
- Provides nutrients that support antioxidant activity
- Includes the enzyme bromelain from pineapple stems and juice that, when taken between meals, modulates the body’s natural inflammatory response function as it relates to periodic challenges like consumption of high-fat foods or strenuous activity
- Contains coenzyme Q10, an enzyme that is essential for creation of energy within the mitochondria of cells and that helps protect cells from free radicals
- Contains Cordyceps sinensis, a mushroom powder long prized in traditional Chinese medicine with a variety of bioactive compounds that contribute to fatigue management and the maintenance of healthy blood sugar levels already within a normal range
- Contains ribonucleic acid (RNA) compounds that can be broken apart as cells to create energy or manufacture protein*

Suggested use: Three capsules per day, or as directed.

Synergistic Product Support
- Magnesium Lactate

Chezyn® GF

Chezyn is a balanced trace mineral complex of zinc, copper, and iron.*

- Encourages healthy cellular energy production
- Supports proper enzyme functioning
- Supports normal blood production
- Supports immune system response function
- Supports cognitive function
- Supports healthy thyroid function
- Supports normal testes function*

Suggested use: One tablet per day, or as directed.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
<td>&lt;1%*</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.2 mg</td>
<td>17%</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.3 mg</td>
<td>23%</td>
</tr>
<tr>
<td>Niacin</td>
<td>3 mg</td>
<td>19%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.3 mg</td>
<td>16%</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>50 mcg DFE</td>
<td>13%</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>0.5 mcg</td>
<td>21%</td>
</tr>
<tr>
<td>Biotin</td>
<td>10 mcg</td>
<td>33%</td>
</tr>
<tr>
<td>Pantothenic Acid</td>
<td>1 mg</td>
<td>20%</td>
</tr>
<tr>
<td>Selenium</td>
<td>5 mg</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Coenzyme Q10</td>
<td>80 mg</td>
<td></td>
</tr>
<tr>
<td>Multi-fruit seed powder [ruby grape seed, blueberry seed, cranberry seed, red raspberry seed, and black raspberry seed], ribonucleic acid, organic cordyceps mushroom powder, American ginseng (root), and bromelain.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Cellulose, organic quinoa sprouts, water, and calcium stearate.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iron</td>
<td>5 mg</td>
<td>28%</td>
</tr>
<tr>
<td>Zinc</td>
<td>10 mg</td>
<td>91%</td>
</tr>
<tr>
<td>Copper</td>
<td>0.2 mg</td>
<td>22%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>148 mg</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Zinc amino acid (rice) chelate, iron amino acid (rice) chelate, honey, copper amino acid (rice) chelate, arabic gum, and calcium stearate.
Chlorophyll Complex™

Chlorophyll Complex supports multiple body systems.*
- Provides ingredients with antioxidant activity
- Supports vascular health
- Supports the body’s normal immune system response function
- Provides cardiovascular support
- Maintains skin and hair health*

Suggested use: Two softgels per meal, or as directed.

Special information: Chewing this product is not recommended.

Synergistic Product Support
- Cataplex E and OPC Synergy

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Vitamin A (as Beta-Carotene)</td>
<td>20 mcg RAE</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>780 mg†</td>
</tr>
<tr>
<td>Organic sesame seed oil, fat soluble extract from alfalfa (leaf) and sunflower seed, sunflower lecithin, organic buckwheat (aerial parts), Spanish moss (Tillandsia usneoides), organic pea vine, and organic carrot.</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Gelatin, water, and glycerine.

Chlorophyll Complex Ointment™

Chlorophyll Complex Ointment moisturizes and soothes for healthy-looking skin.*

Suggested use: To be applied locally as an emollient.*

Special information: for external use only

Cholacol®

Cholacol supports healthy fat digestion.*
- Source of bile salts
- Supports gallbladder function
- Helps enzymes break down fats, which can help with discomfort after eating a fatty meal
- Supports healthy elimination*

Suggested use: Two tablets per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>700 mg†</td>
</tr>
<tr>
<td>Collinsonia (root) and purified bovine bile salts.</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Honey and calcium stearate.
Cholaplex®

Cholaplex supports the cardiovascular system.*
- Encourages healthy fat processing by the liver
- Supports a healthy vascular system
- Contains a combination of key ingredients from Orchex, Cataplex G, Cataplex F, Cyruta, and Cholacol®

Suggested use: One capsule per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Riboflavin</td>
<td>0.3 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Niacin</td>
<td>22 mg</td>
<td>138%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>4 mg</td>
<td>235%</td>
</tr>
<tr>
<td>Choline</td>
<td>16 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Iodine</td>
<td>130 mcg</td>
<td>87%</td>
</tr>
</tbody>
</table>

Proprietary Blend 425 mg †
Collinsonia (root), defatted wheat germ, bovine liver, calcium lactate, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, porcine stomach, Spanish moss (Tillandsia usneoides), purified bovine bile salts, bovine orchic Cytosol™ extract, soy protein, inositol, sunflower lecithin powder, bovine spleen, oxine spleen, betaine hydrochloride, potassium bicarbonate, manganese glycerophosphate, bovine prostate, porcine brain, organic carrot, organic sweet potato, bovine adrenal Cytosol™ extract, oat flour, bovine orchic extract, and ascorbic acid.

† Daily Value not established.

Other Ingredients: Gelatin, choline bitartrate, niacinamide, water, pyridoxine hydrochloride, calcium stearate, prolamine iodine (zein), and riboflavin.

Gluten-free  This product contains less than 20 parts per million per the suggested use listed on each product label.  Vegetarian (lacto-ovo)

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

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

Choline supports healthy fat metabolism.*
- Supports healthy cell membrane structure and function
- Provides support for methylation reactions
- Supports healthy liver and gallbladder function
- Supports a healthy nervous system*

Suggested use: One tablet per meal, or as directed.

Circuplex®

Circuplex supports the circulatory and parasympathetic nervous systems.*
- Promotes healthy peripheral circulation
- Promotes vascular integrity
- Contains a combination of key ingredients from Phosfood Liquid, Niacinamide B₆, and Ribonucleic Acid*

Suggested use: One capsule per meal, or as directed.

Nutrient Facts

<table>
<thead>
<tr>
<th>Supplement Facts</th>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
<td></td>
</tr>
<tr>
<td>Choline</td>
<td>180 mg</td>
<td>33%</td>
</tr>
</tbody>
</table>

Ingredients: Choline bitartrate, honey, and calcium stearate.

Nutrient Facts

<table>
<thead>
<tr>
<th>Supplement Facts</th>
<th>Serving Size: 1 Capsule</th>
<th>Servings per Container: 150</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
<td></td>
</tr>
<tr>
<td>Niacin</td>
<td>30 mg</td>
<td>188%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>4.7 mg</td>
<td>276%</td>
</tr>
</tbody>
</table>

Proprietary Blend 415 mg †
Ribonucleic acid, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, arrowroot flour, bovine liver, phosphoric acid, porcine stomach, soy protein, bovine spleen, ovine spleen, calcium lactate, defatted wheat germ, bovine adrenal CytoSolv™ extract, porcine brain, inositol, ascorbic acid, and magnesium citrate.
†Daily Value not established.

Other Ingredients: Gelatin, niacinamide, water, pyridoxine hydrochloride, and calcium stearate.
Cod Liver Oil

Cod Liver Oil helps bridge the gap in dietary omega-3 intake and addresses vitamin A and D deficiency. The convenient softgels have a natural lemon flavor and are rigorously tested to be below regulatory standards for contaminants and toxins.

Cod Liver Oil supports general health, healthy inflammatory processes, immune system response,* and also:

- Supports healthy eyes and skin
- Supports epithelial tissue
- Supports bone and tooth health
- Supports musculoskeletal system
- May support mood challenges and liver function
- Supportive but not conclusive research has shown that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.**

*As part of a diet low in saturated fat and cholesterol.

Suggested use: Three softgels per day, or as directed.

Special information: Store in a cool, dark place.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 3 Softgels</td>
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<tr>
<td>Servings per Container: 60</td>
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</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>20</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Protein</td>
<td>1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>650 mcg RAE</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>2.5 mcg</td>
</tr>
<tr>
<td>Cod Liver Oil</td>
<td>3,000 mg</td>
</tr>
<tr>
<td>DPA</td>
<td>300 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>210 mg</td>
</tr>
<tr>
<td>Total Omega-3</td>
<td>630 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, natural flavor, sunflower oil, and rosemary extract.

Collagen C™

Collagen C supports healthy connective tissue.*

- Provides ingredients with antioxidant activity
- Supports and promotes normal immune system response function
- Provides whole food sources of vitamin C
- Good source of antioxidant vitamin C*

Suggested use: One tablet per meal, or as directed.

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

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 Tablet</td>
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<tr>
<td>Servings per Container: 90</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>100 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>5 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>194 mg</td>
</tr>
<tr>
<td>Organic rose hips, wild onion, organic echinacea angustifolia (root), organic echinacea purpurea (root), bovine adrenal, defatted wheat germ, organic buckwheat flour, organic buckwheat (aerial parts) juice powder, organic reishi mushroom powder, and organic shiitake mushroom powder</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other Ingredients: Ascorbic acid, honey, organic acerola (berry), maltodextrin, and calcium stearate.
Collinsonia Root  

*Collinsonia canadensis* is an herb historically used to support vascular tissue and water balance.*
- Historically used for support of the bladder and kidneys
- Historically used to support digestion*

Suggested use: Two capsules with a full glass of water twice a day between meals, or as directed.

---

### Congaplex®

Congaplex is used for short-term support of the immune system.*
- Supports healthy immune system response function
- Provides nutrients that support antioxidant activity
- Supports the thymus gland
- Contains ribonucleic acid, which the body uses to build new cells
- Contains a combination of key ingredients from Cataplex A-C, Thymex, Calcium Lactate, and Ribonucleic Acid (RNA)*

Suggested use: Three capsules per meal, or as directed.

---

**Synergistic Product Support**
- Echinacea C

---

### Supplement Facts

**Collinsonia Root**
- 2775 - 150 Capsules

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Collinsonia root</td>
<td>580 mg</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Gelatin, water, and calcium stearate.

---

**Congaplex®**
- Introduced in 1959
- 2915 - 90 Capsules | 2925 - 150 Capsules

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>270 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>6 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>80 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>15 mg</td>
</tr>
</tbody>
</table>

Proprietary blend: 630 mg
- Bovine thymus (Cytovex™ extract, ribonucleic acid, bovine bone, carrot (root), defatted wheat (germ), bovine adrenal, organic sweet potatoes, vegetable, organic alfalfa (seed), yeast, isoflavone mix, rice, bovine kidney, organic alfalfa (seed), yeast, PQQ™ extract, organic dried buckwheat (seed) (part), rice, organic buckwheat (seed), organic reishi mushroom powder, organic shiitake mushroom powder, rice (bran), sunflower lecithin powder, and carrageenan.

†Daily Value not established.

Other Ingredients: Gelatin, calcium lactate, magnesium citrate, water, ascorbic acid, starch, calcium stearate, vitamin A palmitate, and D-alpha tocopherol/retinyl palmitate.

---

**Standard Process Product Index**

**MediHerb Product Index**

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

---

*Barley on the Standard Process certified organic farm*
Congaplex® Chewable

Congaplex Chewable is used for short-term support of the immune system.*

- Supports healthy immune system response function
- Provides nutrients that support antioxidant activity
- Supports the thymus gland
- Contains ribonucleic acid, which the body uses to build new cells
- Contains a combination of key ingredients from Cataplex A-C, Thymex, Calcium Lactate, and Ribonucleic Acid (RNA)
- Great-tasting chewable tablet with natural raspberry fruit powder*

Suggested use: Three tablets per meal, or as directed.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 3 Tablets</th>
<th>Servings per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>140 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>3 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>155 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Proprietary Blend: Bovine thymus Cytosol™ extract, ribonucleic acid, bovine bone, organic carrot, defatted wheat germ, bovine adrenal, organic sweet potato, veal bone, organic alfalfa (aerial parts) juice powder, nutritional yeast, oat flour, organic alfalfa (aerial parts), bovine kidney, veal bone PMG™ extract, organic buckwheat flour, organic buckwheat (aerial parts) juice powder, organic shiitake mushroom powder, organic reishi mushroom powder, rice bran, sunflower lecithin powder, d-alpha tocopherol (vitamin E sunflower), and carrot oil.

Other Ingredients: Organic dehydrated sugar cane juice (sugar), cellulose, raspberry powder, maltodextrin, calcium lactate, magnesium citrate, natural flavor, calcium stearate, ascorbic acid, starch, and vitamin A palmitate.

GF Gluten-free: This product contains less than 20 parts per million per the suggested use listed on each product label. 
V Vegetarian (lacto-ovo)

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

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

Cruciferous Complete supports cellular health.*
- Supports healthy liver function
- Provides ingredients with antioxidant activity
- Our research shows some compounds in kale and Brussels sprouts promote the liver’s natural phase one and two detoxification processes in cell and animal models.*

Suggested use: One capsule per day, or as directed.

**Warning:** This product contains naturally occurring Vitamin K1. All forms of Vitamin K may interact with blood thinning medications. If you are taking such medicines, please consult with your health care professional before taking this product.

Synergistic Product Support
- Garlic, Livaplex, and Spanish Black Radish

Cyrofood®

Cyrofood supports cellular health and general well-being.*
- Encourages healthy cell functioning
- Promotes vitality
- Supports the healthy aging body
- Contains a combination of key ingredients from Catalyn with additional whole foods and trace minerals to help balance the diet and support healthy tissue*

Suggested use: Four tablets per meal, or as directed.

**Warning:** This product contains naturally occurring vitamin K1. All forms of vitamin K may interact with blood thinning medications. If you are taking such medicines, please consult with your health care professional before taking this product.

Supplement Facts

**Cruciferous Complete™**
- Serving Size: 1 Capsule
- Servings per Container: 90
- Amount per Serving
  - Vitamin K1: 4 mcg (% Daily Value: 3%)
  - Potassium: 10 mg (% Daily Value: <1%)
  - Proprietary Blend: 500 mg (% Daily Value not established)

**Cyrofood®**
- Serving Size: 4 Tablets
- Servings per Container: 90
- Amount per Serving
  - Cholesterol: 10 mg (% Daily Value: <1%)
  - Total Carbohydrate: <1 g (% Daily Value: <1%)
  - Calcium: 20 mg (% Daily Value: 2%)
  - Proprietary Blend: 620 mg (% Daily Value not established)

Other Ingredients: Gelatin, water, and calcium stearate.
Cyrofood® Powder

Cyrofood Powder supports cellular health and overall vitality.*
- Encourages healthy cell functioning
- Promotes vitality
- Supports the healthy aging body
- Fiber derived from whole food ingredients to encourage healthy intestinal function
- Can be mixed in a supplement shake or added to foods*

Suggested use: One level tablespoon mixed in blender drink per day, or as directed.

Cyro-Yeast®

Cyro-Yeast supports cellular health and overall vitality.*
- Encourages healthy cell functioning
- Supports the healthy aging body
- Promotes health in the lower gastrointestinal tract
- Contains a combination of key ingredients from Catalyn and Lactic Acid Yeast*

Suggested use: One wafer per meal, or as directed.

Special information: This product should be chewed then swallowed.

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

Cyruta supports healthy cholesterol levels that are already within a normal range.*

- Supports circulatory cholesterol transport
- Supports healthy cellular glucose handling to help maintain blood sugar levels already within a normal range
- Supports healthy peripheral circulation
- Contains several independent factors that help to maintain the integrity of capillary walls*

**Suggested use:** One tablet per meal, or as directed.

---

**Cyruta® Plus**

Cyruta Plus supports capillary integrity and function.*

- Supports circulatory cholesterol transport
- Supports healthy cellular glucose handling to help maintain blood sugar levels already within a normal range
- Supports healthy peripheral circulation
- Contains several independent factors that help to maintain the integrity of capillary walls*

**Suggested use:** One tablet per meal, or as directed.

Special information: Keep bottle tightly closed. This product absorbs moisture.

---

**Synergistic Product Support**

- Collagen C

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proprietary Blend</td>
<td>339 mg †</td>
</tr>
<tr>
<td>Organic buckwheat (aerial parts) juice powder, organic buckwheat flour, inositol, oat flour, and bovine adrenal Cytosol™ extract.</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>3 mg</td>
</tr>
<tr>
<td>†Daily Value not established.</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Honey, ascorbic acid, and calcium stearate.

---

**Introducing in 1950**

3325 - 90 Tablets  | 3330 - 360 Tablets
14030, 14031, 14040, 14041 - 10-Day Healthy Inflammation Response Kits

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90 or 360</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proprietary Blend</td>
<td>306 mg †</td>
</tr>
<tr>
<td>Organic buckwheat (aerial parts) juice powder, organic buckwheat flour, bovine adrenal Cytosol™ extract, and oat flour.</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>3 mg</td>
</tr>
<tr>
<td>†Daily Value not established.</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Honey, ascorbic acid, and calcium stearate.

---

Please consult the actual product label for the most accurate product information.
Daily Fundamentals—Adrenal Health

**CONVENIENCE PACKS**

Adrenal Health Daily Fundamentals support healthy adrenal function and emotional balance. Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

- Cataplex A-C-P (two tablets)—supports cardiovascular health, immune system response function, and cell maintenance
- Drenamin (three tablets)—supports adrenal function and helps maintain emotional balance and energy production
- Paraplex (one tablet)—supports cellular health and healthy pancreas, pituitary, thyroid, and adrenal gland function*

Suggested use: Contents of one pack each morning and evening.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Pack</th>
<th>Servings per Container: 60</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>250 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>20 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>12 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>10 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>50 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>15 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend 1,200 mg

- Organic buckwheat (wholeparts) juice powder, organic buckwheat flour, rice bran, nutritional yeast, bovine adrenal, magnesium citrate, organic alfalfa (wholeparts) juice powder, bovine adrenal PMS™ extract, bovine liver, porcine stomach, organic sweet potato, organic carrot, bovine kidney, oat flour, bovine pancreas PMS™ extract, organic alfalfa (wholeparts), porcine euoderm, dehydrated wheat germ, bovine bone, organic shilajit mushroom powder, organic reishi mushroom powder, bovine pituitary PMS™ extract, bovine thyroid PMS™ extract (processed to substantially remove its thyroxine), porcine brain, sunflower lecithin, veal bone PMS™ extract, veal bone, d-alpha tocopherol (vitamin E sunflower), organic echinacea angustifolia (root), organic echinacea purpurea (root), calcium phosphate, and carrot oil.

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Calcium lactate, honey, cellulose, choline bitartrate, ascorbic acid, niacinamide, calcium stearate, modified corn starch, arabic gum, riboflavin, vitamin A palmitate, and pyridoxine hydrochloride.

---

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Daily Fundamentals—Bone Health

CONVENIENCE PACKS

Bone Health Daily Fundamentals provide convenient maintenance support to keep bones strong and healthy. Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life. Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

- Calcifood (three wafers)—provides calcium
  Special information: This product should be chewed then swallowed.
- Cataplex D (one tablet)—supports and maintains healthy bone density
- Cruciferous Complete (one capsule)—helps move calcium into bones
- Ostrophin PMG (two tablets)—supports healthy bone function*

Suggested use: Contents of one pack each morning and evening.

Warning: This product contains naturally occurring Vitamin K1. All forms of Vitamin K may interact with blood thinning medications. If you are taking such medicines, please consult with your health care professional before taking this product.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>20</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>3 g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
<td>4%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>&lt;1 g</td>
<td>1%</td>
</tr>
<tr>
<td>Protein</td>
<td>&lt;1 g</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>150 mcg RAE</td>
<td>17%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>20 mcg</td>
<td>100%</td>
</tr>
<tr>
<td>Vitamin K1</td>
<td>4 mcg</td>
<td>3%</td>
</tr>
<tr>
<td>Calcium</td>
<td>370 mg</td>
<td>28%</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>80 mg</td>
<td>6%</td>
</tr>
<tr>
<td>Manganese</td>
<td>8 mg</td>
<td>348%</td>
</tr>
<tr>
<td>Sodium</td>
<td>45 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Potassium</td>
<td>10 mg</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>2,275 mg</td>
<td>†</td>
</tr>
</tbody>
</table>

† Percent Daily Values are based on a 2,000 calorie diet.

MediHerb Product Index

Standard Process

Product Index

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

Standard Process
Whole Food Nutrient Solutions | standardprocess.com | 800-558-8740
Daily Fundamentals—
General Female Endocrine

**CONVENIENCE PACKS**

General Female Endocrine Daily Fundamentals provide a protocol to support a healthy endocrine system and overall well-being. Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

- Black Currant Seed Oil (one softgel)—supports proper eicosanoid synthesis and the body’s normal tissue repair process
- Catalyn (two tablets)—contains vital nutrients, encourages healthy cell functioning, and supports overall well-being
- Hypothalamus PMG (one tablet)—supports healthy hypothalamus tissue and function
- Symplex F (one tablet)—supports healthy function of the ovaries and the adrenal, pituitary, and thyroid glands
- Tuna Omega-3 Oil (two softgels)—delivers essential omega-3 fatty acids (including DHA and EPA) and supports emotional balance as well as healthy skin and hair.*

*Suggested use: Contents of one pack each morning and evening.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Pack</th>
<th>Servings per Container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Total Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>240 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>3 mg</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>5 mcg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.1 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.1 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.7 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Tuna Oil</td>
<td>1,330 mg</td>
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<tr>
<td>DHA</td>
<td>330 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>60 mg</td>
</tr>
<tr>
<td>Black Currant Seed Oil</td>
<td>320 mg</td>
</tr>
<tr>
<td>Gamma-Linolenic Acid</td>
<td>47 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>660 mg</td>
</tr>
</tbody>
</table>

*Proprietary Blend: Porcine hypothalamus PMG™ extract, magnesium citrate, defatted wheat germ, organic sweet potato, nutritional yeast, bovine adrenal, bovine ovary PMG™ extract, bovine liver, bovine adrenal PMG™ extract, bovine pituitary PMG™ extract, bovine thyroid PMG™ extract (processed to substantially remove its thyroxine), bovine kidney, bovine spleen, ovine spleen, organic alfalfa (aerial parts) juice powder, organic pea vine juice powder, oat flour, sunflower lecithin, organic shiitake mushroom powder, organic reishi mushroom powder, and rice bran.

*Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

*Other Ingredients: Gelatin, calcium lactate, water, glycerine, honey, cellulose, calcium stearate, arabinose gum, ascorbic acid, starch, cholecalciferol, pyridoxine hydrochloride, vitamin A palmitate, sucrose, thiamine hydrochloride, d-alpha tocopheryl (vitamin E), and riboflavin.

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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*
Daily Fundamentals—General Health

CONVENIENCE PACKS

General Health Daily Fundamentals provide convenient foundational maintenance support to help patients maintain optimal health. Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

- Catalyn (three tablets)—contains vital nutrients from whole food and other sources
- Trace Minerals-B12 (one tablet)—trace mineral supplement
- Tuna Omega-3 Oil (two softgels)—provides 300 mg DHA and 60 mg EPA omega-3 fatty acids to support heart, brain, eye, and joint health*  

Suggested use: Contents of one pack each morning and evening.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Special information: Store product in a cool, dark place.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Pack</th>
<th>Servings per Container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%Daily Value</strong></td>
</tr>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>360 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4 mg</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>7.8 mcg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>1 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>4.5 mcg</td>
</tr>
<tr>
<td>Iron</td>
<td>1.4 mg</td>
</tr>
<tr>
<td>Iodine</td>
<td>300 mcg</td>
</tr>
<tr>
<td>Zinc</td>
<td>2.7 mg</td>
</tr>
<tr>
<td>Copper</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Manganese</td>
<td>16 mg</td>
</tr>
</tbody>
</table>

### Daily Fundamentals

- **DHA** 300 mg
- **EPA** 60 mg
- Proprietary Blend 2,176 mg
  - Tuna oil, delisted wheat germ, calcium lactate, kelp, organic carrot, organic sweet potato, nutritional yeast, bovine adrenal, magnesium citrate, bovine liver, organic alfalfa (aerial parts) juice powder, organic pea vine juice powder, alfalfa, bovine kidney, bovine spleen, ovine spleen, bovine orchic extract, bovine bone, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, sunflower lecithin, yeast bone, rice bran, organic shiitake mushroom powder, and organic reishi mushroom powder.

*Percent Daily Values are based on a 2,000 calorie diet. 
†Daily Value not established.

Other Ingredients: Gelatin, water, glycerin, honey, manganese lactate, zinc amino acid (nicotinate), iron amino acid (nicotinate), calcium lactate, copper amino acid (nicotinate), arabic gum, dicalcium phosphate, ascorbic acid, modified corn starch, potassium carbonate, red peppers, citrus peel oil, natural fruit flavors, ethylcellulose, silicon dioxide, maltodextrin, and natural colors.
Dermatrophin PMG®

Dermatrophin PMG supports healthy skin and connective tissue.*

- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested use: One tablet per meal, or as directed.

Diaplex®

Diaplex supports healthy sugar handling to help maintain blood sugar levels already within a normal range.*

- Encourages healthy blood sugar levels already within a normal range when combined with a healthy diet
- Contains chromium, an essential nutrient involved in carbohydrate metabolism
- Supports the healthy function of the pancreas
- Supports healthy bowel function
- Encourages healthy gallbladder function
- Contains a combination of key ingredients from Zypan, Arginex, A-F Betafood, Betacol, Pituitrophin PMG, and Pancreatrophin PMG*

Suggested use: Two capsules per meal, or as directed.

Synergistic Product Support
- Cataplex B and Cellular Vitality
- Cataplex GTF
- Magnesium Lactate

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>134 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 Capsules</th>
<th>Servings per Container: 75</th>
</tr>
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<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>360 mcg RAE</td>
</tr>
<tr>
<td>Niacin</td>
<td>1 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Iodine</td>
<td>10 mg</td>
</tr>
<tr>
<td>Chromium</td>
<td>55 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>960 mg</td>
</tr>
</tbody>
</table>

Note: Daily Value not established.

Other Ingredients: Gelatin, chromium yeast, water, cellulose, calcium stearate, stearic acid, vegetable source, starch, niacinamide, vitamin A palmitate, ascorbic acid, pyridoxine hydrochloride, d-alpha tocopherol (vitamin E sunflower), and proline iodine (zein).
Disodium Phosphate

Disodium Phosphate is used for short-term support of the bowel.*
- Supports healthy elimination
- Promotes intestinal motility*

Suggested use: Three capsules taken with 8 ounces of water, or as directed.

Caution: not recommended for use in a sodium-restricted diet

Drenamin®

Drenamin supports adrenal function and helps maintain emotional balance.*
- Promotes healthy adrenal gland function
- Encourages a healthy response to everyday environmental stresses and supports immune system response function
- Maintains energy production
- Supports a balanced mood
- Good source of antioxidant vitamin C
- Contains a combination of key ingredients from Cataplex C, Cataplex G, and Drenatrophin PMG*

Suggested use: Three tablets per meal, or as directed.

Synergistic Product Support
- Adrenal Desiccated
- Catalyn

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phosphorus 580 mg</td>
<td>46%</td>
</tr>
<tr>
<td>Sodium 700 mg</td>
<td>30%</td>
</tr>
</tbody>
</table>

Ingredients: Disodium phosphate, gelatin, calcium stearate, and water.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C 9 mg</td>
<td>10%</td>
</tr>
<tr>
<td>Riboflavin 1 mg</td>
<td>77%</td>
</tr>
<tr>
<td>Niacin 12 mg</td>
<td>75%</td>
</tr>
<tr>
<td>Vitamin B6 0.3 mg</td>
<td>18%</td>
</tr>
<tr>
<td>Choline 10 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium 5 mg</td>
<td>&lt;1%</td>
</tr>
</tbody>
</table>

Proprietary Blend 685 mg
- Calcium lactate, rice bran, bovine liver, bovine adrenal, porcine stomach, nutritional yeast, bovine adrenal PMG™ extract, organic alfalfa (aerial parts) juice powder, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, magnesium citrate, oat flour, bovine bone, organic shiitake mushroom powder, organic reishi mushroom powder, porcine brain, veal bone PMG™ extract, organic sweet potato, and sunflower lecithin.

†Daily Value not established.

Other ingredients: Honey, cellulose, choline bitartrate, niacinamide, ascorbic acid, calcium stearate, riboflavin, d-alpha tocopherol (vitamin E sunflower), and pyridoxine hydrochloride.
Drenatrophin PMG®

Drenatrophin PMG supports adrenal function.*
- Provides a unique profile of minerals, nucleotides, and peptides
- Supports adrenal gland health*

Suggested use: One tablet per meal, or as directed.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>134 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

Echinacea-C™

Echinacea-C supports the immune system.*
- Supports healthy white blood cells
- Supports a healthy immune system response function
- Combines Echinacea angustifolia (root) and Echinacea purpurea (root)*

Suggested use: One tablet per meal, or as directed.

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

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>5 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>197 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Organic rose hips, honey, organic acerola (berry), organic maltodextrin, and calcium stearate.

E-Manganese™

E-Manganese supports healthy pituitary gland function.*
- Contains manganese, an important cofactor for numerous enzymatic reactions*

Suggested use: One tablet per day, or as directed.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin E</td>
<td>5.1 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Manganese</td>
<td>8 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>192 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, honey, manganese glycerophosphate, d-alpha tocopherol (vitamin E sunflower), modified tapioca starch, and calcium stearate.

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

Emphaplex supports the respiratory system.*
- Supports the body’s natural ability to expel respiratory secretions
- Provides ingredients with antioxidant activity
- Supports cellular energy
- Supports central nervous system function
- Contains a combination of key ingredients from Catalyn, Drenamin, Pneumotrophin PMG, Phosfood Liquid, and Protefood*

Suggested use: Two capsules per meal, or as directed.

Caution: If pregnant or lactating, consult your health care professional before using this product.

Supplement Facts
Serving Size: 2 Capsules
Servings per Container: 45

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0.0 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>390 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>6 mg</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0.6 mcg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.1 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.5 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>1.2 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1.8 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>2.7 mcg</td>
</tr>
<tr>
<td>Zinc</td>
<td>2.0 mg</td>
</tr>
<tr>
<td>Copper</td>
<td>1.0 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend 1,210 mg †
Fenugreek (seed), defatted wheat germ, oat flour, soy protein, bovine adrenal, bovine bone,veal bone, bovine lung PMG™ extract, bovine liver, nutritional yeast, organic carrot, aniseed flour, dera (fruit), bovine adrenal PMG™ extract, porcine stomach, organic alfalfa (aerial parts) juice powder, ribonucleic acid, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, phosphoric acid, organic sweet potato, DL-methionine, bovine spleen, ovine spleen, L-lysine, glutamic acid, d-alpha tocopheryl acetate, sunflower, organic shiitake mushroom powder, organic reishi mushroom powder, rice bran, sunflower lecithin powder, porcine brain, and inositol.

†Daily Value not established.

Other Ingredients: Gelatin, choline bitartrate, water, ascorbic acid, niacinamide, starch, vitamin A palmitate, cholecalciferol, riboflavin, sucrose, pyridoxine hydrochloride, calcium stearate, and folic acid hydrochloride.

Enzycore

Enzycore is a comprehensive blend of enzymes, glutamine, and other whole food ingredients designed to support healthy digestion and maximize nutrient absorption.*
- Contains microbial enzymes for action within a broad range of pH
- Contains a blend of enzymes that comprehensively break down fats, proteins, and carbohydrates
- Kale and beet powder included to support healthy digestive processes
- Contains L-glutamine, an amino acid used as a building block for other amino acids, also provides energy to cells with high energy needs (like those in the intestines)
- Provides support during both gastric and intestinal phases of digestion*

Suggested use: One capsule three times per day with meals, or as directed.

Supplement Facts
Serving Size: 1 Capsule
Servings per Container: 150

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proprietary Blend</td>
<td>538 mg</td>
</tr>
<tr>
<td>L-glutamine</td>
<td>0.2 g</td>
</tr>
<tr>
<td>alfalfa (aerial parts)</td>
<td>1.5 g</td>
</tr>
<tr>
<td>organic kale (aerial parts)</td>
<td>1.5 g</td>
</tr>
<tr>
<td>organic beet (root)</td>
<td>0.5 g</td>
</tr>
<tr>
<td>amylase</td>
<td>0.5 g</td>
</tr>
<tr>
<td>protease 4.5</td>
<td>0.5 g</td>
</tr>
<tr>
<td>glucoamylase</td>
<td>0.5 g</td>
</tr>
<tr>
<td>alpha-glucosidase</td>
<td>0.5 g</td>
</tr>
<tr>
<td>lactase</td>
<td>0.5 g</td>
</tr>
<tr>
<td>protease 6.0</td>
<td>0.5 g</td>
</tr>
<tr>
<td>acid maltase</td>
<td>0.5 g</td>
</tr>
<tr>
<td>protease 3.0</td>
<td>0.5 g</td>
</tr>
<tr>
<td>invertase</td>
<td>0.5 g</td>
</tr>
<tr>
<td>lipase</td>
<td>0.5 g</td>
</tr>
<tr>
<td>bromelain</td>
<td>0.5 g</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Cellulose, water, maltodextrin, and calcium stearate.
Epimune Complex is a vegan immune system support supplement designed to help your immune system stand up to challenges. It helps support respiratory health.*

- Supports specific aspects of immune system activity and contains research-supported ingredients such as EpiCor® and maitake and turkey tail mushrooms
- Supports healthy white blood cells
- Helps support respiratory health year-round, especially during seasonal challenges
- Helps activate and balance a healthy immune system response function
- Delivers an excellent source of vitamin C and zinc, both of which provide antioxidant and immune support*

**Suggested use:** Two capsules per day, or as directed.

EpiCor® is a registered trademark of Embria Health Sciences, L.L.C.

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**Epimune Complex Research Report**

To evaluate the modulating capability of Epimune Complex on the immune system, Standard Process undertook a study to examine individual responses to Epimune Complex. After analyzing the data on adults who took Epimune Complex for 30 days, researchers found:

- Over this short open-label pilot study, researchers also reported a nonsignificant increase in salivary immunoglobulin A (IgA); however, when compared to a longer study published by the maker of EpiCor®, this finding is consistent with that study’s finding of a statistically significant increase in salivary IgA at eight weeks.
- Extreme variability between people and within the same subject over time, suggesting that immune system signals were being supported based on physiological need and not in a strictly stimulatory or depressive manner
- A statistically significant increase in red blood cell zinc, which may safeguard red blood cell membranes from oxidative damage*

For the complete research report, see: standardprocess.com

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>20 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Zinc</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>516 mg</td>
</tr>
<tr>
<td>Organic turkey tails mushroom powder</td>
<td>210 mg</td>
</tr>
<tr>
<td>Maitake mushroom extract, maitake mushroom powder.</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, zinc amino acid (rice) chelate, organic acerola (berry), maltodextrin, and water.

With MaitakeGold 404® maitake mushroom extract, a registered trademark of the Tradeworks Group, Inc. protected under U.S. Patent 5,854,404.

With EpiCor® dried yeast fermentate, a registered trademark of Embria Health Sciences, LLC.

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![Mean Red Blood Cell Zinc (µg/dL)](image-url)
e-Poise®

e-Poise supports cellular health.*
• Encourages healthy cell functioning
• Promotes vitality
• Supports the healthy aging body
• Supports the body’s physiological and biochemical processes
• Supports energy metabolism, which helps cells convert macronutrients into energy
• Contains a combination of key ingredients from Catalyn and Ferrofood as well as Tillandsia usneoides
• Good source of antioxidant vitamin C*

Suggested use: Two capsules per day, or as directed.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 Capsules</th>
<th>Servings per Container: 75</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%Daily Value</strong></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>420 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>11 mg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>0.6 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1.2 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>0.4 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend: 854 mg†
Defatted wheat germ, organic carrot, bovine adrenal, organic sweet potato, nutritional yeast, fat soluble extract from alfalfa (leaf) and sunflower seed, magnesium citrate, bovine liver, bovine spleen, ovine spleen, bovine kidney, organic alfalfa (aerial parts) juice powder, carotene, oat flour, bovine spleen PMG™ extract, veal bone, bovine bone, sunflower lecithin powder, organic shiitake mushroom powder, organic reishi mushroom powder, rice bran, panax ginseng, choline bitartrate, choline citrate, Spanish moss (Tillandsia usneoides), porcine stomach parenchyma, organic buckwheat (aerial parts), organic pea sprouts, licorice (root), and organic flaxseed oil.

†Daily Value not established.

Other Ingredients: Calcium lactate, gelatin, ferrous lactate, water, ascorbic acid, modified corn starch, calcium stearate, vitamin A palmitate, cholecalciferol, pyridoxine hydrochloride, sucrose, thiamine hydrochloride, calcium phosphate, d-alpha tocopherol (vitamin E sunflower), modified tapioca starch, riboflavin, and cyanocobalamin.

Please consult the actual product label for the most accurate product information.
E-Z Mg™ is a plant-based, multiform magnesium (Mg) developed to support patients with inadequate dietary magnesium intake. Made from two key ingredients: Swiss chard (beet leaf) and buckwheat – both grown on our sustainable and certified organic farm in Wisconsin.

- Plant-based, naturally occurring multiform of magnesium
- Helps to bridge the gap in dietary magnesium intake*
- May promote whole-body and urine alkalization*
- Rich source of vitamin K1
- Gluten-Free, Vegan, USDA Organic

**Suggested use:** One stick pack per day, or as directed. Add stick pack into 8 ounces of water and mix thoroughly for 10 to 15 seconds.

**Warning:** This product contains naturally occurring Vitamin K1. All forms of vitamin K may interact with blood-thinning medications. If you are taking such medicines, please consult with your health care professional before taking this product. If you have been directed to eat a diet low in oxalates (found in leafy green vegetables), please consult with your health care professional before taking this product. If you are pregnant or lactating, please consult with your health care professional before taking this product.

---

**Supplement Facts**

**Serving Size:** 1 stick pack

**Servings per Container:** 30

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>20</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>4 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Vitamin K1</td>
<td>36 mcg</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>30 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>85 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>56 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>350 mg</td>
</tr>
</tbody>
</table>

**Proprietary Blend**

6 g

Organic swiss chard (beet leaf) juice powder and organic buckwheat (aerial parts) juice powder.

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Organic rice hull concentrate, natural flavor, and monk fruit extract.

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

Fen-Cho supports natural and consistent intestinal movement.*
- Supports healthy bowel function
- Supports healthy elimination*

Suggested use: Two capsules per meal, or as directed.

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

Fen-Gre®

Fen-Gre is used to support healthy blood lipid profiles already within a normal range, healthy blood sugar metabolism, and the action of the mammary gland.*
- Fenugreek, an ingredient in Fen-Gre, has been historically used to support healthy levels of mucus and phlegm in the lungs and bronchial tubes.
- Supports metabolic pathways that regulate hormones associated with normal glucose metabolism*

Suggested use: Three capsules per meal with a full glass of water, or as directed.

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

Ferrofood®

Ferrofood contains iron to support the body’s need for this mineral.*
- Maintains healthy blood
- Promotes and supports normal blood production
- Supports cellular integrity
- Provides iron, which is essential for the synthesis of hemoglobin and helps deliver oxygen to red blood cells
- Supports enzyme actions in the body
- Contains vitamin C to help with iron absorption
- High in antioxidant vitamin C*

Suggested use: One capsule per day with food, or as directed.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.
Folic Acid B₁₂

Folic acid and vitamin B₁₂ support cellular health.*
- Encourages healthy cell production
- Supports healthy nervous system development
- Encourages healthy circulation
- Supports healthy homocysteine levels
- Essential in the important processes of DNA formation and replication
- Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord birth defect.*

Suggested use: One tablet per day, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Folate</td>
<td>665 mcg DFE</td>
<td>166%</td>
</tr>
<tr>
<td>Folic acid</td>
<td>(400 mcg folic acid)</td>
<td></td>
</tr>
<tr>
<td>Vitamin B₁₂</td>
<td>6 mcg</td>
<td>255%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>350 mg</td>
<td></td>
</tr>
</tbody>
</table>

Calcium lactate, bovine liver, organic carrot, organic sweet potato, porcine stomach parenchyma, defatted wheat germ, bovine spleen, ovine spleen, bovine adrenal CytoSolv™ extract, oat flour, and ascorbic acid.

†Daily Value not established.

Ingredients: Honey, dicalcium phosphate, cellulose, folic acid, and cyanocobalamin.

For-Til B₁₂®

For-Til B₁₂ is a fortified tillandsia (Spanish moss) product combined with vitamin B₁₂, which supports essential cellular and neurological functions.*
- Encourages healthy immune system response function
- Supports healthy blood sugar levels when already within a normal range
- Promotes vitality*

Suggested use: One capsule per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B₁₂</td>
<td>3 mcg</td>
<td>125%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>288 mg</td>
<td></td>
</tr>
</tbody>
</table>

Spanish moss (Tillandsia usneoides), calcium lactate, defatted wheat germ, oat flour, calcium phosphate, bovine spleen, ovine spleen, ascorbic acid, and magnesium citrate.

†Daily Value not established.

Other Ingredients: Gelatin, water, dicalcium phosphate, calcium stearate, and cyanocobalamin.

Garlic

Garlic provides support to cells, organs, and systems that keep the body healthy.*
- Encourages healthy circulation
- Supports healthy liver function
- Enhances immune system response function
- Promotes healthy lung function
- Helps maintain normal cholesterol and triglyceride levels already within a normal range
- Provides ingredients with antioxidant activity*

Suggested use: One capsule per day, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proprietary Blend</td>
<td>550 mg</td>
<td></td>
</tr>
</tbody>
</table>

Organic garlic and organic parsley (aerial parts).

†Daily Value not established.

Other Ingredients: Gelatin, water, and calcium stearate.

Caution:
This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

Gluten-free: This product contains less than 20 parts per million per the suggested usage listed on each product label. Vegetarian: (facts vary)

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

Gastrex supports digestion and stimulates cleansing of the upper gastrointestinal (GI) tract.

- Supports the body’s normal tissue repair process
- Supports GI cleansing through the elimination of waste materials

Suggested use: Two capsules with a full glass of water 15 minutes before meals and bedtime, or as directed.

Synergistic Product Support
- Chlorophyll Complex

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Gastro-Fiber®

Gastro-Fiber supports the digestive system.

- Encourages a healthy intestinal environment to help maintain proper intestinal flora
- Cleanses the lower gastrointestinal (GI) tract
- Encourages a healthy GI tract pH
- Supports healthy elimination
- Contains fennel, which helps relieve gas, associated abdominal cramps, and occasional indigestion
- Maintains healthy lipid and blood glucose levels already in normal ranges
- Can be used as nutritional support in the Standard Process Purification Program

Suggested use: Three capsules, three times per day on an empty stomach, or as directed.

Caution: If pregnant or lactating, consult your health care professional before using this product.

Synergistic Product Support
- A-F Betafood
- ProSynbiotic

---

Supplement Facts

<table>
<thead>
<tr>
<th>Gastrex®</th>
<th>Introduced in 1959</th>
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</thead>
<tbody>
<tr>
<td>4605 - 90 Capsules</td>
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</table>

<table>
<thead>
<tr>
<th>Gastro-Fiber®</th>
<th>Introduced in 2002</th>
</tr>
</thead>
<tbody>
<tr>
<td>4615 - 150 Capsules</td>
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</tbody>
</table>

Purification Product Kits

12010, 12035, 12055, 12065

Please consult the actual product label for the most accurate product information.
Ginkgo Synergy®

Ginkgo Synergy combines the natural properties of Ginkgo biloba (leaf extract plus whole leaf) and grape seed extract to support healthy brain function.*

- Provides ingredients with antioxidant activity
- Supports pliability in blood vessel walls, specifically in relation to blood flow to brain tissue
- Promotes mental clarity and cognition*

Suggested use: One capsule per day, or as directed.

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

Synergistic Product Support
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil

Glucosamine Synergy®

Glucosamine Synergy combines glucosamine, Boswellia serrata, and manganese to help maintain healthy joint function.*

- Maintains healthy connective tissue
- Supports the body’s normal connective tissue repair process
- Supports joint health
- Contains many of the same ingredients as Ligaplex II, with the added benefit of glucosamine and boswellia for relieving discomfort in the affected areas after strenuous exercise*

Suggested use: One capsule three times per day, or as directed.

Caution: This product contains ingredients derived from shellfish.

Synergistic Product Support
- Collagen C
- Ligaplex I
Hemp Oil Complex™ is a unique formulation of ingredients, combined to provide a 3-in-1 benefit for the whole body – supporting the endocannabinoid system, inflammation response resolution pathways, and endogenous anti-oxidant pathways.

- Contains 15mg phytocannabinoids
- Supports the endocannabinoid system*
- Supports the body’s natural inflammatory response function*
- Ingredients that provide antioxidant activity*
- Non-genetically engineered hemp
- Gluten-free
- Combination of natural omega-3 fatty acids, including DHA and EPA
- Calamari oil certified sustainable from the independent nonprofit group Friend of the Sea®

Suggested use: Two softgels per day, or as directed.

Caution: This hemp derived product should not be consumed while pregnant or breastfeeding.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 Softgels</th>
<th>Servings per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%Daily Value</strong></td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>45 mg</td>
</tr>
<tr>
<td>Glucoraphanin</td>
<td>5 mg</td>
</tr>
<tr>
<td>DHA</td>
<td>130 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>55 mg</td>
</tr>
<tr>
<td>Omega-3</td>
<td>230 mg</td>
</tr>
<tr>
<td>Omega-6</td>
<td>60 mg</td>
</tr>
<tr>
<td>Hemp Oil (stalk and seed)</td>
<td>100 mg</td>
</tr>
<tr>
<td>(Containing 15 mg phytocannabinoids)</td>
<td></td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>730 mg</td>
</tr>
<tr>
<td>Calamari oil, TrueBroc®, and broccoli (aerial parts).</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.  †Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, dimagnesium malate, and beeswax.

TrueBroc® is protected by trademarks and patents of Brassica Protection Products LLC: www.brassica.com/ip
Hepatrophin PMG®

Hepatrophin PMG supports healthy liver function.*

- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested use: One tablet per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td>Sodium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Bovine Liver PMG™ Extract</td>
<td>320 mg</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Honey and calcium stearate.

This product features our exclusive Protomorphogen™ extract

Hypothalamus PMG®

Hypothalamus PMG supports hypothalamus function.*

- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested use: One tablet per day, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td>Sodium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>205 mg</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract

Hypothalmex®

Hypothalmex supports hypothalamus gland health.*

- Includes porcine hypothalamus Cytosol™ extract
- Supports healthy hypothalamus functioning*

Suggested use: One tablet per day, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>190 mg</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

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

Introduced in 1984
4940 - 90 Capsules | 4960 - 150 Capsules

Immuplex blends essential micronutrients and minerals as well as Protomorphogen™ and Cytosol™ extracts to support the immune system.*

• Taken daily, supports healthy immune system response function
• Helps maintain normal white blood cell activity already within a normal range
• Supports the body’s normal inflammatory response function as it relates to periodic challenges like consumption of a high-fat meal or strenuous activity
• Provides ingredients with antioxidant activity
• High in antioxidant vitamins C and E*

Suggested use: Two capsules per meal, or as directed.

Synergistic Product Support
• Calamari Omega-3 Liquid or Tuna Omega-3 Oil

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Inositol

Introduced in 1948
5000 - 90 Tablets

Inositol helps support the cardiovascular and nervous systems.*

• Supports healthy cell membrane integrity
• Supports normal cell membrane signaling
• Supports the normal processing of fats in the liver*

Suggested use: One tablet per meal, or as directed.

Other Ingredients: Gelatin, zinc rice chelate, ascorbic acid, iron rice chelate, chromium yeast, water, starch, d-alpha tocopherol (vitamin E sunflower), selenium yeast, copper rice chelate, pantotheine hydrolcholate, dicalcium phosphate, calcium stearate, vitamin A palmitate, folic acid, and cyanocobalamin.

†Daily Value not established.

Other Ingredients: Honey, water, and calcium stearate.

†Daily Value not established.
Inositol Powder

Inositol Powder helps support the cardiovascular and nervous systems.*
- Contains 325 mg more inositol per serving than Inositol tablets
- Supports healthy cell membrane integrity
- Supports normal cell membrane signaling
- Supports normal processing of fats in the liver
- Can be mixed in a supplement shake or added to foods*

Suggested use: One quarter teaspoon per day, or as directed.

Iodomere®

Iodomere supports healthy thyroid, immune, and cellular function.*
- Supports healthy thyroid function
- Supports normal basal metabolism*

Suggested use: One tablet per day, or as directed.

Caution: Do not use if you are allergic to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a health care professional.

## Supplement Facts

**Inositol Powder**

- **Iodomere®**

---

Sunset over the oat and barley fields on the Standard Process certified organic farm

---

Gluten-free. This product contains less than 20 parts per million per the suggested use listed on each product label. Vegetarian (lacto-ovo).

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

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

Iplex supports ocular health.*
- Supports normal eye function
- Supports healthy cellular and connective tissue associated with the eye
- Contains a combination of key ingredients from Cataplex A-C, Cataplex G, Cyruta, Ostrophin PMG, Phosfood Liquid, and Oculotrophin PMG*

Suggested use: Two capsules per meal, or as directed.

Lact-Enz®

Lact-Enz combines digestive enzymes with probiotic bacteria to support healthy digestion and immune system response function.*
- Supports healthy gastrointestinal flora
- Supports a healthy immune system response function
- Provides support during the gastric and intestinal phases of digestion*

Suggested use: Two capsules per meal, or as directed.

Synergistic Product Support
- Gastro-Fiber or Whole Food Fiber
Lactic Acid Yeast™

Lactic Acid Yeast supports a healthy intestinal environment.*

- Cleanses and promotes healthy function in the lower gastrointestinal tract*

Suggested use: One wafer per meal, or as directed.

Special information: This product should be chewed then swallowed.

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Ligaplex® I

Ligaplex I contains nutrients that provide acute ligament and muscle support.*

- Supports the body’s normal connective tissue repair and synthesis processes
- Supports healthy joints and muscles
- Supports bone growth and the synthesis of cartilage
- Contains buckwheat, which supports the body’s natural inflammatory response function as it relates to periodic challenges like strenuous exercise
- Contains a combination of key ingredients from Manganese B12, Cataplex E, Ostrophin PMG, and Cataplex A-C-P*

Suggested use: Two capsules per meal, or as directed.

---

Supplement Facts

**Lactic Acid Yeast**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
</tr>
</tbody>
</table>

Proprietary Blend 880 mg
- Organic corn, whey (milk), malt syrup, and yeast (Saccharomyces cerevisiae).

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Cellulose, honey, glycerine, calcium stearate, and arabic gum.

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**Ligaplex I**

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manganese</td>
<td>770 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>70 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2 mg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>1.1 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>5.6 mcg</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>28 mg</td>
</tr>
<tr>
<td>Manganese</td>
<td>55 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend 770 mg
- Bovine bone, calcium lactate, organic pea vine juice powder, oat flour, bovine liver, real bone PMG™ extract, bovine kidney, organic beef (red) juice powder, nutritional yeast, organic beef (red) juice powder, organic buckwheat flour, ribonucleic acid, organic carrot, organic sweet potato, bovine adrenal Cytosol™ extract, bovine spleen, ovine spleen, organic shiitake mushroom powder, organic reishi mushroom powder, sunflower lecithin powder, grass, and carrot oil.

†Daily Value not established.

Other Ingredients: Manganese lactate, gelatin, water, calcium stearate, dicalcium phosphate, modified tapioca starch, d-alpha tocopherol (vitamin E sunflower), ascorbic acid, modified corn starch, vitamin A palmitate, and cyanocobalamin.

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Ligaplex® II

Ligaplex II supports tissue and joints to maintain connective tissue health, especially for long-term support.*

- Provides the foundation to feed the musculoskeletal system and facilitate freedom of movement
- Nutritional compounds for support of proper formation and maintenance of skeletal tissues
- Involved in maintenance of healthy fluid levels
- Contains bovine heart PMG™ extract
- Contains a combination of key ingredients from Cyro-Yeast, Cardiotrophin PMG, Ostrophin PMG, Manganese B12, Super EFF, and Cataplex E*

Suggested use: Two capsules per meal, or as directed.

Synergistic Product Support
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Glucosamine Synergy
- Trace Minerals-B12

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>180 mcg RAE</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0.6 mcg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0.7 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>6 mcg</td>
</tr>
<tr>
<td>Manganese</td>
<td>35 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend 650 mg †
Nutritional yeast, carbamide, bovine bone, veal bone PMG™ extract, bovine liver, defatted wheat germ, bovine heart PMG™ extract, magnesium citrate, oat flour, inositol, organic pea-juice powder, Spanish moss (Tillandsia usneoides), organic beef (tong), organic sweet potato, organic carrot, ribonucleic acid, bovine liver fat extract, bovine adrenal CytoColl™ extract, bovine kidney, bovine spleen, ovine spleen, organic shiitake mushroom powder, organic reishi mushroom powder, rice bran, sunflower lecithin powder, and organic flaxseed oil extract.

†Daily Value not established.

Linum B6

Linum B6 contains flaxseed oil, a natural source of alpha-linolenic acid, and vitamin B6. This product is designed to support hormone production and nerve tissue as well as systems like the cardiovascular and immune systems.*

- Approximately 50 percent of flaxseed oil is made up of alpha-linolenic acid, which is a precursor of EPA and DHA.
- Supports the formation of eicosanoids
- Promotes healthy skin
- Supports cognitive function*

Suggested use: One softgel per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>2 mg</td>
</tr>
<tr>
<td>Flaxseed Oil</td>
<td>630 mg</td>
</tr>
</tbody>
</table>

†Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, beeswax, and pyridoxine hydrochloride.
Livaplex® GF

Livaplex is foundational support for the liver.*
- Supports healthy liver and gallbladder function
- Supports the body’s normal toxin-elimination function
- Encourages healthy digestion of fats
- Enhances bowel function
- Encourages healthy bile production
- Contains a combination of key ingredients from A-F Betafood, Hepatrophin PMG, Betacol, Spanish Black Radish, Chezyn, and Antronex*

Suggested use: One capsule per meal, or as directed.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Synergistic Product Support
- Cruciferous Complete, Garlic, and Spanish Black Radish

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

### Supplement Facts

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A (54% as beta-carotene)</td>
<td>200 mcg RAE</td>
<td>17%</td>
</tr>
<tr>
<td>Thiamin</td>
<td>2.8 mg</td>
<td>18%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.8 mg</td>
<td>47%</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>2.5 mg</td>
<td>14%</td>
</tr>
<tr>
<td>Niacin</td>
<td>1.6 mg</td>
<td>7%</td>
</tr>
<tr>
<td>Zinc</td>
<td>5 mg</td>
<td>45%</td>
</tr>
<tr>
<td>Copper</td>
<td>0.1 mg</td>
<td>11%</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
<td>0%</td>
</tr>
</tbody>
</table>

Proprietary Blend: 582 mg

- Bovine liver PMG™ extract
- Organic Spanish black radish (root)
- Bovine liver, calcium lactate, Spanish moss (Tillandsia usneoides), oat flour, organic beet (leaf) juice powder, organic beet (root), organic sweet potato, organic carrot, betaine hydrochloride, magnesium citrate, choline bitartrate, potassium bicarbonate, bovine kidney, bovine prostate, bovine adrenal Cytoflex™ extract, bovine liver fat extract (gallbladder), bovine orchic extract, organic flaxseed oil, ascorbic acid, bovine liver fat extract, and d-alpha tocopherol (vitamin E sunflower).

†Daily Value not established.

Other Ingredients: Gelatin, zinc amino acid (rice) chelate, iron amino acid (rice) chelate, lecithin, calcium stearate, niacinamide, copper amino acid (rice) chelate, pyridoxine hydrochloride, prolamine iodine (zein), beta carotene, modified corn starch, vitamin A palmitate, and sucrose.

Magnesium Lactate

Magnesium Lactate contains magnesium to support cellular functions.*

- Promotes cellular energy production
- Supports synthesis of essential molecules
- Provides cofactor support for more than 300 enzymes
- Supports ion signaling across cell membranes
- Supports the body’s natural ongoing activities of bone formation and resorption
- Helps facilitate muscle contraction
- Supports the body’s energy production, which is used by the central nervous, neuromuscular, and cardiovascular systems*

Suggested use: Three capsules per day, or as directed.

Synergistic Product Support
- Calcium Lactate

Mammary PMG®

Mammary PMG supports the mammary gland.*

- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested use: One tablet per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
</tr>
<tr>
<td>Magnesium</td>
<td>210 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Gelatin, magnesium lactate, calcium stearate, and water.

This product features our exclusive Protomorphogen™ extract

Please consult the actual product label for the most accurate product information.
Manganese B₁₂™

Manganese B₁₂ contains manganese, vitamin B₁₂, carrot root, and bovine bone to support enzymatic functions.*

- Supports the body’s normal tissue repair process
- Promotes healthy connective tissue
- Supports normal red blood cell function
- Supports hemoglobin formation
- Good source of antioxidant vitamin C*

Suggested use: One tablet per day, or as directed.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Manganese B₁₂ - 90 Tablets

Min-Chex®

Min-Chex is a combination of minerals and synergistic factors designed to support the nervous system.*

- Supports nervous system health
- Moderate calmative that helps maintain emotional balance
- Helps ease the effects of temporary stress
- Contains a combination of key ingredients from Min-Tran and Orchex*

Suggested use: One capsule one half hour before each meal, or as directed.

Synergistic Product Support

- Calamari Omega-3 Liquid or Tuna Omega-3 Oil

Min-Chex - 90 Capsules

Supplement Facts

<table>
<thead>
<tr>
<th>Manganese B₁₂</th>
<th>90 Tablets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Manganese</td>
<td>34 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Manganese lactate, honey, organic acerola (berry), camu camu (berry), zinc amino acid (rice) chelate, organic maltodextrin, dicalcium phosphate, manioc (root), iron amino acid (rice) chelate, copper amino acid (rice) chelate, calcium stearate, and cyanocobalamin.

Supplement Facts

<table>
<thead>
<tr>
<th>Min-Chex</th>
<th>5525 - 90 Capsules</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>25 mg</td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>5 mg</td>
</tr>
<tr>
<td>Iodine</td>
<td>300 mcg</td>
</tr>
<tr>
<td>Sodium</td>
<td>5 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>270 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Manganese lactate, honey, organic acerola (berry), camu camu (berry), zinc amino acid (rice) chelate, organic maltodextrin, dicalcium phosphate, manioc (root), iron amino acid (rice) chelate, copper amino acid (rice) chelate, calcium stearate, and cyanocobalamin.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Min-Tran®<sup>®</sup> Introduced in 1960
5615 - 330 Tablets | 5625 - 800 Tablets

Min-Tran is a vegetarian product that contains mineral complexes to support emotional balance.*
- Supports a healthy nervous system
- Mild calmative that helps maintain emotional balance
- Helps ease the effects of temporary stress
- Supports the actions of neurotransmitters that regulate mood*

Suggested use: Four tablets per meal, or as directed.

Multizyme®<sup>GF</sup> Introduced in 1963
5685 - 90 Capsules | 5695 - 150 Capsules

Multizyme contains digestive enzymes to support the proper breakdown of proteins, carbohydrates, and fats.*
- Enzymes provide support in the gastric and intestinal phases of digestion.
- Supplemental pancreatic enzymes support pancreatic function.*

Suggested use: One capsule per meal, or as directed.

Synergistic Product Support
- A-F Betafood
- ProSynbiotic

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 4 Tablets</th>
<th>Servings per Container: 82 or 200</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>120 mg</td>
</tr>
<tr>
<td>Iodine</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Calcium lactate, kelp, magnesium citrate, organic alfalfa (aerial parts), and calcium stearate.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Servings per Container: 90 or 150</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>340 mg †</td>
</tr>
</tbody>
</table>

† Daily Value not established.

Other Ingredients: Gelatin, cellulose, water, and calcium stearate.

Please consult the actual product label for the most accurate product information.
Myo-Plus®

Myo-Plus supports muscular health and function.*
- Supports the healthy functioning of muscles, including the heart
- Supports normal coronary blood flow
- Provides ingredients with antioxidant activity
- Support for increased oxygen demand during exercise
- Good source of antioxidant vitamin C
- Twin product to Cardio-Plus
- Contains a combination of key ingredients from Cataplex G, Cataplex E2, Cardiotrophin PMG, and Cataplex C*

Suggested use: Two tablets per meal, or as directed.

Synergistic Product Support
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Cataplex E
- Vasculin

Myotrophin PMG®

Myotrophin PMG is taken to support muscle function.*
- Provides a unique profile of minerals, nucleotides, and peptides
- Twin product to Cardiotrophin PMG*

Suggested use: One tablet per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 Tablets</th>
<th>Servings per Container: 45</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>15 mg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>1.3 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1.6 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>14 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.5 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>30 mg</td>
</tr>
<tr>
<td>Selenium</td>
<td>3 mcg</td>
</tr>
<tr>
<td>Sodium</td>
<td>16 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend 540 mg†
Bovine heart PMG™ extract, bovine liver, calcium lactate, porcine stomach, bovine orchic extract, Spanish moss (Tillandsia usneoides), defatted wheat germ, nutritional yeast, inositol, bovine spleen, ovine spleen, porcine brain, oat flour, and bovine adrenal Cytosol™ extract.

†Daily Value not established.

Other Ingredients: Honey, choline bitartrate, ascorbic acid, niacinamide, calcium lactate, arabic gum, d-alpha tocopherol (vitamin E sunflower), selenium yeast, modified tapioca starch, glycerine, riboflavin, and pyridoxine hydrochloride.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>5 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend 185 mg†
Bovine heart PMG™ extract and magnesium citrate.

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

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

Neuroplex combines synergistic ingredients to support the nervous and endocrine systems.*

- Supports the nervous system
- Supports cognitive functioning
- Contains a broad spectrum of vitamins, minerals, and complementary tissues to support endocrine organ function*

Suggested use: Two capsules per day, or as directed.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Neurotrophin PMG®

Neurotrophin PMG is a Protomorphogen™ extract formula that supports healthy central nervous system function.*

- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested use: One tablet per meal, or as directed.

This product features our exclusive Protomorphogen™ extract

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.9 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.9 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>40 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>8.9 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>8 mg</td>
</tr>
<tr>
<td>Zinc</td>
<td>18 mg</td>
</tr>
<tr>
<td>Copper</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>16 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend: 575 mg
- Spanish moss (Tillandsia usneoides), bovine orchic Cytosol™ extract, porcine brain PMG™ extract, bovine spleen, ovine spleen, defatted wheat germ, bovine hypothalamus, bovine anterior pituitary, bovine liver, calcium lactate, porcine brain, bovine pituitary PMG™ extract, and ascorbic acid.

† Daily Value not established.

Other Ingredients: Zinc amino acid (rice) chelate, gelatin, iron amino acid (rice) chelate, macamidite, water, pyridoxine hydrochloride, copper amino acid (rice) chelate, calcium stearate, thiamin hydrochloride, and riboflavin.

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>15 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend: 200 mg
- Porcine brain PMG™ extract and magnesium citrate.

† Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.
Niacinamide B₆

Niacinamide B₆ aids in the breakdown of proteins, fats, and carbohydrates.*
- Supports healthy cholesterol levels already within a normal range
- Supports metabolism and a healthy nervous system
- Supports energy metabolism
- Contains two important constituents of coenzymes that are essential for metabolic processes in each cell of the body*

Suggested use: One capsule per day, or as directed.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 Capsule</td>
</tr>
<tr>
<td>Servings per Container: 90</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Niacin</td>
<td>50 mg</td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>9 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>415 mg</td>
</tr>
<tr>
<td>Bovine liver, porcine stomach, calcium lactate, soy protein, bovine spleen, ovine spleen, defatted wheat germ, porcine brain, and ascorbic acid.</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value not established.

Other Ingredients: Gelatin, niacinamide, pyridoxine hydrochloride, and water.

Nutrimere® GF

Nutrimere supports protein metabolism and cellular activity.*
- Includes the building blocks for normal protein metabolism
- Encourages healthy cell functioning
- Promotes vitality
- Supports the healthy aging body*

Suggested use: Two capsules per meal, or as directed.

Caution: This product contains ingredients derived from shellfish.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 2 Capsules</td>
</tr>
<tr>
<td>Servings per Container: 45</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proprietary Blend</td>
<td>794 mg</td>
</tr>
<tr>
<td>Green-lipped mussel (Perna canaliculus) (shellfish), organic carrot, and organic sweet potato.</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value not established.

Other Ingredients: Gelatin and water.

Oculotrophin PMG® GF

Oculotrophin PMG is formulated to support eye health.*
- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested use: One tablet per meal, or as directed.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 Tablet</td>
</tr>
<tr>
<td>Servings per Container: 90</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>15 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>190 mg</td>
</tr>
<tr>
<td>Porcine eye PMG™ extract and magnesium citrate.</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract

Gluten-free. This product contains less than 20 parts per million per the suggested use listed on each product label. Vegetarian (fats-req).

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Okra Pepsin E₃ supports intestinal function.*

- Supports mucosal tissue in the intestines
- Supports bowel function
- Provides bowel cleansing*

Suggested use: One capsule after each meal, or as directed.

**Synergistic Product Support**

- Gastrex

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>215 mg</td>
<td></td>
</tr>
<tr>
<td>Okra (fruit), pepsin (1:10,000), fat soluble extract from alfalfa (leaf) and sunflower seed, bovine orchic extract, alginate, Spanish moss (\textit{Tillandsia usneoides}) unrewoven, organic buckwheat (aerial parts), organic pea vine, and organic carrot.</td>
<td>215 mg †</td>
<td>0%</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Gelatin, water, calcium stearate, cellulose, and d-alpha tocopherol (vitamin E sunflower).

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Brussels sprout seedlings in the Standard Process greenhouse
Olprima™ DHA GF

Olprima DHA provides condition-specific support through a high concentration of the omega-3, DHA. Olprima DHA supports cardiovascular and brain health while supporting the body’s healthy inflammatory response.*

- Supports healthy triglyceride and HDL.**
- Supports healthy inflammatory processes*
- Supports cardiovascular function**
- Supports general brain health and cognition*
- Gluten-free**
  *As part of a diet low in saturated fat and cholesterol.

Suggested use: Two softgels per day, or as directed.

Special information: Store product in a cool, dark place.

Olprima™ EPA GF

Olprima EPA provides condition-specific support through a high concentration of the omega-3, EPA. Olprima EPA provides general mood support while promoting a healthy inflammatory response.*

- Supports healthy triglyceride and HDL with minimal effect on LDL.**
- Supports healthy inflammatory processes*
- General mood support*
- Gluten-free
  *As part of a diet low in saturated fat and cholesterol.

Suggested use: Two softgels per day, or as directed.

Special information: Store product in a cool, dark place.

Olprima™ EPA|DHA GF

Olprima EPA|DHA provides condition-specific support through a 55:45 ratio of the omega-3s, EPA and DHA. Olprima EPA|DHA supports cardiovascular and brain health while supporting the body’s healthy inflammatory response.*

- Supports cardiovascular health**
- Supports healthy inflammatory processes*
- Supports general brain health and cognition*
- General mood support
- Gluten-free
  *As part of a diet low in saturated fat and cholesterol.

Suggested use: Two softgels per day, or as directed.

Special information: Store product in a cool, dark place.

---

Supplement Facts

**Serving Size: 2 Softgels
Servings per Container: 30

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Fish Oil Concentrate (from Tuna)</td>
<td>1220 mg</td>
</tr>
<tr>
<td>Omega-3</td>
<td>890 mg</td>
</tr>
<tr>
<td>DHA</td>
<td>670 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>75 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, rosemary, and astaxanthin.

---

Supplement Facts

**Serving Size: 2 Softgels
Servings per Container: 30

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Fish Oil Concentrate (from Anchovy and Sardine)</td>
<td>1200 mg</td>
</tr>
<tr>
<td>Omega-3</td>
<td>660 mg</td>
</tr>
<tr>
<td>Omega-6</td>
<td>50 mg</td>
</tr>
<tr>
<td>Omega-7</td>
<td>45 mg</td>
</tr>
<tr>
<td>Omega-9</td>
<td>75 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>600 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, rosemary, and astaxanthin.

---

Supplement Facts

**Serving Size: 2 Softgels
Servings per Container: 30

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Fish Oil Concentrate (from Anchovy and Sardine)</td>
<td>1220 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>400 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>30 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>500 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, rosemary, and astaxanthin.

---

Gluten-free: This product contains less than 20 parts per million per the suggested use listed on each product label. Vegetarian (p/s-ve): Products should be discussed by health care professionals according to each patient’s individual needs.

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

OPC Synergy® is a synergistic blend that supports antioxidant activity and cell functioning.*

- Provides nutrients that support antioxidant activity
- Supports and maintains normal cell function
- Helps maintain normal cognitive function
- Traditionally used in support of eye health
- Supports the complex processes associated with aging
- Supports a healthy cardiovascular system
- Helps maintain capillary integrity*

**Suggested use:** One capsule per day, or as directed.

**MASQUELIER’S® OPCs** is a registered trademark of International Nutrition Company BV, Loosdrecht, the Netherlands.

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**Orchex®**

Orchex combines nutrients to promote nervous system balance.*

- Potent calming effect that helps maintain emotional balance
- Encourages mental clarity, enhances the ability to relax, and allows greater adaptability to life’s stresses
- Supports the balanced function of the central nervous system
- Supports healthy testicular function*

**Suggested use:** One capsule per meal, or as directed.

---

**Orchic PMG®**

Orchic PMG supports healthy testicular function.*

- Provides a unique profile of minerals, nucleotides, and peptides*

**Suggested use:** One tablet per meal, or as directed.

*Please consult the actual product label for the most accurate product information.*
Organically Bound Minerals

Organically Bound Minerals contains iodine from alfalfa and kelp.*

- Encourages healthy enzyme functioning
- Promotes healthy connective tissue
- Helps maintain proper cellular energy production
- Provides ingredients with antioxidant activity
- Includes whole food-sourced ingredients with complexity maintained through careful processing
- Supports nervous system health
- Contains iodine to assist with proper thyroid function*

Suggested use: One tablet per meal, or as directed.

Caution: High dose iodine products should only be used under the direct supervision of a healthcare professional. Keep out of reach of children.

Synergistic Product Support

- Catalyn

Ostarplex®

Ostarplex contributes to skeletal system health.*

- Encourages the formation of healthy connective tissue
- Supports normal liver function
- Helps support important chloride ions at the cellular level
- Contains a combination of key ingredients from Betacol, Cal-Amo, Cataplex G, Ostrophin PMG, and Phosfood Liquid*

Suggested use: One capsule per meal, or as directed.

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

Other Ingredients: Gelatin, water, calcium stearate, niacinamide, pyridoxine hydrochloride, and riboflavin.
Ostrophin PMG®

Ostrophin PMG combines synergistic nutrients for natural bone health support.*
- Provides a unique profile of minerals, nucleotides, and peptides
- Supports healthy bone function*

Suggested use: One tablet per meal, or as directed.

Supplement Facts
Serving Size: 1 Tablet
Servings per Container: 90

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Manganese</td>
<td>4 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend
250 mg
Veal bone PMG™ extract, bovine bone, organic carrot (root), and organic sweet potato.

†Daily Value not established.

Other Ingredients: Calcium lactate, honey, manganese lactate, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

Ovatrophin PMG®

Ovatrophin PMG supports healthy ovary function.*
- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested use: One tablet per meal, or as directed.

Supplement Facts
Serving Size: 1 Tablet
Servings per Container: 90

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend
190 mg
Bovine ovary PMG™ extract and magnesium citrate.

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

Ovex®

Ovex provides a synergistic blend of nutrients for ovarian support.*
- Supports healthy ovarian functioning
- Helps balance female hormones
- Contains Cytosol™ extract from bovine ovary*

Suggested use: One tablet per meal, or as directed.

Supplement Facts
Serving Size: 1 Tablet
Servings per Container: 90

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>2 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend
355 mg
Calcium lactate, bovine ovary Cytosol™ extract, magnesium citrate, and d-alpha tocopherol (vitamin E sunflower).

†Daily Value not established.

Other Ingredients: Cellulose, calcium stearate, ascorbic acid, and modified tapioca starch.

Please consult the actual product label for the most accurate product information.
Ovex® P

Ovex P provides a synergistic blend of nutrients for ovarian support.*
- Supports healthy ovarian functioning
- Helps balance female hormones
- Contains Cytosol™ extract from porcine ovary*

Suggested use: One tablet per meal, or as directed.

Palmettoplex® GF

Palmettoplex supports male reproductive system health.*
- Supports healthy prostate gland function*

Suggested use: Three capsules per day, or as directed.

Pancreatrophin PMG®

Pancreatrophin PMG is designed to support healthy pancreatic function.*
- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested use: One tablet per meal, or as directed.
**Paraplex**

Paraplex is designed to promote normal carbohydrate metabolism.*
- Provides Protomorphogen™ extracts with unique profiles of minerals, nucleotides, and peptides
- Supports healthy pancreas, pituitary, thyroid, and adrenal gland function
- Contains a combination of key ingredients from Pituitrophin PMG, Thyrophin PMG, Pancreatrophin PMG, and Drenatrophin PMG*

Suggested use: One tablet per meal, or as directed.

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**Parotid PMG**

Parotid PMG supports the saliva-producing parotid gland.*
- Provides a unique profile of minerals, nucleotides, and peptides
- Supports healthy parotid gland function*

Suggested use: One tablet per meal, or as directed.

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**Phosfood Liquid**

Phosfood Liquid encourages a healthy blood calcium-phosphorus ratio.*
- Promotes healthy cellular metabolism
- Supports bone health*

Suggested use: Ten drops in water, three times per day, or as directed.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>190 mg</td>
</tr>
<tr>
<td>Magnesium citrate</td>
<td>190 mg</td>
</tr>
<tr>
<td>Bovine pancreas PMG™ extract, organic dried alfalfa (aerial parts) juice, nutritional yeast, bovine adrenal PMG™ extract, porcine duodenum, defatted wheat (germ), bovine pituitary PMG™ extract, bovine thyroid PMG™ extract (processed to substantially remove its thyroxine), and organic dried buckwheat (aerial parts) juice.</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

---

**Synergistic Product Support**

- Enzycore or Zypan
Pituitrophin PMG®

Pituitrophin PMG supports healthy pituitary function.*
- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested use: One tablet per meal, or as directed.

Synergistic Product Support
- Catalyn
- Hypothalamus PMG
- Trace Minerals-B₁₂

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proprietary Blend</td>
<td>115 mg 1% Daily Value</td>
</tr>
<tr>
<td>Magnesium citrate and bovine pituitary PMG™ extract</td>
<td></td>
</tr>
</tbody>
</table>

This product features our exclusive Protomorphogen™ extract

---

Pneumotrophin PMG®

Pneumotrophin PMG supports healthy lung function.*
- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested use: One tablet per meal, or as directed.

Synergistic Product Support
- Catalyn
- Hypothalamus PMG
- Trace Minerals-B₁₂

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proprietary Blend</td>
<td>180 mg 1% Daily Value</td>
</tr>
<tr>
<td>Bovine lung PMG™ extract and magnesium citrate</td>
<td></td>
</tr>
</tbody>
</table>

This product features our exclusive Protomorphogen™ extract

---

Prebiotic Inulin

Prebiotic Inulin supports bone health, immune system response function, and gut balance.*
- Encourages a healthy intestinal environment to benefit probiotic intestinal flora
- Promotes normal development of epithelial tissue
- Supports absorption of calcium and magnesium
- Excellent source of fiber
- Supports immune system response function in the gut
- Promotes a healthy pH in the lower gastrointestinal tract
- Supports healthy elimination
- Can be mixed in a supplement shake or added to foods*

Suggested use: Two teaspoons per day in a shake, or as directed.

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

Synergistic Product Support
- Gut Flora Complex (MediHerb®)
- ProSynbiotic
- Vitanox® (MediHerb)

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 Teaspoons (scoops) (approx. 8 grams)</th>
<th>Servings per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calorie</td>
<td>15</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>6 g 2% Daily Value</td>
</tr>
<tr>
<td>Dietary Fiber (as Inulin [Chicory root fiber])</td>
<td>5 g 18% Daily Value</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>0 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>200 mg 10% Daily Value</td>
</tr>
<tr>
<td>Calcium</td>
<td>40 mg 10% Daily Value</td>
</tr>
</tbody>
</table>

Percent Daily Values are based on a 2,000 calorie diet.
Daily Value not established.

Other Ingredients: Calcium lactate and magnesium lactate.

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

Prolamine Iodine supports healthy iodine levels.*

- Provides healthy thyroid support*
- Designed to support healthy serum iodine levels*
- For patients who may need higher iodine dose, consider Prolamine Iodine Plus

Processing of Iodine

Prolamine iodine (zein) is the main source of iodine in this product. The iodine is prepared as a Lugol's solution of 2.1, potassium iodide (KI) : iodine (I₂). This aqueous solution creates a unique triiodide form (KI₃) which forms stable bonds with both starch and protein in organic corn meal from the Standard Process farm.

Suggested use: One tablet per day, or as directed.

Caution: Individuals sensitive to iodine should not consume this product. High dose iodine products should only be used under the direct supervision of a health care professional. Keep out of reach of children.

Synergistic Product Support

- Symplex F or Symplex M
- Thyrotophin PMG

Prolamine Iodine Plus

Prolamine Iodine Plus supports healthy iodine levels.*

- Provides thyroid support*
- Designed for short-term use for patients who may need high dose of iodine*
- Contains organic kelp – a whole food source of iodine
- Contains 3 mg of iodine, the most in any of our iodine products

Processing of Iodine

Prolamine iodine (zein) is the main source of iodine in this product. The iodine is prepared as a Lugol’s solution of 2:1, potassium iodide (KI) : iodine (I₂). This aqueous solution creates a unique triiodide form (KI₃) which forms stable bonds with both starch and protein in organic corn meal from the Standard Process farm.

Suggested use: One capsule per day, or as directed.

Caution: High dose iodine products should only be used under the direct supervision of a health care practitioner. Keep out of reach of children. Individuals sensitive to iodine should not consume this product. Consult your health care provider if you are pregnant, nursing, or taking antithyroid medications. Not for long-term use.

Synergistic Product Support

- Symplex F or Symplex M
- Thyrotophin PMG
Prostate PMG®

Prostate PMG supports healthy prostate gland function.*

- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested use: One tablet per meal, or as directed.

Prost-X™

Prost-X contains bovine prostate Cytosol™ extract and Tillandsia usneoides.*

- Encourages healthy prostate gland function
- Supports the health of bone, muscle, and nerve tissue*

Suggested use: One capsule per meal, or as directed.

ProSynbiotic

ProSynbiotic is a synergistic blend of four research-supported probiotic strains and two prebiotic fibers to support gut flora and overall intestinal health.*

- Contains research-supported strains of lactic acid bacteria (Lactobacillus and Bifidobacterium) and Saccharomyces cerevisiae var. boulardii
- Contains inulin (a nondigestible soluble fiber from chicory root) and galactooligosaccharides (nondigestible carbohydrates), both of which are used by probiotic bacteria as food
- Useful in maintaining a healthy gut microbial environment
- Supports the body’s natural absorption of calcium and magnesium
- Improves nutrient digestion and absorption
- Supports normal bowel regularity and consistency
- Supports the body’s natural immune system response function*

Suggested use: Three capsules per day, or as directed.

Special information: Store in a cool, dry place. Although research varies, our strains seem to work best when taken after a meal.

Synergistic Product Support

- Gastro-Fiber or Whole Food Fiber
- Prebiotic Inulin

†Daily Value not established.

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

Protefood supports protein metabolism and immune system response function as well as skeletal and muscular health.*

- Supports cellular health
- Promotes healthy protein metabolism
- Contains the essential amino acid lysine, needed for proper collagen formation*

Suggested use: One capsule per meal, or as directed.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>3 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>20 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>40 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>365 mg†</td>
</tr>
<tr>
<td></td>
<td>Defatted wheat germ, bovine adrenal, organic carrot root, ribonucleic acid, DL-methionine, L-lysine, glutamic acid, and rice bran.</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Bovine bone, veal bone, gelatin, choline bitartrate, ascorbic acid, water, and calcium stearate.

**Purification Product Kits**

Our 21-day purification program helps patients purify, nourish, and maintain a healthy body and weight. We offer eight different purification product kits based on the preferred protein and fiber choice.*

Included in the kit are:

- One SP Cleanse
- Two SP Complete (any type)
- Two Gastro-Fiber or Whole Food Fiber
- One SP Green Food
- Patient program guide
- Recyclable bag

Special information: Supplement quantities are sufficient to cover or exceed the duration of the 21-day program.

**For suggested use, ingredients, and supplement facts:**

- SP Cleanse
- SP Complete
- SP Complete Dairy Free
- SP Complete Chocolate
- SP Complete Vanilla
- Gastro-Fiber
- SP Green Food
- Whole Food Fiber

**Standard Process Purification Program Product**

Please consult the actual product label for the most accurate product information.
Regeneplex®

Regeneplex is a clinically studied systemic skin health product that works from the inside out. By combining key ingredients from whole foods with complementary ingredients, this formula synergistically supports the body’s natural tissue-healing processes associated with the normal effects of aging.*

- Targets all three layers of skin, the circulatory and digestive systems, and cellular structure and functions
- Provides a supportive nutritional foundation for healthy skin
- Supports skin elasticity and appearance while helping address fine lines around the eyes
- Provides support for cellular rejuvenation
- High in antioxidant vitamin C*

Suggested use: Two capsules twice per day, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 Capsules</th>
<th>Servings per Container: 45</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>20 mg</td>
</tr>
<tr>
<td>Zinc</td>
<td>2 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>10 mg</td>
</tr>
<tr>
<td>Coenzyme Q10 (CoQ10)</td>
<td>15 mg</td>
</tr>
<tr>
<td>Lutein</td>
<td>3.5 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>850 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Gelatin, camu camu, corn starch, food starch, sucrose, water, manioc root, choline bitartrate, zinc rice chelate, glucose, casein (milk), sodium ascorbate, lipids from oleoresin and vegetable oil, mixed tocopherols, tricalcium phosphate, lycopene, choline bitartrate, beta-carotene, monoo-and diglycerides of fatty acids, alpha-carotene, and lecithin (soy).

Renaflood®

Renaflood offers whole food support for healthy renal function.*

- Provides uniquely derived nucleoprotein-mineral extracts that support cellular health
- Supports healthy kidney function
- Contains a combination of key ingredients from Arginex and Renatrophin PMG*

Suggested use: One tablet per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 180</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>235 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>5 mg</td>
</tr>
<tr>
<td>Kidney bean (aerial parts) juice powder, bovine kidney PMG™ extract, lactose (milk), bovine kidney, oat flour, defatted wheat germ, enzymatically processed Spanish moss (Tillandsia usneoides) and beet (root), organic carrot, and organic sweet potato.</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Honey, arabinogalactan, sucralose, modified corn starch, vitamin A palmitate, and sucrose.
Renatrophin PMG®

Renatrophin PMG is designed to support healthy kidney function.*
- Provides a unique profile of minerals, nucleotides, and peptides along with unknown factors
- Supports healthy kidney function*

Suggested use: One tablet per meal, or as directed.

Ribonucleic Acid (RNA)  

Ribonucleic Acid (RNA), derived from yeast, supports cell replication, growth, and protein synthesis.*
- Promotes healthy cellular growth and development
- Supports healthy cellular functioning*

Suggested use: One tablet per meal, or as directed.
Rumaplex®

Rumaplex provides healthy joint support.*

- Promotes healthy bone tissue
- Supports healthy connective tissue
- Supports the body’s normal tissue repair process
- Contains a combination of key ingredients from Catalyn, Ostrophin PMG, Calcifood, Arginex, Calcium Lactate, Prost-X, and Betacol*

Suggested use: Three capsules per meal, or as directed.

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

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 3 Capsules</td>
</tr>
<tr>
<td>Servings per Container: 13</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>1,020 mcg RAE</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>3 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>320 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>2.7 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend
NUTRITIONAL YEAST, BOVINE BONE, MANGANESE CITRATE, ORGANIC DRIED WHEAT (PENTURAL PARTS) JUICE, ORGANIC BUCKWHEAT SEED, VEAL BONE PMG™ EXTRACT, ORGANIC DRIED PEA (VINE) JUICE, BOVINE ADRENAL, BIOTIN, HYDROXYCHLORIDE, SOY PROTEIN, BOVINE PROSTATE CYTOSOL™ EXTRACT, DEFATTED WHEAT (GERM), SALT SOUR, VEAL BONE, CARROT (ROOT), BOVINE LIVER PMG™ EXTRACT, BOVINE SPLEEN, ORGANIC BLOOD, BOVINE LIVER, ENZYMATICALLY PROCESSED SPANISH MOSS (TILLANDSIA USTMELLOIDE) AND BEETLE LEAF, ORGANIC NOOTROPIC BLEND, ORGANIC BLOOD, ORGANIC ALFALFA (AERIAL PART) JUICE POWDER, BOVINE ORCHIC EXTRACT, AND CALCIUM PHOSPHATE.

Senaplex®

Senaplex is formulated to meet the unique physiological and metabolic needs of older adults.*

- Supports a healthy nervous system
- Promotes calcium absorption
- Supports healthy cell functioning
- Supports cognitive function
- Contains a combination of key ingredients from Betacol, Cyro-Yeast, Protefood, and For-Til B12.*

Suggested use: Two capsules per meal, or as directed.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 2 Capsules</td>
</tr>
<tr>
<td>Servings per Container: 45</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>1,200 mcg RAE</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>3.4 mcg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.1 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>0.1 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.1 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>0.6 mcg</td>
</tr>
<tr>
<td>Choline</td>
<td>40 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend
NUTRITIONAL YEAST, SPANISH MOSS (TILLANDSIA USTMELLOIDE), BOVINE PMG™ EXTRACT, CALCIUM LACTATE, BOVINE HYDROXYCHLORIDE, DEFATTED WHEAT GERM, SOY PROTEIN, BOVINE ADRENAL, INOSITOL, SUNFLOWER LEAF TEA IN, BOVINE BONE, ORGANIC CARROT, ORGANIC SWEET POTATO, RIBOFLAVIN, BOVINE KIDNEY, DL-METHIONINE, BOVINE SPLEEN, ORGANIC BLOOD, RICE BRAN, GLUTAMIC ACID, L-TYRINE, ORGANIC ALFALFA (PENTURAL PART) JUICE POWDER, BOVINE ORCHIC EXTRACT, AND CALCIUM PHOSPHATE.

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

Sesame Seed Oil is traditionally used for blood support.*
- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports immune system response function*

Suggested use: One softgel per meal, or as directed.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 Softgel</td>
</tr>
<tr>
<td>Servings per Container: 60</td>
</tr>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>Organic sesame seed oil</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Gelatin, water, and glycerine.

Soybean Lecithin

Soybean Lecithin contains essential fatty acids.*
- Supports the liver's ability to process fats
- Precursor for brain neurotransmitters
- Helps maintain normal cognitive function
- Supports cell membranes
- Supports nerve function*

Suggested use: One softgel per meal, or as directed.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 Softgel</td>
</tr>
<tr>
<td>Servings per Container: 240</td>
</tr>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>Organic Soybean Lecithin</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Gelatin, water, and glycerine.

SP Cleanse®

SP Cleanse combines 20 unique whole food and botanical ingredients designed to support the body’s normal toxin-removal processes.*
- Supports healthy kidney, liver, and gallbladder function
- Encourages healthy digestive function
- Supports the body’s natural toxin-elimination function
- Promotes healthy elimination*

Suggested use: Seven capsules, three times per day on an empty stomach or with a nutritional supplement shake, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Not for long-term use except under the direction of a qualified health care professional. If you are taking any prescription drugs, consult with your health care professional prior to use.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 7 Capsules</td>
</tr>
<tr>
<td>Servings per Container: 21</td>
</tr>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Choline</td>
</tr>
<tr>
<td>Iron</td>
</tr>
</tbody>
</table>

Proprietary Blend 2,680 mg†
- Juniper (berry) powder, organic red clover (aerial parts) powder (Trifolium pratense), coliflower (root), apple pectin, burdock (root) powder, organic barley (grass), dandelion (leaf), organic beet (root), organic Spanish black radish (root), oregon grape (root) powder, organic cayenne pepper (Capsicum annum), fenugreek (seed), inositol, globe artichoke (leaf), fenugreek (seed), milk thistle extract (80% silymarin), organic comfrey root powder, licorice (root parts), organic kale (aerial parts), organic carrot, and organic sweet potato.

†Daily Value not established.

Other Ingredients: Cellulose, choline bitartrate, water, and calcium stearate.

Synergistic Product Support
- Cruciferous Complete
- Livaplex
- SP Complete, SP Green Food, and Gastro-Fiber or Whole Food Fiber
SP Complete®

SP Complete offers essential whole food nutrition in a convenient powder.*

- Provides amino acids
- Supports intestinal, muscular, and immune system health
- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports the body’s normal toxin-elimination function
- Contains non-denatured whey proteins that have kept their nutritional integrity throughout the manufacturing process
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle
- Adds vital nutrients to any diet and can be used as nutritional support in the Standard Process Purification Program*

Suggested use: One to three shakes per day, or as directed.

Special information: Store unopened container in a cool, dark place.

Synergistic Product Support
- Calamari Omega-3 Liquid
- Prebiotic Inulin
- Whole Food Fiber

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 rounded tablespoons (scoops) (approx. 25 g)</th>
<th></th>
<th>Per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>% Daily Value</strong></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>100</td>
<td>2%*</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5 g</td>
<td>2%*</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
<td>2%*</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>6 g</td>
<td>2%*</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
<td>11%*</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>&lt;1 g</td>
<td>1</td>
</tr>
<tr>
<td>Protein</td>
<td>10 g</td>
<td>20%*</td>
</tr>
<tr>
<td>Choline</td>
<td>70 mg</td>
<td>13%</td>
</tr>
<tr>
<td>Calcium</td>
<td>200 mg</td>
<td>15%</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>65 mg</td>
<td>5%</td>
</tr>
<tr>
<td>Sodium</td>
<td>30 mg</td>
<td>1%</td>
</tr>
<tr>
<td>Potassium</td>
<td>130 mg</td>
<td>3%</td>
</tr>
</tbody>
</table>

Proprietary Blend:
- Whey protein (milk), organic flax meal, rice protein, calcium citrate, magnesium citrate, organic buckwheat (aerial parts), organic brussels sprouts (aerial parts), organic kale (aerial parts), inositol, organic alfalfa (aerial parts) juice powder, sunflower lecithin powder, grape seed extract, organic carrot, and red wine extract.

Other Ingredients: Choline bitartrate. Includes Masquelier’s® OPC-85 grape seed extract.

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

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SP Complete® Chocolate

SP Complete Chocolate offers essential whole food nutrition in a convenient powder with delicious chocolate flavor.*

- Provides amino acids
- Supports intestinal, muscular, and immune system health
- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports the body’s normal toxin-elimination function
- Contains non-denatured whey proteins that have kept their nutritional integrity throughout the manufacturing process
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle
- Natural flavors made without the use of monosodium glutamate (MSG)
- Adds vital nutrients to any diet and can be used as nutritional support in the Standard Process Purification Program*

Suggested use: Four rounded tablespoons (scoops) or one packet in 8 ounces water. One to three servings per day, or as directed. Mix thoroughly for 10 to 15 seconds.

Special information: Store unopened container in a cool, dark place.

Synergistic Product Support
- Calamari Omega-3 Liquid
- Whole Food Fiber
- Prebiotic Inulin

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>120</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>4 g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
<td>5%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>2 g</td>
<td>1%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>50 mg</td>
<td>17%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>10 g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
<td>14%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>1 g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>10 g</td>
<td>2%</td>
</tr>
<tr>
<td>Choline</td>
<td>70 mg</td>
<td>13%</td>
</tr>
<tr>
<td>Calcium</td>
<td>200 mg</td>
<td>15%</td>
</tr>
<tr>
<td>Iron</td>
<td>2 mg</td>
<td>11%</td>
</tr>
<tr>
<td>Sodium</td>
<td>75 mg</td>
<td>3%</td>
</tr>
<tr>
<td>Potassium</td>
<td>320 mg</td>
<td>7%</td>
</tr>
</tbody>
</table>

Proprietary Blend
30 g
Whey protein (milk), flax meal, organic cocoa powder (processed with alkali), rice protein, calcium citrate, magnesium citrate, sunflower lecithin powder, organic buckwheat (leaf), organic Brussels sprouts (aerial parts), organic kale (aerial parts), choline bitartrate, inositol, organic alfalfa (aerial parts) juice powder, grape (seed) extract* and organic carrots.

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Maltodextrin, arabic gum, sea salt, monk fruit extract, natural flavors, organic guar gum, and xanthan gum.
*Includes Masquelier® OPC-85
SP Complete® Dairy Free

SP Complete Dairy Free offers essential whole food nutrition in a convenient powder.*

- Rice protein provides a nondairy source of amino acids.
- Supports intestinal, muscular, and immune system health
- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports the body’s normal toxin-elimination function
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle
- Adds vital nutrients to any diet and can be used as nutritional support in the Standard Process Purification Program*

Suggested use: Two heaping tablespoons (scoops) per shake. One to three shakes per day, or as directed.

Special information: Store unopened container in a cool, dark place.

**Synergistic Product Support**
- Calamari Omega-3 Liquid
- Whole Food Fiber
- Prebiotic Inulin

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 2 heaping tablespoons (scoops) approx. 28 g</td>
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<tr>
<td>Servings per Container: 30</td>
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<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2 g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>10 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>13 g</td>
</tr>
<tr>
<td>Choline</td>
<td>70 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>200 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>1.5 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>80 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend 28 g†
Rice protein, organic flax meal, calcium citrate, magnesium citrate, organic buckwheat (aerial parts), organic Brussels sprouts (aerial parts), organic kale (aerial parts), inositol, organic alfalfa (aerial parts) juice powder, sunflower lecithin powder, grape seed extract, organic carrot, and red wine extract.

† Daily Value not established.
†† Percent Daily Values are based on a 2,000 calorie diet.
†% Daily Value not established.

Other Ingredients: Choline bitartrate.
Includes Masquelier’s® OPC-85 grape seed extract

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

SP Complete Vanilla offers essential whole food nutrition in a convenient powder with delicious vanilla flavor.*

- Provides amino acids
- Supports intestinal, muscular, and immune system health
- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports the body’s normal toxin-elimination function
- Contains non-denatured whey proteins that have kept their nutritional integrity throughout the manufacturing process
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle
- Natural flavors made without the use of monosodium glutamate (MSG)
- Adds vital nutrients to any diet and it can be used as nutritional support in the Standard Process Purification Program.*

Suggested use: Four rounded tablespoons (scoops) or one packet in 8 ounces water. One to three servings per day, or as directed. Mix thoroughly for 10 to 15 seconds.

Special information: Store unopened container in a cool, dark place.

Synergistic Product Support
- Calamari Omega-3 Liquid
- Whole Food Fiber
- Prebiotic Inulin

**Supplement Facts**

| Serving Size: 4 Rounded Tablespoons (Scoops) or 1 Packet | Servings per Container: 23 or 10 packets |

- | Amount per Serving | % Daily Value |
- | Calories | 120 |
- | Total Fat | 4 g | 5%* |
- | Saturated Fat | 0.5 g | 3%* |
- | Polyunsaturated Fat | 2 g | 1% |
- | Monounsaturated Fat | 0.5 g | 1% |
- | Cholesterol | 50 mg | 17% |
- | Total Carbohydrate | 10 g | 4%* |
- | Dietary Fiber | 4 g | 14%* |
- | Total Sugars | 1 g | 1% |
- | Protein | 10 g | 20%* |
- | Choline | 80 mg | 11% |
- | Calcium | 200 mg | 15% |
- | Iron | 0.5 mg | 3% |
- | Sodium | 95 mg | 4% |
- | Potassium | 110 mg | 2% |

Proprietary Blend 24 g
- Whey protein (milk), flax meal, rice protein, calcium citrate, magnesium citrate, sunflower lecithin powder, organic buckwheat (leaf), organic Brussels sprouts (aerial parts), organic kale (aerial parts), choline bitartrate, inositol, organic alfalfa (aerial parts) juice powder, grape (seed) extract† and organic carrot.

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Maltodextrin, arabic gum, organic guar gum, sea salt, natural flavors, monk fruit extract, and xanthan gum.

†Includes Masqueur’s OPC-85
SP Detox Balance™

**Supports whole body detoxification.**

- Supports the body’s natural metabolic detoxification processes
- Rich source of protein (17g per serving) - contains protein from pea isolates, pumpkin concentrate, oat flour and buckwheat flour
- Provides amino acids required for conjugation enzymes (phase II enzymes)*
- Good source of dietary fiber
- Supports the body’s natural toxin elimination function*
- Good source of plant-based magnesium

**Suggested use:** The daily dosage as recommended by a health care professional is 1 serving per day up to 3 servings per day (each serving is equal to 2 heaping scoops). The SP Detox Balance™ program is not intended as a meal replacement.

**Warning:** This product contains naturally occurring Vitamin K1. All forms of vitamin K may interact with blood-thinning medications. If you are taking such medicines, please consult with your health care professional before taking this product. If you are pregnant or lactating, please consult with your health care professional before taking this product.

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### SP Detox Balance™ Chai

#### Supplement Facts

**Serving Size:** 2 Scoops (37.3 g)
**Servings per Container:** 21

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>160</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>5.9 g</td>
<td>7%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.1 g</td>
<td>5%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>1 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>15 mg</td>
<td>1%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>14.4 g</td>
<td>11%</td>
</tr>
<tr>
<td>Protein</td>
<td>17 g</td>
<td>34%*</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>23 g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
<td>14%*</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>1 g</td>
<td></td>
</tr>
</tbody>
</table>

**Proprietary Blend:**
Organic pea protein, flax meal, oat flour, organic pumpkin seed powder, organic buckwheat flour, organic beet root juice powder, organic barberry (root) powder, organic black radish (root) powder, organic barley (grass) juice powder, organic carrots (root) powder, organic chicory root powder, organic dandelion (leaf) powder, organic garlic (root) powder, organic grapefruit (fruit) powder, organic guava (fruit) powder, organic lentil (seed) powder, organic lipase (organ), organic maltodextrin (organ), organic onion (root) powder, organic pumpkin seed protein, organic radish (root) powder, organic rice (kernel) powder, organic rye (seed) powder, organic sunflower lecithin, organic tapioca starch, organic tamarind extract, organic tomatoes (fruit), organic whey powder (organ), organic xanthan gum, organic yeast (organ), and red wine extract.

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

© Gluten-free: This product contains less than 20 parts per million per the suggested use listed on each product label. 🍽️ Vegetarian (lacto-ovo)

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See page 131 for more details.
SP Green Food provides a simple way to supplement the diet.*
- Promotes healthy liver function
- Supports overall cellular health
- Supports cholesterol metabolism to help maintain cholesterol levels already within a normal range
- Supports the body’s normal toxin-elimination function
- Can be used as nutritional support in the Standard Process Purification Program*

Suggested use: Two capsules three times per day, or as directed.

Synergistic Product Support
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Catalyn
- Cellular Vitality
- OPC Synergy
- Trace Minerals-B12

Spanish Black Radish

Spanish Black Radish provides support for the body’s organs.*
- Our research shows that Spanish black radish induces the body’s detoxification enzymes in cell and animal models.
- Supports healthy liver and gallbladder function
- Encourages healthy digestion
- Supports the body’s normal toxin-elimination function
- Contains organically grown Spanish black radish*

Suggested use: One tablet per meal, or as directed.

Synergistic Product Support
- Cruciferous Complete and Garlic
- Livaplex

Human Clinical Trial on the Detoxification Action of Spanish Black Radish in Men Research Report

In a human study, Spanish Black Radish contributed to the body’s normal, balanced phase one and phase two detoxification processes. In this study, 20 male subjects were given a 1,000 mg dose of acetaminophen twice: once at the beginning of the study and again after consuming the Spanish Black Radish supplement. Blood and urine were collected prior to each dose and at intervals after the challenge to see how quickly acetaminophen was cleared from the blood and excreted in the urine. After four weeks of consuming six tablets of Spanish Black Radish daily, phase two enzyme products in plasma decreased while urinary phase two enzyme products increased. Measurement of 17β-estradiol in serum at week four decreased compared to the beginning value, suggesting that phase one enzymes were upregulated by consumption of Spanish Black Radish.*

For the complete research report, see: www.standardprocess.com
Spleen Desiccated GF

Spleen Desiccated is used short term to support the spleen.*

- Supports healthy immune system response function
- Maintains healthy blood*

Suggested use: One tablet per meal, or as directed.

Spleen PMG® GF

Spleen PMG contains bovine spleen PMG™ extract for spleen support.*

- Provides a unique profile of minerals, nucleotides, and peptides
- Supports healthy spleen function*

Suggested use: One tablet per meal, or as directed.

St. John’s Wort-IMT™ GF

St. John’s Wort-IMT promotes mental health and maintains emotional balance.*

- Calms nerves
- Supports the body’s natural ability to cope with the changes of everyday life
- Supports the body during occasional stress
- Contains a combination of key ingredients from Min-Tran and Inositol with St. John's wort*

Suggested use: One capsule per meal, or as directed.

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 prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to ultraviolet irradiation (e.g., sunlight, tanning) when using this product.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>2 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>330 mg</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Honey, arabic gum, and calcium stearate.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>380 mg</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Cellulose and calcium stearate.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Servings per Container: 90</th>
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<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>St. John’s wort extract</td>
<td>545 mg</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Gelatin, kelp, water, and calcium stearate.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
StandardBar® — Berry  V GF

**HIGH PROTEIN**

The Berry StandardBar contains a nutritious blend of three natural fruits—blueberries, cranberries, and cherries.*

- Blueberries and cranberries help promote urinary tract health
- Blueberries exhibit antioxidant activity
- Contains black currant seed oil for support of immune system response function
- Contains calcium to help support the central nervous, skeletal, and cardiovascular systems
- A convenient supplement without artificial preservatives, colors, or flavors*

*Please consult the actual product label for the most accurate product information.

**Special Information:** free of cholesterol and saturated fat

**Caution:** An occasional cherry may contain a pit.

---

**StandardBar® — Cocoa Cherry  V GF**

**HIGH PROTEIN**

The Cocoa Cherry StandardBar supplement provides a high-protein way to supplement the diet. The Cocoa Cherry StandardBar tastes great and conveniently provides the body with important nutrients.*

- Provides energy through high protein content
- Helps maintain healthy weight in conjunction with a balanced diet and regular exercise
- A convenient supplement without artificial preservatives, colors, or flavors*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Bar (50 g)</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td><strong>%DV</strong></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>190</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>6 g</td>
<td>8%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
<td>5%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>2 g</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>3 g</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>27 g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
<td>7%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>15 g</td>
<td></td>
</tr>
<tr>
<td>Includes 15 g Added Sugars</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>10 g</td>
<td>20%</td>
</tr>
<tr>
<td>Calcium</td>
<td>100 mg</td>
<td>8%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>30 mg</td>
<td>7%</td>
</tr>
<tr>
<td>Sodium</td>
<td>25 mg</td>
<td>1%</td>
</tr>
<tr>
<td>Potassium</td>
<td>185 mg</td>
<td>3%</td>
</tr>
</tbody>
</table>

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established.

**Ingredients:** Brown rice syrup, whey protein isolate, almond butter, honey, cherries, sunflower lecithin, blueberries, cranberries, cranberry puree, glucorins, apple juice concentrate, pear juice concentrate, organic sesame seeds, black currant seed oil, blueberry puree, calcium lactate, oat fiber, apple fiber, extra-virgin olive oil, and magnesium citrate.

Contains: Milk and tree nuts.
**StandardBar®—Cocoa Crisp**

**HIGH PROTEIN**

The Cocoa Crisp StandardBar supplement provides a high-protein way to supplement the diet. The Cocoa Crisp StandardBar tastes great and conveniently provides the body with important nutrients.*

- Provides energy through high protein content
- Helps maintain healthy weight in conjunction with a balanced diet and regular exercise
- A convenient supplement without artificial preservatives, colors, or flavors*

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Bar (50 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Total Sugars</td>
</tr>
</tbody>
</table>

---

**Ingredients:** Whey protein concentrate *(milk)*, almond butter, egg white, glycerine, maltitol, rice protein, brown rice syrup, cocoa powder (processed with alkali), almonds, natural chocolate flavor, grapeseed oil, sunflower lecithin, whey protein isolate *(milk)*, xanthan, vanilla extract, and tapioca starch.

Contains: Egg, milk, and tree nuts.

---

**StandardBar®—Peanut Butter**

**HIGH PROTEIN**

The Peanut Butter StandardBar supplement provides a high-protein, carbohydrate-controlled way to supplement the diet. The Peanut Butter StandardBar tastes great and conveniently provides the body with important nutrients.*

- Provides energy through high protein content
- Helps maintain healthy weight in conjunction with a balanced diet and regular exercise
- A convenient supplement without artificial preservatives, colors, or flavors*

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Bar (55 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Total Sugars</td>
</tr>
</tbody>
</table>

---

**Ingredients:** Whey protein concentrate *(milk)*, peanut butter, egg white, glycerine, maltitol, rice protein, brown rice syrup, peanuts, grapeseed oil, natural peanut flavor, whey protein isolate *(milk)*, peanut flour, sunflower lecithin, xanthan, wheat germ oil, vanilla extract, and tapioca starch.

Contains: Egg, milk, and peanut.
**Soy Almond Crunch**

Introduced in 1999
9800 - 1.75 oz. (50 g) 18 Bars

**HIGH PROTEIN**

The Soy Almond Crunch StandardBar is a great addition to the diets of both women and men. Women may especially benefit from soy’s many health-supporting properties.*

- Soy has a positive effect on measures of well-being and quality of life in perimenopausal/menopausal women.
- Soy helps maintain a healthy heart.
- Soy helps maintain healthy cholesterol levels already within normal range.
- Supplies magnesium lactate to help support the central nervous, neuromuscular, and cardiovascular systems.
- Supplies flaxseed oil to help maintain cellular and cardiovascular health.
- Supplies quality protein.
- A convenient supplement without artificial preservatives, colors, or flavors*

*Please consult the actual product label for the most accurate product information.

<table>
<thead>
<tr>
<th>Suppport Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Total Sugars</td>
</tr>
<tr>
<td>Includes 11 g Added Sugars</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Vitamin B6</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Iron</td>
</tr>
<tr>
<td>Magnesium</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Potassium</td>
</tr>
</tbody>
</table>

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established.

**Ingredients:** Soy protein isolate, honey, brown rice syrup, almond butter, textured soy protein, soy nuggets, rolled oats, glycine, rice flour, natural almond flavor, sunflower lecithin, soy milk powder, organic sesame seeds, organic flaxseed oil, magnesium lactate, extra-virgin olive oil, and pyridoxine hydrochloride.

Contains: Soy and tree nuts.

Special information: free of cholesterol and saturated fat.

---

**Super-EFF**

Introduced in 1949
7677 - 90 Capsules | 7680 - 150 Capsules

Super-EFF supports the central and peripheral nervous systems.*

- Supports and helps maintain cellular health.
- Provides precursors for energy production.*

Suggested use: One capsule per meal, or as directed.

*Special information: Keep bottle tightly closed. This product absorbs moisture.*
Symplex® F [GF]

Symplex F supports the healthy function of the ovaries and the adrenal, pituitary, and thyroid glands.*
- Provides uniquely derived nucleoprotein-mineral extracts that support cellular health
- Contains a combination of key ingredients from Ovatrophin PMG, Drenatrophin PMG, Pituitrophin PMG, and Thyrophin PMG*

Suggested use: One tablet per meal, or as directed.

Synergistic Product Support
- Drenamin
- Ovex or Ovex P

---

Symplex® M [GF]

Symplex M supports the healthy function of the testes and the adrenal, pituitary, and thyroid glands.*
- Provides uniquely derived nucleoprotein-mineral extracts that support cellular health
- Contains a combination of key ingredients from Orchic PMG, Drenatrophin PMG, Pituitrophin PMG, and Thyrophin PMG*

Suggested use: One tablet per meal, or as directed.

---

Thymex® [GF]

Thymex supports the thymus gland with bovine thymus Cytosol™ extract.*
- Supports a healthy thymus gland, the master gland of the immune system
- Can be used in combination with other immune system support products*

Suggested use: One tablet per meal, or as directed.

Synergistic Product Support
- Calcium Lactate

---

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

Thymus PMG is designed to support healthy thymus function.°

- Provides a unique profile of minerals, nucleotides, and peptides°

Suggested use: One tablet per meal, or as directed.

### Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>215 mg</td>
</tr>
<tr>
<td>Bovine thymus PMG™ extract and magnesium citrate.</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

Thymus PMG is designed to support healthy thymus function.°

- Provides a unique profile of minerals, nucleotides, and peptides°

Suggested use: One tablet per meal, or as directed.

### Synergistic Product Support

- Catalyn
- Hypothalamus PMG
- Trace Minerals-B₁₂

Thytrophin PMG® **GF**

Thytrophin PMG is designed to support healthy thyroid function.°

- Provides a unique profile of minerals, nucleotides, and peptides°

Suggested use: One tablet per meal, or as directed.

### Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>109 mg</td>
</tr>
<tr>
<td>Magnesium citrate and bovine thyroid PMG™ extract (processed to substantially remove its thyroxine).</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

Trace Minerals-B₁₂™

Trace Minerals-B₁₂ combines important nutrients to support enzymatic reactions in the body.°

- Spectrum of minerals that support a healthy body
- Provides essential cofactors for healthy cell functioning
- Provides iodine, which is required for healthy thyroid, spleen, and red blood cell functions
- Among other functions, these trace minerals support ligament, cartilage, and bone structure; immune system response function and thyroid function; fat metabolism; and calcium utilization°

Suggested use: One tablet per day, or as directed.

### Warning

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of the reach of children. In case of accidental overdose, call a health care professional or poison control center immediately.

### Synergistic Product Support

- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Catalyn

This product features our exclusive Protomorphogen™ extract.

### Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proprietary Blend</td>
<td>210 mg</td>
</tr>
<tr>
<td>Kelp, organic alfalfa (aerial parts) juice powder, magnesium citrate, organic pea (vine) juice powder, bovine orchi extract, bovine bone, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, oat flour, defatted wheat germ, veal bone, organic carrot, and rice bran.</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Manganese lactate, honey, zinc amino acid (rice) chelate, iron amino acid (rice) chelate, copper amino acid (rice) chelate, dicalcium phosphate, calcium stearate, prolamine iodine (zein), and cyanocobalamin.
Tuna Omega-3 Chewable

Tuna Omega-3 Chewable helps bridge the gap in dietary omega-3 intake and supports the body’s natural inflammatory response function as it relates to periodic challenges like consumption of high-fat meal or strenuous activity.* Tuna Omega-3 Chewable contains a non-concentrated, natural profile of tuna oil that is rigorously tested to be below regulatory standards for contaminants and toxins.

Along with supporting general health, it also:
- Supports cognition
- Supports skin and hair health
- Supports emotional balance
- Contains DHA, which is important for proper fetal eye and brain development*

Suggested use: Two softgels twice per day with meals, or as directed.

Special information: Store product in a cool, dark place.

Tuna Omega-3 Oil

Tuna Omega-3 Oil helps bridge the gap in dietary omega-3 intake and supports the body’s natural inflammatory response function as it relates to periodic challenges like consumption of high-fat meal or strenuous activity.* Tuna Omega-3 Oil contains a non-concentrated, natural profile of tuna oil that is rigorously tested to be below regulatory standards for contaminants and toxins.

Along with supporting general health, it also:
- Supports cognition
- Supports skin and hair health
- Supports emotional balance
- Contains DHA, which is important for proper fetal eye and brain development*

Suggested use: Two softgels twice per day with meals, or as directed.

Special information: Store product in a cool, dark place.

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

USF Ointment contains essential fatty acids to promote soft, healthy-looking skin.*

- Acts as a skin moisturizer*

Suggested use: Provides a soothing lubricant for local application and temporary relief of dry skin.*

Special information: for external use only

Utrophin PMG® GF

Utrophin PMG provides bovine uterus PMG™ extract and key minerals for uterine support.*

- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested use: One tablet per meal, or as directed.

Vasculin®

Vasculin is designed to support the cardiovascular system.*

- Supports healthy functioning of the heart muscle
- Provides ingredients with antioxidant activity
- Promotes healthy heart connective tissue
- Contains a combination of key ingredients from Cardiotrophin PMG, Cataplex E, Cataplex B, and Cataplex C*

Suggested use: Two tablets per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>190 mg†</td>
</tr>
<tr>
<td>Bovine uterus PMG™ extract and magnesium citrate.</td>
<td></td>
</tr>
<tr>
<td>†Daily Value not established.</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 Tablets</th>
<th>Servings per Container: 45</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4 mg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0.7 mg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>10.3 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.6 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>0.3 mcg</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>600 mg†</td>
</tr>
<tr>
<td>Bovine heart PMG™ extract, nutritional yeast, veal bone PMG™ extract, rice bran, bovine liver, organic beet juice powder, defatted wheat germ, ribonucleic acid, bovine adrenal Cytoxol™ extract, choline bitartrate, organic alfalfa (aerial parts) juice powder, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, organic alfalfa (aerial parts), bovine spleen, ovine spleen, organic reishi mushroom powder, organic shiitake mushroom powder, and sunflower lecithin.</td>
<td></td>
</tr>
<tr>
<td>†Daily Value not established.</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium citrate, calcium lactate, honey, niacinamide, ascorbic acid, calcium stearate, d-alpha tocopheryl (vitamin E sunflower), calcium phosphate, pyridoxine hydrochloride, thiamine hydrochloride, dicalcium phosphate, and cyanocobalamin.
### Veg-E Complete Pro™ Chocolate

Veg-E Complete Pro Chocolate offers an organic multisource blend of plant-based protein in a convenient powder with delicious chocolate flavor.*

- The blend of organic pea protein, organic pumpkin seed protein, and organic sesame seed protein is a valuable source of several amino acids including the nine essential amino acids
- Supports muscle building and recovery
- Supports satiety and fullness
- Supports cellular function and enzyme action
- Supports energy levels
- Supports gut health
- Supports hair, skin, and nails
- No genetically engineered ingredients
- No artificial sweeteners or artificial flavors
- Natural flavors made without monosodium glutamate (MSG)*

Suggested use: Four heaping tablespoons (scoops) or one packet in 8-12 ounces water, one to three servings per day, or as directed. Mix product thoroughly for 10 to 15 seconds.

*Setting of product after mixing may occur. Store mixed product in refrigerator if not consumed immediately.

### Veg-E Complete Pro™ Vanilla

Veg-E Complete Pro Vanilla offers a multisource blend of plant-based protein in a convenient powder with delicious vanilla flavor.*

- The blend of organic pea protein, organic pumpkin seed protein, and organic sesame seed protein is a valuable source of several amino acids including the nine essential amino acids
- Supports muscle building and recovery
- Supports satiety and fullness
- Supports cellular function and enzyme action
- Supports energy levels
- Supports gut health
- Supports hair, skin, and nails
- No genetically engineered ingredients
- No artificial sweeteners or artificial flavors
- Natural flavors made without monosodium glutamate (MSG)*

Suggested use: Four heaping tablespoons (scoops) or one packet in 8-12 ounces water, one to three servings per day, or as directed. Mix product thoroughly for 10 to 15 seconds.

*Setting of product after mixing may occur. Store mixed product in refrigerator if not consumed immediately.

### Supplement Facts

#### Veg-E Complete Pro™ Chocolate

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>160</td>
<td>5%†</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4 g</td>
<td>5%†</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
<td>4%†</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>4 g</td>
<td>14%†</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
<td></td>
</tr>
<tr>
<td>Total Sugars</td>
<td>4 g</td>
<td></td>
</tr>
<tr>
<td>Includes 4 g Added Sugars</td>
<td>8%†</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>15 g</td>
<td>30%*</td>
</tr>
<tr>
<td>Calcium</td>
<td>40 mg</td>
<td>3%</td>
</tr>
<tr>
<td>Iron</td>
<td>5 mg</td>
<td>28%</td>
</tr>
<tr>
<td>Sodium</td>
<td>240 mg</td>
<td>10%</td>
</tr>
<tr>
<td>Potassium</td>
<td>480 mg</td>
<td>10%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>24 g</td>
<td></td>
</tr>
<tr>
<td>Organic pea protein, organic pumpkin seed protein, and organic sesame seed protein.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. †Daily Value not established.

Other Ingredients: Organic cocoa (processed with alkali), organic evaporated coconut tree sap (sugar), gum acacia, organic sunflower lecithin powder, maltodextrin, sea salt, monk fruit extract, organic guar gum, natural flavors, and xanthan gum.

#### Veg-E Complete Pro™ Vanilla

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>130</td>
<td>3%†</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5 g</td>
<td>3%†</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>4 g</td>
<td>7%†</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
<td></td>
</tr>
<tr>
<td>Total Sugars</td>
<td>4 g</td>
<td></td>
</tr>
<tr>
<td>Includes 4 g Added Sugars</td>
<td>8%†</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>15 g</td>
<td>30%*</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Iron</td>
<td>4 mg</td>
<td>22%</td>
</tr>
<tr>
<td>Sodium</td>
<td>280 mg</td>
<td>12%</td>
</tr>
<tr>
<td>Potassium</td>
<td>200 mg</td>
<td>4%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>26 g</td>
<td></td>
</tr>
<tr>
<td>Organic pea protein, organic pumpkin seed protein, and organic sesame seed protein.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. †Daily Value not established.

Other Ingredients: Organic evaporated coconut tree sap (sugar), maltodextrin, arabic gum, sea salt, organic guar gum, natural flavors, organic sunflower lecithin powder, and monk fruit extract.
Wheat Germ Oil  
Wheat Germ Oil is used for systemic support of the body.*
- Provides ingredients with antioxidant activity
- Important for cell-signaling molecules
- Supports the cells of the immune system and the body’s natural inflammatory response function as it relates to periodic challenges like consumption of a high-fat meal or strenuous activity
- Supports the body’s function during exercise*

Suggested use: One softgel per meal, or as directed.

Wheat Germ Oil Fortified™
Wheat Germ Oil Fortified contains wheat germ oil and is strengthened with 33.4 mg of natural vitamin E extracted from soybean oil.*
- Provides ingredients with antioxidant activity
- Important for cell-signaling molecules
- Supports the cells of the immune system and the body’s natural inflammatory response function as it relates to periodic challenges like consumption of a high-fat meal or strenuous activity*

Suggested use: One softgel per meal, or as directed.

Whey Pro Complete  
Whey Pro Complete supports weight management, muscle tissue, immune system response function, and gastrointestinal (GI) health.*
- Protein supplement to increase protein intake
- Supports healthy epithelial cells in the bowel
- Helps promote satiety
- Supports the body’s natural muscle growth and repair processes
- Contains colostrum and inulin for GI-based immune system support
- Can be mixed in a supplement shake or added to foods*

Suggested use: Two heaping tablespoons (scoops) or 1 packet per shake. One to three shakes per day, or as directed.

Synergistic Product Support
- Cyrofood Powder
- SP Complete
- Whole Food Fiber
**Whole Food Fiber**

Whole Food Fiber is a good source of fiber from nutrient-rich whole foods.*

- Contains both soluble and insoluble fiber
- Supports healthy bowel function
- Promotes regular intestinal motility and elimination
- Supports healthy epithelial cells in the bowel
- Provides food for beneficial microorganisms in the lower gastrointestinal (GI) tract
- Supports the immune system
- Can be used as nutritional support in the Standard Process Purification Program*

*Suggested use: One level tablespoon (approximately 6 grams) in a blender drink per day, or as directed.

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**Zinc Liver Chelate™ GF**

Zinc Liver Chelate is used for short-term support of healthy immune system response function and skin health.*

- Promotes protein synthesis
- Provides cofactor support for enzymatic functioning
- Supports male hormonal health
- Supports digestion*

*Suggested use: One tablet per day, or as directed.

*Caution: For short-term restoration of zinc levels. Doses exceeding 100 mg daily can depress immune system function.

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**Zinc Test™**

Zinc Test provides a safe and effective way to assess zinc status.*

- Noninvasive, oral test*

*Suggested use: Hold two teaspoonsfuls (10 mL) of Zinc Test in the mouth for at least 10 seconds. A lack of taste or a delayed taste perception in the mouth may indicate a possible zinc insufficiency. If an immediate taste perception occurs, the zinc status may be adequate. Zinc Test can be swallowed after tasting.

*Special information: Refrigerate after opening. If spilled, staining may occur.

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Zymex® Capsules

Zymex promotes a healthy pH range in the intestinal tract.*
- Encourages a healthy intestinal environment to support a healthy GI microbiome
- Supports healthy intestinal pH*

Suggested use: Two capsules per meal, or as directed.

Synergistic Product Support
- Gastro-Fiber or Whole Food Fiber
- ProSynbiotic

---

Zymex® Wafers

Zymex promotes a healthy pH range in the intestinal tract.*
- Encourages a healthy intestinal environment to maintain proper gastrointestinal flora
- Supports healthy intestinal pH
- Helpful for those who cannot or prefer not to swallow pills*

Suggested use: Two wafers per meal, or as directed.

Special information: Individuals who may be lactose intolerant should consult their health care professional before using this product. This product should be chewed then swallowed.

Synergistic Product Support
- Gastro-Fiber or Whole Food Fiber
- ProSynbiotic

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Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 Capsules</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
<td>&lt;1%*</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>1000 mg</td>
<td></td>
</tr>
<tr>
<td>Rice (bran), carrot (root) and enzymatically processed Spanish moss (Tillandsia usneoides) and organic beef (tong), †</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Gelatin, water, and calcium stearate.

---

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 Wafers</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>2 g</td>
<td>&lt;1%*</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>1 g</td>
<td>†</td>
</tr>
<tr>
<td>Calcium</td>
<td>30 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>1,065 mg</td>
<td>†</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Honey, calcium lactate, and calcium stearate.
Zymex® II

Zymex II contains digestive enzymes to support healthy gastrointestinal (GI) function.*

◆ Encourages a healthy intestinal environment to maintain proper GI microbiota
◆ Could support the body's natural inflammatory response function after strenuous exercise when taken between meals
◆ Can provide digestive system support when taken with meals
◆ Does not contain pancreatin or betaine hydrochloride, making it appropriate for the acid-sensitive individual*

Suggested use: Two capsules between meals twice daily, or as directed.

Zypan®

Zypan combines pancreatin, pepsin, and betaine hydrochloride to facilitate healthy digestion.*

◆ Supports macronutrient digestion
◆ Supports gastric pH
◆ Includes stearic acid to coat the pancreatin, helping it to be digested in the correct area of the digestive tract
◆ Provides enzymatic support for protein digestion
◆ Supports the environment of the GI tract*

Suggested use: Two tablets with each meal, or as directed.

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Pea vine on the Standard Process certified organic farm
Programs and Kits

Standard Process programs and kits provide targeted support for some of the most common health challenges. These unique combinations are designed to support the functioning of specific body systems as well as overall health.*

SP Detox Balance™ Program

SP Detox Balance™ Program is whole food-based nutrition that supports easy, safe and healthy toxin removal during metabolic detoxification.

What contributes to toxin build up?
We are exposed to toxins every day. In fact, our bodies produce waste toxins known as endogenous toxins simply by functioning. Our bodies also encounter external (exogenous) toxins, or chemicals made outside the body. Exposure to these toxins can overburden a system’s natural ability to detoxify.

Why do we need Metabolic Detoxification?
Toxins can contribute to: fatigue or difficulty sleeping, indigestion and other temporary gastrointestinal upset, food cravings and weight gain, reduced mental clarity, low libido, skin issues, and joint discomfort.

What is Metabolic Detoxification?
It’s a series of natural biochemical processes responsible for clearing toxins from our bodies. In the three-phase process, the body unlocks fat-soluble toxins and converts them to a water-soluble state that is easier for our bodies to remove. We need key nutrients and phytonutrients to support each of these phases.

How Do the Three Phases of Metabolic Detoxification Work?

◆ Phase I: Unlock
The body transforms fat-soluble toxins to an “unlocked” state that is more water-soluble, and in many cases, more toxic than its original form.
SP Detox Balance™ delivers key nutrients.

◆ Phase II: Neutralize
The highly toxic substances produced in Phase I convert to non-toxic molecules and become even more water-soluble.
SP Detox Balance™ delivers key nutrients.

◆ Phase III: Eliminate
Water-soluble toxins leave cells, and the body eliminates them.
SP Detox Balance™ delivers plant-based fiber to aid toxin elimination.
10-Day Programs

Standard Process offers two 10-day programs to support the organs and glands that help maintain a healthy foundation.* The programs include a diet plan, supplements, and a patient guide. The guide includes:

- Program overview
- Diet plan with approved food lists
- Supplement schedule
- Progress journal
- Post-program section with diet recommendations

Program Guidelines

- Avoid refined carbohydrates, artificial sweeteners, added sugar, chemical additives, processed meats, fried foods, caffeine, and soft drinks.
- Follow eating guidelines that focus on whole, unprocessed foods like vegetables, fruits, and lean protein.
- Drink supplement shakes with whole food and other ingredients.
- Take a simple protocol of supplements throughout the day.

10-Day Blood Sugar Support Program

Following this program for just 10 days supports a well-functioning blood sugar metabolism and establishes new habits to support vitality.*

**Standard Process 10-Day Blood Sugar Support Product Kits**

Each kit comes complete with supplements to support well-functioning blood sugar metabolism and a patient guide that explains the 10-Day Blood Sugar Support Program.*

Each kit contains the following products:

- SP Complete® (any type)
- SP Cleanse®
- Diaplex®
- Gymnema (MediHerb®)

10-Day Healthy Inflammation Response Program

Following this program for just 10 days will help jump-start your patients’ normal inflammation response process and put them on the fast track to living a healthier, more active life!*

**Standard Process 10-Day Healthy Inflammation Response Program Kits**

Each kit comes complete with supplements to support well-functioning inflammation response and a patient guide that explains the 10-Day Healthy Inflammation Response Program.*

Each kit contains the following products:

- SP Complete® (any type)
- Black Currant Seed Oil
- SP Cleanse®
- Cyruta® Plus
- Boswellia Complex (MediHerb®)
Purification Program

Are your patients hungry for good health?
Your patients can experience the benefits of helping their bodies cleanse with the Standard Process 21-Day purification program. This isn’t just a cleanse diet—it’s a structured program that combines eating whole food, drinking nutritious shakes, taking supplements made with whole food ingredients, and light exercise.*

The menu includes a varied abundance of fresh vegetables and fruits for the first 10 days, with select proteins added on day 11. The supplements complement a healthy lifestyle with habits and tools that support the body’s natural detoxification mechanisms.

This unique 21-day program is designed to purify, nourish, and help maintain a healthy body weight.*

Patients who have finished the purification report:

- Increased energy
- Better digestion
- Clearer thinking
- Decreased caffeine and food cravings
- Improved weight management
- Shinier hair
- Better management of toxin load in the body
- Clearer skin
- Better sleep*

Build Your Purification Kit
Choose from a number of different purification kits based on your personal preferences. All of our purification kits are gluten-free and vegetarian. Some are also vegan and non-dairy.
Key Ingredient Cross-Reference

The products in this cross-reference are listed in descending order according to the amount of ingredient present per unit (softgel, capsule, tablet, wafer, etc.). Not all products are represented in this list. Please go to the individual product description to see all of the ingredients in a certain product.

Acerola
Ferrofood®, Echinacea-C®, Cataplex® C, Spanish Black Radish, Collagen C®

Acid-Forming Chloride Salts
Cal-Amo®

Acid Maltase
Enzycore

Acidophilus
See Lactobacillus acidophilus

Adrenal
Vacuum-Dried Bovine Adrenal Desiccated, e-Poise®, Emphaplex®, Cataplex® C, Cataplex® A-C, Drenamin®

Adrenal Cytosol™ Extract
Bovine Cataplex® E, Vasculin®, Folic Acid B12, Cataplex® B12, Cyruta®

Adrenal PMG™ Extract
Bovine Drenatrophin PMG®, Emphaplex®, Paraplex®, Symplex® F, Symplex® M, Drenamin®, Allerplex®

Alanine
Palmettoplex®

Alfalfa Juice
Vacuum-Dried Organically Bound Minerals, Pancreatrophin PMG®

Alfalfa Powder
Diaplex®, Min-Tran®

Alfalfa Sprouts
SP Green Food®

Alkaline Ash Minerals
Organically Bound Minerals

Almond Flour
Zymex® II, Multizyme®

Alpha-Galactosidase
Enzycore

Alpha-Linolenic Acid
ALA Linum B6, Cataplex® F Softgels, Black Currant Seed Oil

American Ginseng Root
Cellular Vitality

Amino Acids
Protefood®

Ammonium Chloride
Cal-Amo®, Betaine Hydrochloride, Ostaplex®, Zypan®

Amylase
Enzycore, Lact-Enz®

Apple Pectin
Whole Food Fiber, Gastro-Fiber®, SP Cleanse®

Barley Grass Juice
SP Green Food®

Beet Leaf Juice
Dried E-Z Mg®, Betaplex®, A-F Betaplex®

Beet Root
Whole Food Fiber, Biotafood®, A-F Betaplex®, Enzycore, Zinc Liver Chelate®, Cataplex® B, Cataplex® B-GF, Chezyn®

Beta Carotene Blakeslea trispora Cataplex® A, Livaplex

Beta Carotene
Chlorophyll Complex®

Betaine Hydrochloride
Zypan®, Betaine Hydrochloride, Cal-Amo®, Diaplex®, Ostaplex®

Bifidobacterium lactis BB-12®
ProSynbiotic

Bifidobacterium longum
Lact-Enz®

Bilberry
OPC Synergy®
### Key Ingredient Cross-Reference

#### Bile Salts
- Cholacol®, Fen-Cho®, Cholaplex®

#### Biotin
- Cellular Vitality

#### Black Currant Seed Oil
- Black Currant Seed Oil

#### Bone
- Veal
  - Calcifood® Powder, Calcifood®, Collagen C®, Bio-Dent®
- Cataplex® B-GF

#### Bone Marrow
- Biost®, Ostrophin PMG®, Cataplex® C, Ligaplex® I, Bio-Dent®, Calcifood® Powder, Ligaplex® II, Calcium, Rumaplex®, Protexin®

#### Bone Meal
- Bovine
  - Calcifood® Powder, Calcifood®, Ostrophin PMG®, Ligaplex® I, Emphaplex®, Rumaplex®

#### Bone PMG™ Extract
- Veal
  - Ostrophin PMG®, Biost®, Cataplex® C, Ostaplex®, Immuplex®, Ligaplex® I, Ligaplex® II, Vasculin®, Iplex®, Rumaplex®

#### Brain PMG™ Extract
- Porcine
  - Neurotrophin PMG®, Neuroplex®, Neurotrophin PMG®, Neuroplex®

#### Bromelain
- Cellular Vitality, Multizyme®, Zymex® II, Enzyme

#### Brussels Sprouts
- Cruciferous Complete®, SP Green Food®

#### Buckwheat Leaf Juice and Seed
- Cyrustra® Plus, Cyrustra®, Ginkgo Synergy®, Arginex®, Cataplex® GT, Cataplex® A-C-P, Iplex®, Cholaplex®, Cataplex® C

#### Buckwheat Leaf Powder
- SP Complete® Dairy Free, SP Complete®, SP Complete® Vanilla, SP Complete® Chocolate

#### Buckwheat Leaf Powder and Juice
- E-Z Mg™, SP Green Food®, OPC Synergy®, SP Cleanse®, Whole Food Fiber, Cataplex® A, A-F

#### Burdock Root
- Powder
  - SP Cleanse®, Whole Food Fiber

#### Calamari
- Squid
  - Calamari Omega-3 Liquid

#### Calcium
- Calcium Lactate Powder, Calcifood® Powder, Cyrofood® Powder, Calcifood®, SP Complete®, SP Complete® Dairy Free, Prebiotic Inulin, Cal-Ma Plus®, Calisol®, Calcium Lactate, Cal-Amo®, Min-Chex®, Min-Tran®, Bio-Dent®, Epimune Complex

#### Calcium Chloride
- Cal-Amo®

#### Camu Camu
- Ferrofood®, Cataplex® C, Spanish Black Radish

#### Carbamid
- Powder
  - A-C Carbamid®, Super-EFF®, Ligaplex® II, Okra Pepsin E

#### Carrot
- Powder
  - Whole Food Fiber, Cataplex® A, A-F

#### Cayenne Pepper
- Cayenne Pepper, SP Cleanse®

#### Choline
- Cataplex® G, Cardio-Plus®, Cardio-Plus® GF, Myo-Plus®

#### Chromium
- See GTF Chromium

#### Coenzyme Q10
- Cellular Vitality

#### Collinsonia Root
- Collinsonia Root, Cholacol®, Fen-Cho®

#### Colostrum
- Bovine
  - Whey Pro Complete

#### Copper
- Trace Minerals-B12™, Chezyn®, Neuroplex®, Immuplex®, Neurotrophin PMG®, Neuroplex®, Neurotrophin PMG®, Neuroplex®

#### Cordyceps sinensis
- Cellar Vitality

#### Cyanocobalamin
- See Vitamin B12

#### DHA/EPA
- Olprima™ DHA, Olprima™ EPA, Olprima™ EPA/DHA, Calamari Omega-3 Liquid, Cod Liver Oil, Tuna Omega-3 Oil, Tuna Omega-3 Chewable, Linum B 6

#### Disodium Phosphate
- Fen-Cho®

#### Dried Yeast Fermentate
- Epicor® (Saccharomyces cerevisiae)

#### Duodenum
- Porcine
  - Pancreatrophin PMG®, Cataplex® B, Cataplex® B-GF, Ferrofood®, Paraplex®, Vasculin®, Gastrex®, e-Poise®

#### Echinacea Root
- Powder
  - Echinacea-C®, Collagen C®, Cataplex® A-C, Iodomere®, Cataplex® C

#### Egg
- Whole Egg or Egg White
  - Cocoa Crisp StandardBar®, Peanut Butter StandardBar®, Cocoa Cherry StandardBar®

#### Enzymes
- Enzymcore, Lact-Enz®, Multizyme®, Zymex® II, Zypan®

#### Epicor®
- Epimune Complex

#### Epithelial PMG™ Extract
- Bovine
  - Dermatrophin PMG®

#### Essential Fatty Acids
- See Alpha-Linolenic Acid (ALA)
  - See Gamma-Linolenic Acid (GLA)
  - See Omega-3

#### Eye PMG™ Extract
- Porcine
  - Oculotrophin PMG®, Iplex®, Glasses

#### Fennel Seed
- Gastro-Fiber®, SP Cleanse®, Whole Food Fiber, Cataplex® A, A-F

#### Fenugreek Seed Powder
- Fen-Gre®, Fen-Chol®, Epimune®

#### Fiber
- Prebiotic Inulin, SP Complete® Dairy Free, Whole Food Fiber, SP Complete® Chocolate, SP Complete®, SP Complete® Vanilla, Gastro-Fiber®, Soy Almond Crunch StandardBar®, Berry StandardBar®, Cocoa Crisp StandardBar®, Cocoa Cherry StandardBar®, Peanut Butter StandardBar®, Whole Food Fiber, Cataplex® A, A-F

#### Fig
- Powder
  - Multizyme®, Zymex® II

#### Flax Meal
- SP Detox Balance®, SP Complete® Dairy Free, Whole Food Fiber, SP Complete®, SP Complete® Vanilla, SP Complete® Chocolate

#### Flaxseed Oil
- Linum B 6, Cataplex® F Softgels

#### Folic Acid/Folate
- Folic Acid B12, Immuplex®, Cellular Vitality

#### Galactooligosaccharide (GOS)
- ProSynbiotic

#### Gamma-Linolenic Acid (GLA)
- Black Currant Seed Oil

#### Garlic
- Garlic

#### Ginkgo biloba
- Extract: Ginkgo Synergy®, Whole leaf: Ginkgo Synergy®

#### Glucoamylase
- Enzyme

#### Glucosamine Sulfate
- From shellfish, Glucosamine Synergy®
Key Ingredient Cross-Reference

Glutamic Acid
Palmettoplex®, Protefood®

Glycine
Palmettoplex®

Gotu Kola Leaf
Ginkgo Synergy®

Grape Seed Extract
Inulcas, Masquelier’s® Original OPC
OPC Synergy®, Ginkgo Synergy®

Green-Lipped Mussel
Perna canaliculus
Nutrimere®, Iodomere®

Green Tea
Extract OPC Synergy®, Leaf powder OPC Synergy®,

GTFS Chromium
Cataplex® GTF, Diaplex®, Immuplex®,

Heart PMG™ Extract
Bovine
Cardiotrophin PMG®, Myotrophin PMG®,
Cardio-Plus®, Cardio-Plus® GF, Myo-Plus®,
Vasculin®, Ligaplex® II

Hydrochloric Acid
Zypan®, Betaine Hydrochloride, Cal-Amo®

Hydroxyapatite
Microcrystalline
See Bone Meal

Hypothalamus Cytosol™ Extract
Porcine
Hypothalmex®

Hypothalamus PMG™ Extract
Porcine
Hypothalamus PMG®

Hypothalamus Vacuumb-Dried Bovine
Neuroplex®

Inositol
Inositol Powder, Inositol, St. John’s Wort-IMT®, Cyruta®, Phosfood® Liquid

Inulin
Oxycar
Prebiotic Inulin, Whey Pro Complete, ProSynbiotic

Invertase
Enzymecore

Iodine
Prolamine Iodine Plus, Prolamine Iodine, Min-Chex®, Organically Bound Minerals, Iodomere®, Min-Tran®, Trace Minerals-B12®, Cholaplex®, Cataplex® F Tablets, A-F Betafood®, St. John’s Wort-IMT®

Iron
Ferrofood®, Chezyn®, Neuroplex®, Livaplex®, Immuplex®, e-Poise®,

Juniper Berry Powder
SP Cleanse®,

Kale
Cruciferous Complete®, SP Green Food®, Enzymcore

Kelp
Powder
Min-Tran®, Organically Bound Minerals, St. John’s Wort-IMT®

Kidney Vacuumb-Dried Bovine
Renafod®, Cataplex® A-C, Cataplex® A, e-Poise®,

Kidney Bean Plant Extract
Renafod®, Albaplex®,

Kidney PMG™ Extract
Bovine
Renacrophen PMG®, Renafod®, Albaplex®,

L-Cysteine
Diaplex®, Cataplex® GTF

L-Glutamine
Enzymcore

Lactase
Enzymcore

Lactic Acid Yeast
Lactic Acid Yeast®, Cyro-Yeast®,

Lactobacillus acidophilus
Lact-Enz®,

Lactobacillus acidophilus LA-5®
ProSynbiotic

Lactobacillus paracasei ssp. paracasei
L. casei 431®
ProSynbiotic

Lactose
Zymex®, Capsules, Multizyme®, Zypan®,
Betaine Hydrochloride, Renafod®,
Diaplex®, Okra Pepsin E5

Lechithin
Soybean
Soybean Lechithin

Lipase
Enzymcore, Lact-Enz®,

Liver Fat Extract
Bovine
Cataplex® F Softgels, Cataplex® F Tablets, A-F Betafood®,

Liver PMG™ Extract
Bovine
Hepatrophen PMG®, Livaplex®, Immuplex®,
Betacol®, Albaplex®,

Liver Powder
Bovine
Livaplex®, Folic Acid B12, Cataplex® B, Cataplex® B-GF, Ligaplex® II, e-Poise®,

Lung PMG™ Extract
Bovine
Pneumotrophin PMG®, Allerplex®, Emphaplex®,

Lysine Monohydrochloride
Protefood®,

Magnesium
Magnesium Lactate, Prebiotic Inulin, Calcium Lactate

Maitake Mushroom Extract
MaitakeGold 404®,
Epimune Complex

Maitake Mushroom Powder
Epimune Complex

Malt Syrup
Cyro-Yeast®, Lactic Acid Yeast®,

Mammary PMG™ Extract
Bovine
Mammary PMG®

Manganese
Manganese B12®, Ligaplex® I, Ligaplex® II, Trace Minerals-B12®, E-Manganese®, Biost®, Ostrophin PMG®

Methionine
Protefood®,

Milk Powder
Cataplex® D

Milk Thistle
SP Cleanse®,

Milk Thistle Powder
Myotrophin PMG®, Myo-Plus®

Mushroom Powder
Cordyceps sinensis, Cellular Vitality
Re-Site-Gen®, Catalyn®, Cataplex® A-C, Cataplex® A-C-F, Cataplex® C, Collagen C®

Niacinamide/Niacin
Niacinamide B6®, Circuplex®, Min-Chex®, Orchex®, Cholaplex®, Neuroplex®, Cataplex® G, Cataplex® B, Cataplex® B-GF, Betacol®, B-Niacinamide, Cataplex® GTF, Cardio-Plus®, Myo-Plus®, Vasculin®, Albaplex®, Drenamin®, Gastrexx®, Livaplex®, Iplex®, Emphaplex®, Senaplex®, Ostaplex®,

Cellular Vitality, Rumaplex®

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# Key Ingredient Cross-Reference

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<tr>
<th>Nutritional Yeast</th>
<th>Peanut Butter</th>
<th>Quinoa Sprouts</th>
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<tr>
<td>Saccharomyces cerevisiae</td>
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<td>Oat Fiber</td>
<td>Red Clover Flower Powder</td>
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<td>Red Wine Extract OPC Synergy™</td>
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<td>Omega-3</td>
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<td>Pituitary, Desiccated Bovine Anterior E-Manganese®, Neuroplex™</td>
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<td>Ribonucleic Acid RNA</td>
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<td>Porcine</td>
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<td><strong>Zinc</strong></td>
<td>Chezyn, Zinc Liver Chelate, Neuroplex, Livaplex, Epimune Complex, Immuplex, Trace Minerals-B12, Manganese B12, Palmettoplex, Zinc Test</td>
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</tbody>
</table>
**Glossary**

**Acerola**—The cherrylike fruit of the Malpighiaceae family.

**Acid maltase**—An enzyme that breaks down carbohydrates. Breaks off individual glucose molecules from the maltose units. In combination with amylase and glucoamylase, these enzymes complete the breakdown of starch and other carbohydrates.

**Acidophilus**—See *Lactobacillus acidophilus*.

**Alfalfa (Medicago sativa)**—A perennial flowering legume.

**Alginic acid**—An organic acid from various algae species.

**Alpha-galactosidase**—An enzyme that breaks down carbohydrates. Breaks down the 1,6 linkages in difficult-to-digest sugars (melibiose, raffinose, and stachyose), which are found in vegetables and legumes.

**American ginseng root**—A relative of Korean ginseng with health-supportive properties.

**Ammonium chloride**—A colorless crystal salt used as a systemic acidifier.

**Amylase**—An enzyme that accelerates the hydrolysis of starch and glycogen.

**Anise powder**—An herb from the carrot family with aromatic seeds.

**Antioxidants**—Substances found in food, especially fruits and vegetables.

**Arabic gum**—A natural gum from the acacia tree; used as a colloidal stabilizer to make tablets.

**Arrowroot flour**—A tuberous root that yields a nutritive starch.

**Barley**—Barley grass used in our formulas consists of the green leaves of the barley plant as opposed to the grain.

**Beet root**—The underground portion of a beet plant.

**Beet leaves**—The above-ground portion of a beet plant; also known as Swiss chard.

**Beta carotene**—The yellow pigment found in many yellow and orange fruits, such as carrots.

**Betaine**—A sweet, crystalline, quaternary ammonium salt found in beet juice. Can be used as a lipotropic factor or a gastric acidifier.

**Bifidobacterium lactis (BB-12)**—A research-supported, probiotic strain of *Bifidobacterium* that supports gut health; evaluated for its ability to compete with other bacteria to support the natural balance of the gut. Bifidobacteria are found normally in the colon, acidify their environment, use a range of carbohydrates for energy, don't produce gas, and can make a variety of water-soluble vitamins.

**Bifidobacterium longum**—Lactic acid-producing bacteria that support digestion and enhance nutrient absorption. Bifidobacteria are found normally in the colon, acidify their environment, use a range of carbohydrates for energy, don't produce gas, and can make a variety of water-soluble vitamins.

**Biotin**—A member of the B-vitamin family that helps support energy and amino acid metabolism. Nutritional yeast, liver, kidney, whole grains, nuts, and eggs are good sources of biotin.

**Bovine**—Cow.

**Bovine bile salts**—A purified source of bovine bile salts in a powdered form.

**Broccoli**—A member of the cabbage family, broccoli is a cruciferous vegetable.

**Bromelain**—Protein-digesting and milk-clotting enzyme generally found in pineapple juice and stem tissue.

**Brussels sprout**—A *Brassica* related to broccoli and cabbage.
Glossary

Buckwheat—A member of the Polygonaceae family, buckwheat is related to sorrel, knotweed, and rhubarb.

Calamari (squid)—A short-lived marine animal that is consumed as food across the globe.

Calcium acid phosphate—Used as a mineral supplement in food and feeds.

Calcium glycerophosphate—A white crystalline powder that is soluble in cold water.

Calcium lactate—A source of calcium. (Not derived from a dairy product or source.)

Calcium stearate—A plant-based stearic acid used for lubrication in the manufacture of products.

Camu camu—A low-growing shrub that produces round, light orange-colored berries.

Carbohydrate powder—A food-grade urea.

Celery—A member of the Apiaceae or Umbelliferae family it comes in a variety of colors, from white to gold, rich red, and deep green.

Cellulose—A substance that makes up the cell walls of plants.

Chia seeds—Come from the Salvia hispanica plant, a member of the mint family. They are a source of omega-3 fatty acids, fiber, and protein and supply iron, calcium, magnesium, and zinc.

Chlorophyll extract—A fat-soluble extract from plant material that acts to support tissue health, maintenance, and regeneration. Chlorophyll is regarded as a natural gastrointestinal (GI) tract deodorant and cleanser.

Choline bitartrate—A vitamin of the B complex essential to liver function.

Chromium yeast—An excellent source of chromium.

Cocarboxylase—A crystalline diphosphoric acid ester of thiamin (vitamin B1). Thiamin is essential for the normal metabolism of carbohydrates and fats.

Coenzyme Q10 (ubiquinone)—A fat-soluble compound that is involved in energy production in the body. CoQ10 also supplies antioxidant activity to bind free radicals. CoQ10 is found in all cell organelles and is involved in the entire process of respiration, biological processes, including the synthesis of hemoglobin, and is also involved in the entire process of respiration, including oxygen and electron transport.

Cordyceps sinensis—A mushroom with extensive bioactive compounds used in traditional Chinese medicine.

Corn—A food-grade urea. Corn is used for cornmeal, which is made by grinding corn kernels into a coarse powder.

Cyanocobalamin—Also known as vitamin B12, a cobalt-containing compound.

Cytosol™ extract—“Cytosol™” is the trademark used by Standard Process Inc. as a brand name for extracts derived from the cytoplast of the cell. They contain “materials” such as enzymes, hormone precursors, and synergistic cofactors produced by the cell. These materials serve as the building blocks for cellular metabolic end products that are utilized by the cell itself or transported outside the cell.

Defatted wheat germ—Wheat germ is noted for its dense nutritional content of the vitamin B complex and many important trace minerals essential for the full physiological activity of the associated vitamin complexes.

Dextrin—Any one of or a mixture of products formed during the hydrolysis of starch.

Dicalcium phosphate—A calcium compound used in animal feeds.

Dried yeast fermentate (EpiCor®)—A dried product derived from fermented Saccharomyces cerevisiae (baker’s or brewer’s yeast), which produces beneficial metabolites containing vitamins, minerals, amino acids, and antioxidants.

Echinacea root (cone flower)—A perennial member of the daisy family.

Essential fatty acid (EFA)—Also known historically as the vitamin F complex, it is a nutritional compound that the body does not make on its own but needs in order to maintain good health. EFAs can only be obtained through the foods we eat—such as fish or flaxseed. Two types of EFAs are omega-3s and omega-6s.

Fenugreek—Dried seed from the Fabaceae, or Leguminosae, family. Plant used in Asian cultures to support health.

Ferrous lactate—Iron lactate.

Fig—An oblong or pear-shaped fruit.

Flaxseed oil—Derived from the seeds of the flax plant.

Folic acid—A member of the B-vitamin family.

Galactooligosaccharide (GOS)—A nondigestible carbohydrate used by select probiotic bacteria as food.

Ginkgo biloba—Made from leaves and seeds of the ginkgo tree, Ginkgo biloba has a long history of use in traditional Chinese medicine.

Glucosaminase—An enzyme that specifically breaks off glucose molecules from starch.

Gluten—A group of proteins found in wheat and other grains that can cause allergic reactions in sensitive individuals.

Glycerin—A colorless, syrupy liquid from the hydrolysis of oils and fats.

Inositol—A component of the B-vitamin complex. Inositol acts as an important catalyst in energy reactions that involve the metabolizing of some fats and carbohydrates.

Inulin—A complex carbohydrate and soluble fiber. It is beneficial to the gut microflora and supports calcium and magnesium absorption. Inulin is found naturally in many common plants, especially chicory.

Invertase—An enzyme that breaks down carbohydrates, specifically table sugar (sucrose), as well as the sugars found in legumes.

Iron chelate—Provides an excellent source of iron. Iron is an important nutrient essential for a wide range of vital biological processes, including the synthesis of hemoglobin, and is also involved in the entire process of respiration, including oxygen and electron transport.
Kale—A green leafy cruciferous plant that belongs to the Brassica genus, which includes cabbage, collards, and Brussels sprouts.

Kelp—Brown seaweed of the genus Laminaria that is a good source of trace minerals.

Kidney bean (Phaseolus vulgaris)—An annual legume.

L-carnitine—Carnitine is required for transporting long-chain fatty acids into the cells, which is essential for the conversion of fatty acids into energy for the cells, especially in heart muscle. (See the Primary Ingredient Cross Reference for products listed under Heart PMG™ Extract, Bovine; Liver PMG™ Extract, Bovine; and Liver Powder, Bovine.)

L-glutamine—An amino acid used to make other amino acids, glucose, and glutathione. Used for energy by immune and intestinal cells.

Lactase—An enzyme that breaks down carbohydrates, specifically milk sugar (lactose).

Lactic acid yeast—A beneficial yeast that produces lactic acid as a byproduct of metabolism. (See nutritional yeast.)

Lacto-ovo—A vegetarian diet in which dairy products as well as eggs are consumed along with plant-based foods.

Lactobacillus acidophilis—A bacteria that produces lactic acid from carbohydrates. Supports the digestion process and enhances nutrient absorption.

Lactobacillus acidophilis (LA-5®)—A research-supported probiotic strain of bacteria that supports gut health. Evaluated for its ability to interfere with communication between other types of bacteria, support normal bowel function, and enhance nutrient absorption.

Lactobacillus paracasei ssp. paracasei (L. casei 431®)—A probiotic strain of lactic acid-producing bacteria. Research suggests this strain supports the gut during challenges and helps maintain the body’s natural immune system response function.

Lanolin—Hydrous wool fat used as an excipient for external use.

Lipase—A class of enzymes that break down fats.

Lutein—A type of phytochemical with antioxidant activity known as carotenoid (or natural pigment). Lutein is found in dark green leafy vegetables, such as kale.

Lycopene—A powerful carotenoid with antioxidant activity, found in foods such as tomatoes.

Magnesium citrate—Source of magnesium.

Magnesium lactate—Source of magnesium.

Maitake mushroom (Grifola frondosa)—A mushroom that grows on wood in North America, Asia, and Europe that has a long history of use in traditional Chinese medicine. Maitake can be used in many forms: as an extract made from the mushroom (MaitakeGold 404) or as a powder made from the mycelium (fungal cells that give rise to the mushroom).
Manganese glycerophosphate—A source of manganese, an essential trace mineral important for skeletal and cartilage formation.

Manganese lactate—A manganese salt derived from lactic acid that is a source of manganese. Manganese acts as a cofactor and catalyst in many enzymatic processes.

Manioc—A perennial shrub plant that has large, fleshy rootstocks.

Micronutrients—Essential nutritional elements required in very small or trace amounts for the body to function properly. Examples include iron, copper, manganese, and zinc.

Milk thistle (Silybum marianum)—An annual or biannual plant of the Asteraceae family.

Mixed tocopherols—The antioxidant component of the vitamin E complex.

Nutritional yeast—Inactive yeast with high protein and B-vitamin content.

Oats—A hardy cereal grain, common oats are known scientifically as Avena sativa.

Okra—A plant from the mallow family that is used for its mucilaginous green pods.

Ovine—Sheep.

Pancreatin—A mixture of enzymes, chiefly amylase, lipase, and protease, obtained from the pancreas. Used to digest food or aid in digestion. The Standard Process ingredient is derived from pork.

Pantothenic acid (B 5 )—A vitamin that is part of coenzyme A and participates in protein-altering actions that affect cell activity, signaling, replication, and gene expression.

Papain—An enzyme derived from the papaya family that has protein-digesting properties.

Pareve/parve—A classification under Jewish dietary law meaning the product has been processed so extensively that it can be considered to have been prepared without meat, milk, or other derivatives.

Parsley—A nutritious green herb that belongs to the Apiaceae, or Umbelliferae, family. Its scientific name is Petroselinum crispum.

Pea vine—An annual leguminous vine.

Pea vine juice—The extracted juice from the pea vine.

Pepsin—Main gastric enzyme specific for proteins. Used as a digestive aid. The Standard Process ingredient is derived from pork.

Peptidase—An enzyme that breaks down protein. Can work throughout a wide pH and operates synergistically with our native enzymes to enhance protein digestion.

Phytonutrient—Biologically active nutrients found in plants that give them their color and taste. Also referred to as phytochemicals, they are known to have health-promoting properties.

Porcine—Pork.

Potassium bicarbonate—A transparent crystalline salt.

Prolamine iodine—Iodine bound to any of a various group of simple proteins found in seeds. Standard Process uses corn protein (zein).

Protease—An enzyme that breaks down protein into amino acids. Acts throughout the digestive system.

Protomorphogen™ extract—In the 1940s, Dr. Royal Lee pioneered a unique method of deriving extracts that contain what he called cell determinants from specific organs and glands for clinical use. He believed that these cell determinants functioned in cell regulation, maintenance, and interaction with tissue antibodies. It is clear both from the description of the extraction process and clinical use that these extracts differ from what is commonly referred to as “glandulars.” Furthermore, because these extracts have a distinct clinical application and effect, they should not be confused with glandulars, nor should they be referred to simply as “protomorphogens.” Rather, “Protomorphogen™” is the trademark used by Standard Process Inc. as a brand name assigned to these uniquely derived extracts. “PMG™” is another trademark used by Standard Process Inc. as another brand name for these extracts.

Pygeum (Pygeum africanum)—An evergreen tree found in higher elevations of southern Africa.

Pyridoxine hydrochloride—One form of vitamin B 6.

Red clover flower (Trifolium pretense)—A perennial herb, the flower of the red clover is a source of many nutrients.

Resveratrol—A type of phytochemical with antioxidant activity found in the skin of grapes and red wine.

Rhizopus oryzae—A mold grown on Tillandsia usneoides and beet root as a source of enzymes.

Riboflavin—One form of vitamin B 2.

Riboflavin 5’-phosphate—One form of vitamin B 2.

Ribonucleic acid—Nucleic acid occurring in cell cytoplasm and the nucleolus, first isolated in plants but later found in animal cells.

Saccharomyces cerevisiae—Beneficial yeast that produce lactic acid as a byproduct of metabolism. Helps support a healthy GI system.

Saccharomyces cerevisiae var. boulardii—A yeast isolated from fruit skins. Historically, this microbe was used by indigenous people in Cambodia, Laos, and Vietnam to support normal stool consistency. In the gut, this yeast supports the growth of some bacteria and inhibits others through competition and environmental modification of the gut.

Selenium yeast—A rich source of selenium. Selenium is an essential trace element that has antioxidant activity mediated through its role in the formation and function of selenium-dependent glutathione peroxidases. Also believed to help maintain a healthy heart and joints.

Soybean lecithin—A rich source of lecithin, a precursor to choline. A substance that is crucial for proper central nervous system, liver, cardiovascular, and immune system health. A rich source of phospholipids.

Spanish black radish—An excellent source of sulfur, which protects against free radicals and is also beneficial in the healthy functioning of the GI tract.
**Botanical and Common Name Reference**

<table>
<thead>
<tr>
<th>Botanical Name</th>
<th>Common Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arctium lappa</td>
<td>burdock</td>
</tr>
<tr>
<td>Berberis aquifolium</td>
<td>Oregon grape</td>
</tr>
<tr>
<td>Boswellia serrata</td>
<td>boswellia</td>
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<td>Capsicum annuum</td>
<td>cayenne pepper</td>
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<tr>
<td>Centella asiatica</td>
<td>gotu kola</td>
</tr>
<tr>
<td>Coriolus versicolor</td>
<td>turkey tail mushroom</td>
</tr>
<tr>
<td>Cynara scolymus</td>
<td>globe artichoke</td>
</tr>
<tr>
<td>Echinacea angustifolia</td>
<td>echinacea</td>
</tr>
<tr>
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<td>echinacea</td>
</tr>
<tr>
<td>Ginkgo biloba</td>
<td>ginkgo</td>
</tr>
<tr>
<td>Grifola frondosa</td>
<td>maitake mushroom</td>
</tr>
<tr>
<td>Juniperus communis</td>
<td>juniper berry</td>
</tr>
<tr>
<td>Pygeum africamum</td>
<td>pygeum</td>
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<tr>
<td>Rhizopus oryzae</td>
<td>filamentous fungi</td>
</tr>
<tr>
<td>Serenoa repens</td>
<td>saw palmetto</td>
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<tr>
<td>Silybum marianum</td>
<td>milk thistle</td>
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<tr>
<td>Taraxacum officinale</td>
<td>dandelion</td>
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<tr>
<td>Tillandsia usneoides</td>
<td>Spanish moss</td>
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<tr>
<td>Trifolium pratense</td>
<td>red clover</td>
</tr>
<tr>
<td>Urtica dioica</td>
<td>nettle</td>
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**Glossary**

- **Sunflower lecithin**—A type of phospholipid found in sunflower seeds.
- **Sweet potato** (*Ipomoea batatas*)—An orange-fleshed root vegetable that belongs to the Convolvulaceae, or morning glory, family.
- **Tillandsia usneoides** (Spanish moss)—A plant belonging to the pineapple family and grown in the southeastern coastal plains of the United States. Spanish moss is a nonparasitic plant that is supported by another plant and has aerial roots exposed to the humid atmosphere.
- **Turkey tail mushroom** (*Coriolus versicolor*)—This mushroom grows on wood in the rainy/wet temperate zones of North America, Asia, and Europe. Also known as “cloud mushroom,” turkey tail mushroom has a long history of use in Asian medicine. Turkey tail mushroom can be used in many forms: as an extract made from the mushroom or as a powder made from the mycelium (fungal cells that give rise to the mushroom).
- **Vitamin P complex**—A bioflavonoid also known as rutin. It naturally occurs in buckwheat.
- **Wheat germ oil**—One of the richest sources of the complete vitamin E complex. Vitamin E is beneficial in multiple metabolic processes.
- **Whey protein**—Whey (milk) protein is the protein and amino acid components extracted from whey. Whey is the clear liquid left after the protein of milk has been clotted and most of the fat removed, e.g., after cheese production.
- **Whole desiccate**—The whole, dried glandular tissue. It contains proteins of the entire organ or gland in a concentrated form.
- **Yakriton**—A liver fat extract.
- **Zinc chelate**—Contains zinc that is bound to bovine liver to maintain healthy zinc levels.
FAQs

The most commonly asked questions about Standard Process and our products:

**Ingredient Concerns**

**Q** What ingredients are organically grown on the Standard Process Farm?  
(See Page 22 for more information.)

**A** The crops we grow organically are alfalfa, barley grass, beets, broccoli, Brussels sprouts, buckwheat, celery, kale, kidney beans, oats, parsley, pea vine, red clover, and Spanish black radishes.

**Q** Why are honey, arabic gum, cellulose, and calcium stearate added to products?  
(See Page 17 for more information.)

**A** Honey and arabic gum are used as binders in our tablet manufacturing process. Cellulose is used to give body to the powders. Calcium stearate, derived from vegetable sources, is used as a lubricant to help products release from the tablet and capsule machines. We do not use artificial flavoring or coloring.

**Q** Is your calcium stearate derived from hydrogenated oils? Is it safe for consumption?

**A** The calcium stearate we use is derived from palm oil, which is a saturated fat, like cocoa butter, dairy fats, etc. Calcium stearate is approved by the FDA to be used as a lubricant and is approved for use in food products.

**Q** Is the gelatin used to make your capsule and softgel products derived from animal material?

**A** In many cases, the gelatin used is derived from bovine and/or porcine sources. Cellulose is used to make vegetarian capsules.

**Q** Are the gelatin capsules considered pareve/parve?

**A** Yes. Our hard-shell gelatin capsules are certified kosher or pareve/parve. This is a classification under Jewish dietary law meaning the product has been processed so extensively that it can be considered to have been prepared without meat or other derivatives.

**Q** If a patient is concerned about gelatin consumption, is there any way for that patient to still receive the benefits of products in capsules or softgels?

**A** Yes. Some patients open the capsules or squeeze the liquid out of the softgels and mix the contents into a food or beverage, such as applesauce, yogurt, or a nutritional shake.
Q Why is sucrose listed on your labels?
A The sucrose found in our products comes from natural sources such as sugar cane. Sucrose, along with starch and arabic gum, is used to coat vitamin A and vitamin D (cholecalciferol), making them into a powdered form that helps prevent oxidation of these vitamins. The amount of sucrose in the actual product is very minimal.

Q Does the nutritional yeast in Standard Process products cause yeast infections?
A Nutritional yeast, S. cerevisiae, is not pathogenic and does not cause candida or other yeast infections.

Allergen and Sensitivity Concerns

Q What allergens might be found in Standard Process products?
A “Our products are processed in a facility that manufactures other products containing soy, milk, eggs, wheat, peanuts, tree nuts, fish, and shellfish.” The preceding statement is printed on every product label to alert extremely sensitive patients. Please read our labels carefully for any possible ingredient allergens before recommending supplements to patients who are sensitive to certain foods. While we take precautions to avoid cross-contamination by thoroughly cleaning and sanitizing equipment and cleaning production suites, it is possible that some allergen residue may be present.

Q Does Standard Process have a list of gluten-free products?
A Yes. Our complete list can be found in the Product Selection Guide on Page 4, and on our website. Products marked with the GF symbol are on our gluten-free list. Patients and health care professionals should know that we follow the Food and Drug Administration (FDA) guidelines, which state that products that contain less than 20 parts per million (ppm) of gluten can be labeled as gluten-free. All of our products that are designated as gluten-free contain less than 20 ppm and are tested every time they are manufactured to be sure that they meet this standard.

Q Which of your products contain soy?
A Some products contain soybean ingredients, such as soy powder, soy nuggets, and soy protein, but they are all clearly indicated on the product labels. We also carry Soybean Lecithin softgels in our product line. For a list of products containing soy protein, please see Page 138.

Q Are any of your products made with peanut and/or tree nut ingredients?
A Only Peanut Butter StandardBars continue to be made with peanut butter. Recognizing the severity of peanut allergies, we have removed peanut bran from other products and replaced it with rice bran. Some StandardBar flavors contain almond butter. Zymex II and Multizyme contain almond flour.

Q Which products contain shellfish?
A Nutrimere and Iodomere contain green-lipped mussel. Glucosamine Synergy contains glucosamine sulfate that is derived from crab and shrimp. While not a shellfish, calamari (the source of oil in Calamari Omega-3 Liquid) is in the same family and may trigger a reaction in those who are allergic to shellfish. Please consult the product labels for the complete ingredient listing on each product.

Q How much lactose is found in Zymex Wafers?
A Zymex Wafers contain around 220 mg of lactose per wafer. This is roughly the same amount of lactose found in a teaspoon of reduced-fat milk.
FAQs

Quality Concerns

Q What is Standard Process’ seed source? Are the seeds genetically engineered?
A All of the seeds we use on our farm are untreated and are not genetically engineered. We use certified organic seeds when available.

Q Why would a product look different from bottle to bottle?
A Because of the variability in sources of natural and organic ingredients, color, texture, and odor may vary from batch to batch. However, the basic formula remains constant, and product testing ensures quality.

Q If the capsules are not full, is there an adequate amount of product in them?
A Yes. Capsule machines are continuously monitored to ensure that precise amounts of product are enclosed in gelatin and/or cellulose capsules. Capsules are packaged by weight, not volume. Therefore, the denser the product, the less you will find in the capsule.

Q Do you test for contaminants in your marine oils?
A Consistent with our commitment to produce and sell only the highest-quality dietary supplements, each batch of marine oil is tested for potential oxidation, mercury, polychlorinated biphenyls (PCBs), and dioxin. The product is also tested for bacteria and to verify our label claims. These tests are carried out by Standard Process and third-party labs. We use this process for testing Tuna Omega-3 Oil, Tuna Omega-3 Chewable, Cod Liver Oil, and Calamari Omega-3 Liquid. Below are the respective limits for each batch:

<table>
<thead>
<tr>
<th>Analyte</th>
<th>Limits</th>
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</thead>
<tbody>
<tr>
<td>Peroxide Value</td>
<td>&lt;5 meq O₂/kg</td>
</tr>
<tr>
<td>p-Anisidine Value</td>
<td>&lt;20 AnV</td>
</tr>
<tr>
<td>Mercury</td>
<td>&lt;10 parts per million</td>
</tr>
<tr>
<td>PCBs</td>
<td>&lt;10 parts per trillion (TEF)</td>
</tr>
<tr>
<td>PCDD (Dioxin)</td>
<td>&lt;2 parts per trillion</td>
</tr>
</tbody>
</table>

During manufacturing, our marine oils are processed to retain their natural triglyceride structure. We also take great care in sourcing our marine-oil products. Tuna comes from the abundant skipjack and/or yellowfin tuna populations. Our calamari oil is certified as sustainable by a nonprofit, nongovernmental organization called Friend of the Sea®.
Q Should Standard Process tablets dissolve in water or vinegar?
A All products meet the standard disintegration levels set forth by the United States Pharmacopeia (USP). Water and vinegar are not good models for how the stomach digests foods.

Q How is the manufacturing equipment cleaned between different product runs?
A Between each separate product run, any equipment that comes in contact with ingredients or finished product is washed and sanitized. Swab samples are taken from several areas of each piece of equipment. These samples are exposed to a luminometer, which fluoresces in proportion to the amount of adenosine triphosphate (ATP) in the sample. ATP is found in and around all biological matter and would indicate a possible bacterial presence. If the luminometer measures ATP results beyond an acceptable level, the cleaning process is repeated and additional ATP tests are conducted. After the cleaned equipment passes the ATP testing protocol, the equipment is sanitized. Only then is the equipment ready for use with a new batch of product. If a clean piece of equipment is unused for more than 24 hours, it is resanitized prior to use. Sanitizing solutions are rotated regularly to avoid bacterial resistance. The surrounding production suite, including the floors, walls, and vent covers, is also cleaned.

Product Usage

Q Why is it better to take supplements throughout the day instead of all at once?
A The body processes most compounds based on concentration; so the more there is, the faster your body works to process it. The key is getting the right concentration at the right time. In general, taking smaller amounts throughout the day allows the body to maintain a lower but more consistent amount for a longer period of time, sustaining the molecular mechanisms supported by the consumed compounds.

Q Why is it recommended that some Standard Process supplements be chewed?
A Some Standard Process supplements are designed as chewables for those who cannot swallow capsules or tablets. After chewing, taste-bud receptors tell the brain what is entering the digestive system. Tasting is considered the first stage of digestion, when salivary secretion enzymes are activated.

Q Which Standard Process supplements should not be chewed and why?
A Zypan, Betaine Hydrochloride, and Cal-Amo should never be chewed because the acids may cause potential damage to tooth enamel. Chlorophyll Complex softgels will temporarily stain the teeth and turn the tongue green.
FAQs

Q What does the ‘Best By’ date mean?
A For 90 years, Standard Process has been committed to making high quality whole food-based supplements that change lives. Please refer to the “Best By” date on all product boxes and bottles to determine how long a product maintains optimal quality and/or flavor. Standard Process only guarantees product potency through the “Best By” date.

Q How do I read “Best By” and “Lot Code” information on Product Boxes and Bottles?
A Standard Process no longer advises healthcare practitioners and patients to use product lot codes to verify when a product was produced. In early 2019, the company implemented a new Enterprise Resource Planning system that randomly generates lot codes for internal production traceability only. Due to varying degrees of potency, quality and/or flavor of product ingredients overtime, the “Best By” date continues to serve as the best reference for customers.

Example:

**Best By**

08-1-20  85 --*---  1

Date  Lot Code
(Randomly Generated)

Q How do I read your product labels?
A Below is an example of the different parts of our label and what they refer to.

- **Product name**
- **Product number**
- **Warning and caution statements**—both from the FDA and Standard Process
- **Serving size**
- **Servings per container**
- **Universal Product Code (UPC)—current UPCs are listed on our website**
- **Nutrient claims for the product—order mandated by the FDA**
- **Shows ingredients in product:**
  - **Proprietary blend**—ingredients that do not specifically contribute to the label claims; listed from “most to least” based on formula
  - **Other ingredients**—ingredients that contribute to the nutrient claims; tabletting/capsuling aids; also listed “most to least”
Q  What do I need to consider when recommending a combination of products?

A  Standard Process products are thought to work synergistically and support multiple aspects of health. In some cases, combined products can result in very high levels of certain vitamins or minerals. Where warranted, guidance is provided for individual products on the label and in this catalog via warnings and cautions. Additional information about vitamin and mineral levels is provided through the daily values reported on the label. These values, set by the FDA, indicate how much of the recommended daily consumption of the nutrient is found in a serving. Several excellent resources detailing vitamin/mineral action and current knowledge regarding recommended levels are available online at:

Linus Pauling Institute
http://lpi.oregonstate.edu/infocenter/index.html

Food and Nutrition Information Center
http://fnic.nal.usda.gov/

Office of Dietary Supplements
http://ods.od.nih.gov/Health_Information/Health_Information.aspx

Mayo Clinic
http://mayoclinic.com/health/nutrition-and-healthy-eating/Y00431
Changing lives is our passion and has been since our company’s inception in 1929. This passion is what drove our founder, Dr. Royal Lee, to develop and pioneer the first whole food supplement on the market, the revolutionary Catalyn.

At Standard Process:

We change lives with our whole food philosophy.
We grow ingredients on our organic farm in Wisconsin.
We’re serious about quality.
We make products to support the health of the whole family.
We partner with health care professionals.
We’ve been trusted for generations. Our products have been transforming lives since 1929.
Our Corporate Values
Standard Process demonstrates commitment to the **Whole**: 

<table>
<thead>
<tr>
<th><strong>PERSON</strong></th>
<th>By fostering the physical, emotional, intellectual, and spiritual health of customers and employees</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PRODUCT</strong></td>
<td>By emphasizing the importance of concentrated whole food ingredient sources and herbs in the product line</td>
</tr>
<tr>
<td><strong>PROCESS</strong></td>
<td>By ensuring the highest quality in every stage of development, from farming through shipping</td>
</tr>
<tr>
<td><strong>PLANET</strong></td>
<td>By utilizing environmentally safe farming, manufacturing, and business practices</td>
</tr>
<tr>
<td><strong>POSTERITY</strong></td>
<td>By preserving and strengthening the company for all future generations</td>
</tr>
</tbody>
</table>
“MediHerb® was born out of my desire for efficacious herbal products. This continues to underpin every aspect of our company from raw material sourcing, manufacturing, quality assurance and research through to our world-class education programs.”

PROFESSOR KERRY BONE
MEDIHERB® CO-FOUNDER AND DIRECTOR OF RESEARCH & DEVELOPMENT
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† (QA) = Quantified Activity Extract
The MediHerb® Philosophy

“MediHerb® was born out of my desire for efficacious herbal products. This continues to underpin every aspect of our company from raw material sourcing, manufacturing, quality assurance and research through to our world-class education programs.”

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

At MediHerb® we have redefined quality in herbal supplements and our commitment to exceeding this means we are the first choice for many health care professionals in the United States, Australia, New Zealand, South Africa and the United Kingdom. We have engaged the right mix of passionate people to meet the challenge of addressing quality and understanding the key phytochemicals in each herb and how they work in the body in a complex, interactive way. It is a philosophy that we have always stood by, remains integral to our future focus, and is always supported by our values and commitments.

MediHerb® is extremely proud to partner with Standard Process Inc. as our exclusive United States distributor for the MediHerb® line of quality herbal products. With a mutual commitment to product quality, a strictly monitored manufacturing process and rigorous product testing, Standard Process mirrors our devotion to providing solutions for good health. Like us, Standard Process also recognizes the importance of patient education, and that is why our products are available exclusively through qualified health care professionals. Together we strive to uphold our belief that whole food supplements and herbal products are natural complements for optimal health.*

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

We proudly come to work every day to provide high-quality 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.

Our knowledge

From discovering adulteration in Skullcap raw materials and developing a method to identify the correct species, to undertaking research with herb growers and agronomists for the best growing, harvesting and drying requirements for herbs; we are always investing in our knowledge base to share the latest developments with the industry in our quest for quality. We are a team of practicing natural health care professionals and scientists whose thought leadership has seen us partner with like-minded groups to drive herbal research, innovation, authenticity and safety.

Our relationships

The long-term relationships we have fostered with reputable growers ensure we always obtain optimal quality materials. Since the beginning, we have actively supported herb growers, and provide them with technical support and information on varietal selection, climatic and soil requirements, time of harvest, harvesting techniques, drying parameters, storage requirements, post-drying and feedback on herb quality. In addition, we collaborate closely on groundbreaking research projects to support our quest for quality. Our research partners (current and past) are part of leading Australian and international institutions, including the University of Queensland, Griffith University, Southern Cross University, the University of New England, Swinburne University of Technology, the University of Western Sydney, the University of Wisconsin, Oregon Health and Science University, the University of Pisa and the University of Modena and Reggio Emilia.

Our vision

MediHerb® was established by practitioners for practitioners, and from day one we have been passionate about investing in the future of natural herbal supplements and delivering innovative health care solutions. We will continue to facilitate the mainstream acceptance of the professional natural herbal supplements industry as a significant contributor to health globally. We are excited about the discoveries to come and to 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 professionals, to give your patients natural health care solutions that work and make a difference in their lives.
Our commitment

MediHerb® was co-founded in 1986 by Professor Kerry Bone; one of the world’s most inspiring herbal practitioners, scientists and academics whose reputation is cemented by his significant contribution to education, research and advocacy for the profession.

Today the genuine passion of our team continually upholds the values and commitment of our founder and drives our benchmark of quality in natural health care. This is supported by our focus to combine the time-honored wisdom of traditional knowledge with sound clinical experience, the rigor of scientific research and power of education to ensure we continue to deliver unparalleled quality in our products.

Every day patients worldwide will experience the MediHerb® way in natural health—our unique manufacturing processes, unrivaled testing regimes, focus on research, and commitment to our practitioners, growers and suppliers; herb sourcing expertise, clinical formulations and of course, the passion of our people.

To quality

Our unique approach to quality is unsurpassed in the world today. It is paramount to everything we do and evident across our entire business. Herbal products in Australia are regulated by the Australian government’s Therapeutic Goods Administration (TGA), a body similar to the U.S. Food and Drug Administration (FDA).

The TGA also applies the same standards to pharmaceutical manufacturing in Australia. There is a vast difference between the U.S. Current Good Manufacturing Practice (CGMP) for dietary supplements, and Australia’s pharmaceutical GMP (which is equivalent to the U.S. FDA drug CGMP). As an exporter to the United States and a manufacturer in Australia, we comply with both.

At MediHerb®, we rigorously source and test all raw materials in our TGA-certified laboratories, and research and develop herb active constituents and clinical applications. Our precisely engineered manufacturing and extraction processes are revolutionary while our unique “Quantified Activity” (QA) system ensures consistent quality extracts with guaranteed minimum levels of active constituents. Only when all quality aspects of raw materials are confirmed does the manufacturing process begin.

Skullcap: championing authenticity in herbs

Our stringent testing regimes are renowned for guarding against substitution of species, adulteration of herbs and poor quality. It is of paramount importance to us that the herbs approved for use in MediHerb® products are of the correct species and plant part, have the legitimate active constituent profile and are free from contamination. Due to our rigorous testing processes, we have found many issues relating to quality over the years.

One of our most notable discoveries was the substitution of *Scutellaria lateriflora* (Skullcap) with other *Scutellaria* spp. and *Teucrium* spp. We also identified that the substitution of *Stephania tetrandra* by *Aristolochia* spp. has the potential to cause kidney failure. Amongst many other examples we also found that *Crataegus monogyna* (Hawthorn), *Vitex agnus-castus* (Chaste Tree) and *Turnera diffusa* (Damiana) extracts were adulterated with rutin, and samples of *Vaccinium myrtillus* (Bilberry) contained a coloring agent used to imitate anthocyanins (the compounds responsible for the ripe blue color of the berries).

Bilberry: changing global safety standards

In 2003, we received samples of *Vaccinium myrtillus* (Bilberry fruit extracts), which showed differing behaviors. Using the industry standard method (spectrophotometric assay) to determine the anthocyanin (color quality marker) content, we found that two extracts had 25% levels as claimed by the manufacturers, but when we applied our high-performance liquid chromatography (HPLC) testing, one extract was found to contain just 9%.

Further testing identified the addition of an adulterant—amaranth, which is a synthetic dark red dye. The testing also revealed that when deliberate adulteration occurs in an extract, a spectrophotometric assay is inadequate to accurately determine the levels of compounds such as anthocyanins. One of our proudest achievements is that this work was published and led to a change in global regulatory testing standards for Bilberry.
Our commitment

To safety
Safety is paramount in every aspect of our operations and stringent testing regimes to guard against substitution, adulteration and poor quality. Our quality assurance process tests herbs for species identity, plant part, color, aroma, texture, content of specified actives, microbial levels, amount of extraneous matter, pesticides and herbicides, heavy metals and aflatoxins. Strict standards are predetermined to ensure only quality materials from reputable sources are used and every ingredient goes through thorough assessment.

To efficacy
As practicing health care professionals ourselves, we fully understand the necessity for products that meet a genuine health need. This is reflected by our diligence towards research and ability to select herbs phytochemically as nature intended. Based on the latest credible evidence, our team of naturopaths, scientists and herbal experts carefully collaborate to formulate every product with the highest quality ingredients. We are committed to the development of high quality herbal products with a focus on meeting patient needs, validating the herbal formulas through clinical trials and in vitro research and researching the phytochemistry of herbal plants. By combining phytochemical, biochemical, clinical and traditional herbal knowledge, we can continue to produce high-quality products to meet changing health care needs.

See diagram on page 7

Echinacea: the MediHerb® “Quantified Activity” (QA) Program

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.

Representing the most up-to-date scientific knowledge available, the process of developing QA extracts is complex, however, once constituents are selected and QA levels are set, we focus on ensuring the supply of consistent quality raw materials and the retention of the constituents throughout the manufacturing process. QA extracts are carefully selected whole herbs manufactured using our 1:2 Cold Percolation process to contain the active constituents from the raw herb. Our program links together all possible parameters that can affect product and extract quality, guaranteeing a high quality extract every time.

Our commitment to guarantee supply of authentic Echinacea led to the development of our QA program, as the herb was suffering from global confusion over what constituted authentic Echinacea. This was due to another herb’s uncanny physical root similarity. We adopted sophisticated analyses to compare Echinacea’s chemical fingerprint with a certified reference sample from the correct species. We also investigated methods to quantify the herb’s alkylamides and other important compounds, resulting in our high performance liquid chromatography (HPLC) methodology. Armed with these stringent testing processes, we worked with Echinacea growers to determine appropriate growing conditions and handling parameters, and internally we established protocols to ensure optimum retention and stability of alkylamides during all phases of the production process. This allowed us to establish our standard for acceptance of Echinacea raw material based on alkylamide content.
MediHerb® unique tableting process when using our liquid extracts

1. **Quality control analysis**
   - As per quality chart on page 10
   - **Pass**
   - **Fail**
   - **Reject**

2. **Quality control analysis**
   - As per quality chart on page 10
   - **Pass**
   - **Fail**
   - **Reject**

3. **Quality control analysis**
   - As per quality chart on page 10
   - **Pass**
   - **Fail**
   - **Reject**

4. **Quality control analysis**
   - As per quality chart on page 10
   - **Pass**
   - **Fail**
   - **Reject**

**Bottled for sale**
**Total process takes 1 month**
To manufacturing

After testing, all herbs are transferred to our temperature-controlled warehouse to preserve the herbs before undertaking our unique 1:2 Cold Percolation manufacturing process. Extensive scientific testing proves that this is unlike any other herbal extraction method and is the benchmark for producing the highest quality extracts using no heat or concentration. It ensures herbal constituents remain intact with only ethanol or purified water (and occasionally glycerol). Each liquid variety is processed using specific ethanol percentages for optimum extraction. Our extraction equipment is built from stainless steel, and we use pharmaceutical-grade filtering units. All process water is purified by reverse osmosis, and our experience with developing specific ethanol percentages for each herb helps us maximize quality. Our internal benchmarks for each herb must be met or exceeded for acceptance into manufacturing.

Our unique tablet manufacturing process also uses our 1:2 Cold Percolation liquid extracts to ensure potency equivalent to the original galenical liquid extract. It has also been subject to extensive research and development to ensure that the finished tablet has the same active constituents as the liquid extract, and that the full phytochemical profile has been retained.

See diagram on page 11

To testing

Herbs are naturally complex and not all are grown, harvested, dried or stored in the same way. We use the latest technology, invest in the best equipment, and employ and train the best scientific talent who understand the complexities of phytochemistry in order to undertake highly detailed testing throughout all stages of the sourcing and manufacturing process. This guarantees validation of species and plant parts and quality of active ingredients and phytochemical profiles. Our tests include:

- **High Performance Thin Layer Chromatography (HPTLC)** is a high resolution thin layer chromatography separation technique where liquid extract is precisely spotted onto a high-resolution silica gel plate and exposed to solvent to separate the extract into a series of molecules characteristic to the plant based on sample interactions with the plate and the solvent. HPTLC is the next generation of thin layer chromatography (TLC) as it is quicker and more sensitive. This means that the separation provides more detailed information allowing lower levels of adulteration to be detected. HPTLC may also be able to quantify compounds whereas TLC can only identify presence. HPTLC also features an auto sampler to eliminate any variation from different technicians setting up the sampling manually, which can happen under the TLC process.

- **Gas Chromatography (GC)** is a separation technique performed in the gas phase for volatile components such as essential oils. Samples can be introduced either as a liquid or a gas (headspace injector) using an inert carrier gas into a hot injector block. The volatilized constituents then pass onto a heated capillary column separating the gaseous constituents based predominately on their boiling point and the interaction with the column chemistry. The constituents are moved into a flame and the resultant by-products pass through electrodes to generate a signal (detection can also be done by Mass Spectrometry).

Tableting: benchmarking quality

Our research has proven that the optimal method of herb processing for tableting involves the evaporation of the ethanol and water at low temperatures under vacuum. This important step minimizes the exposure of the delicate chemicals in the herbal matrix to the damaging effects of heat and oxidation.

Our tableting process takes this one step further to actually specify the optimal parameters employed during the evaporation and drying processes for each of the active constituents of the final tablet. As with our liquid herbal extracts, our tablets are manufactured to pharmaceutical standards. Each batch is tested for disintegration, friability, weight uniformity and for active constituents. Our tablets are required by the TGA to disintegrate in less than 30 minutes to maximize the absorption possibility of herbal components.
Ultra High Performance Liquid Chromatography (UHPLC) is a separation technique performed in the liquid phase. Liquid samples are injected into a solvent stream under high pressure at an extremely rapid flow rate, which is carried onto a high resolution packed column and separated into individual constituents based on the interaction between the solvent and column chemistry. Constituents are detected and quantified by Photo-Diode Array (PDA), which measures the absorption spectrum of each chemical constituent at an extremely rapid acquisition rate (Mass Spectrometry can also be used). UHPLC offers a three times higher pressure rate than HPLC and is much faster and more sensitive. Notably, it allows us to gain more detailed information about the breakdown of various peaks and marker compounds for a more accurate identification. In addition, the use of less solvent is a great environmental benefit. UHPLC allows us to establish our own test methods for compounds creating a greater understanding of phytochemistry.

Mass Spectrometry (MS) is an extremely specific and sensitive technique that volatilizes, ionizes and filters molecules in complex mixtures. It can be used to identify molecular weights of molecules or for quantification purposes. They can be connected to most separation techniques to detect the eluting molecules from the column. MS is used routinely with GS and UHPLC testing.

Ultraviolet/Visible Detector (UV-vis) is a quantitative technique that exposes the sample to light and measures how the molecule interacts in the Ultraviolet/Visible region (electron excitation spectra). It can also be useful in elucidating molecular structure and can be attached to a UHPLC as a detection technique (i.e. photo diode array). UV-vis is a sensitive technique used to measure the spectrum of each phytochemical as it passes the detector (diode array) and depending on the herb being tested, is connected to UHPLC.

Fourier Transform Infrared Spectrometry (FTIR) is an identification technique that exposes the sample to light and measures how the molecule interacts in the infrared region (molecule vibrational spectra). This testing is useful in elucidating molecular structural information by identifying samples and quantification. FTIR is the next generation UV-vis. It is more sensitive and more detailed and useful for delivering unknown compounds as it gives detailed information about the functional groups attached to the molecule. We hold all our suppliers to our benchmark testing standards, and before any herb is purchased, we analyze a batch sample to ensure compliance with our strict quality criteria. The purchased batch is also sampled and subjected to the same battery of tests. Only if the herb passes this second set of tests is the batch accepted into the factory for further processing. Our stringent testing processes reveal any quality issues from substitution of species to adulteration or simply a poor quality plant. All herbs approved for use in our products are the correct species, plant part, active constituent profile and are free from contamination.

See diagram on page 10

Golden Seal: identifying substitution issues

Golden Seal (Hydrastis canadensis) is very expensive and has always been in short supply; thus it is commonly substituted with cheaper herbs that greatly affect quality. These cheaper species do not contain hydrastine; rather they contain only berberine and berberine-related compounds. They do, however, produce an extract of the same color as Golden Seal. Berberine is a potent antibacterial agent, but it is the hydrastine that is believed responsible for the unique trophorestorative effects of Golden Seal upon mucous membranes.

Similarly, the hair roots of Golden Seal, which have lower levels of hydrastine than the rhizome, are sold as the root and rhizome. The presence of hydrastine and the differentiation of adulterants are easily determined by UHPLC, and, therefore, we only purchase cultivated Golden Seal as it is now considered endangered.
MediHerb® quality assured sourcing of herbs

Raw material is sourced from quality herb suppliers worldwide

Pre-shipment sample requested

Samples sent to lab for:
- Identification (HPTLC fingerprint)
- Validation (species, plant part)
- Quality (actives, phytochemical profile)

Chromatography
Method used to separate the phytochemicals in a herbal extract into individual components

Also tested for:
- Macro/microscopic analysis
- Pesticides/heavy metals
- Aflatoxins
- Microbial levels

High Performance Thin Layer Chromatography (HPTLC):
The liquid extract is spotted onto a silica gel plate which is then placed into a trough containing solvent. The solvent then separates the extract into a series of bands (phytochemicals) characteristic to the plant

Ultra High Performance Liquid Chromatography (UHPLC):
The herbal extract is injected into a liquid stream which is carried onto a column and separated into its various constituents. These are then detected when they exit the column. Normally a Photo-Diode Array (PDA) measures the absorption spectrum of each chemical constituent. However, not all constituents can be seen by PDA and therefore Evaporative Light Scattering Detection (ELSD), Fourier Transform Infrared Spectrometry (FTIR) and Mass Spectrometry (MS) are also used to detect compounds such as saponins

Mass Spectrometry (MS)
Method used to separate the phytochemicals in an herbal extract into individual components

Order arrives
Quarantined samples taken

Order is placed ONLY IF the above quality criteria have been met

To Lab: All QA procedures detailed above are repeated on the purchased batch samples

When, and only when, all aspects of quality control of the raw material are confirmed, will the manufacture of MediHerb® products begin. An herb is sent back if it does not comply.
MediHerb® manufacturing processes & quality control for herbs

Cool room storage of herbs for quality assurance
Minimizes degradation of actives, control of insects, ideal storage condition for raw materials whose actives can degrade

Raw material milled under cryogenic conditions so no heat can affect the phytochemicals

Proprietary Cold Percolation
A unique slow process over 7–10 days known ONLY to MediHerb®, developed by Kerry Bone, to extract the full spectrum of compounds of the herb without causing damage or degradation

Liquid extracts
The majority of our liquid extracts are made as 1:2 liquid extracts as this is the most effective method to extract the full phytochemical profile in a convenient dosage unit. However we also make liquid extracts with other ratios depending on the optimum extraction of the individual herb

Samples sent to the QA Laboratory where they are analyzed for phytochemical profile, level of actives, consistency, verification of original herb with no deterioration or degradation. This is the third round of testing performed. When the extract meets all criteria

Bottled for sale
Our commitment

Echinacea: the landmark research project
The most well-known herbal support for the immune system is Echinacea, yet it is both misunderstood and underestimated. There are many Echinacea products available, which differ according to plant species, plant part (root, leaves, seeds or a combination), quality markers and dosage. In 2003, MediHerb® began an extensive research project designed to identify the bioavailable components of Echinacea Premium and how they exert an effect on the immune system. MediHerb® research results made a substantial contribution to a new understanding of lipophilic extracts of Echinacea, which conclude that alkylamides must be used as the markers of quality and activity, the root of Echinacea is the preferred plant part given its high levels of alkylamides and the preferred species of Echinacea are *E. angustifolia* and *E. purpurea* since they contain high levels of alkylamides. In addition, our research has proven that Echinacea must be extracted using an alcohol percentage sufficiently high to efficiently extract the alkylamides.*

To research
We are a global leader in herbal scientific knowledge and often partner on research projects to advance quality and efficacy with reputable establishments. Our outstanding team of scientists and health care professionals drive our research, development and quality control practices. We also collaborate with health care professionals for real-time patient feedback. Significant innovations include our revolutionary process of manufacturing herbal tablets from liquid extracts and 1:2 Cold Percolation manufacturing process. Our Research and Development team combine experience in food and herbal products, university research, drug analysis in hospitals, pharmaceuticals, quality assurance, technical writing, clinical nutrition and work *in situ* with our own herbalists and naturopaths, along with a board of leading American, Australian and other international herbalists. This ensures we can combine the best of science, traditional knowledge and current clinical knowledge to produce high quality herbal and nutritional solutions.

To innovation
Innovation is the lifeblood of our business and supports our culture of excellence. We undertake a rigorous new product development process to ensure that appropriate steps are undertaken when investigating the introduction of a new product. This allows us to develop a shortlist of key herbs that are then subjected to closer analysis. This involves detailed examination of the clinical outcomes, phytochemistry and biological activity, analytical methodology, continuity of supply, economic sustainability, synergy of the final formula, cost to the patient and practicality of final dose formulation. Once the prototype formulation is agreed upon, we may then undertake a human feedback trial to prove the quality of the product and regularly supply product to support other industry research projects.

Saligesic and Cramplex: working together on clinical feedback trials
Our clinical feedback trials involve our network of health care professionals in the development and validation of new products prior to launch. By working together, we are able to gather valid clinical data in a timely and cost-effective manner. Feedback trials completed for Saligesic (a highly potent Willow Bark product for exercise-related lower back pain) and Cramplex (a formulated product for the relief of mild discomfort associated with menstruation) prior to their launch helped us clearly demonstrate their efficacy.*

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* Echinacea must be extracted using an alcohol percentage sufficiently high to efficiently extract the alkylamides.

Saligesic Feedback Trial Results

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Cramplex Feedback Trial Results

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<td>Background Pain</td>
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<tr>
<td>Second menstrual cycle</td>
<td>Intervention Usage</td>
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</table>
To professional supplements

We are committed to actively support natural health care professionals and passionately advocate for quality to benchmark natural supplements to the highest of standards. In particular, our founder, Kerry Bone, was integral in establishing professional standards of the industry, including leading MediHerb® discovery of the adulteration of a commonly available Bilberry extract—the catalyst for a global change in testing regulations. We invest significantly in our profession by funding clinical trials. Our reputation for scientific knowledge means we often collaborate on projects investigating herbal applications, so we apply stringent criteria to assess viability. The trial must fit with our philosophy of superior quality, innovative, and holistic herbal solutions, and must be conducted at a reputable research establishment. We do not fund or involve ourselves with research that utilizes animals as human models. As practicing clinicians, we also regularly conduct professional seminars for health care professionals and are dedicated to being a key source of knowledge for the natural health care profession. Through our website, mediherb.com we also provide extensive clinic and reference tools, library resources and webinars.

To ingredients

We handle and process raw materials with the utmost care. As the largest purchaser and processing plant of herbs in Australia, we assist growers with support on varietal selection, climatic and soil requirements, time of harvest, harvesting techniques, drying parameters and storage requirements. Where possible, we source organically grown and wild-crafted herbs, including internationally where conditions and handling requirements are the optimum. For example, Cat’s Claw from Peru. We work with growers to help cultivate endangered species and our unique system of identifying and classifying any threat allows us to immediately find alternatives or reduce that threat. Our commitment to efficacy has also uncovered examples of substitution including Echinacea, commercial Wild Yam, Cat’s Claw and Golden Seal. If any herb does not meet our standards, we go out of stock rather than supply an inferior product, so you can always be confident in consistent results with patients from batch to batch.

Wild Yam: identifying quality issues

There are around 600 species of Yam, many of them wild species that flourish in damp woodlands and thickets. Dioscorea villosa (also known as Colic Root or Wild Yam) is a twining, tuberous vine native to eastern North America. The roots initially taste starchy, but soon after are bitter and acrid—nothing like the taste of Yam or Sweet Potato. Commercial Wild Yam extracts available for use as raw materials are often from Dioscorea opposita (Chinese Yam Root), which has a different phytochemical profile. It is widely misconstrued that Dioscorea villosa contains diosgenin and many products have this as a statement on their labels. However it does not contain diosgenin, but rather the diosgenin precursors. Unfortunately, the phytochemical profile of Wild Yam is poorly defined and based on outdated scientific literature, so we undertook a project in conjunction with Associate Professor James De Voss from the University of Queensland Australia to investigate its phytochemistry.

Commercially available Dioscorea villosa is in the form of dried roots, usually harvested at the end of summer or fall when the plant is dying back to its rootstock. It was found that these roots contained only very small amounts of dioscin, not the predominance as previously thought. The major saponin found in the fall-harvested roots were in fact the furostanol-based saponins, methyilparvifloside, and methylprotodeltonin, while the spirostanol-based saponins, Zingiberensis saponin I and deltonin, were the major saponins for samples harvested in summer. The storage saponins from the fall differ from the summer saponins by the presence of an extra glucose molecule. The two main compounds found in commercial material—harvested in the fall—are significantly different as they contain extra glucose residues.

Dioscorea villosa
To sustainability

In addition to working with domestic growers, we also source herbs from abroad and recognize the importance of supporting indigenous communities in quality and sustainability standards. As these communities depend on the income of the herb crops for their well-being, it is particularly important that they understand quality issues and are educated as to how to best grow or sustainably harvest the herb. Working together, we can ensure that they will sell their crops and provide income for their community. In addition, we have a documented process to avoid using herbal plants that are on the brink of becoming classified as endangered species. We have developed a system of identifying and classifying the “threat” to particular herbs. “Threatened” is not an official classification; rather it is determined by us based on information received from independent, reliable sources such as CITES (Convention on International Trade in Endangered Species of Wild Fauna and Flora), TRAFFIC (Wildlife Trade Monitoring Network) and United Plant Savers. When a wild-crafted herb is classified as “threatened” by us, steps are taken immediately to find alternatives to overcome or reduce the threat.

Guidelines: MediHerb® commitment to endangered species

1. Where the threatened status of an herb is specific to a region or country, we do not acquire the herb from that region or country.
2. We use cultivated herb sources of threatened herbs.
3. Where no cultivated source is available, we seek to establish cultivation in conjunction with herb growers.
4. If 2 and 3 are not options, we then investigate the wild crafting techniques and protocols to ensure they are conducted sustainably and ethically.
5. In certain cases, substitution of the threatened herb with a clinically similar interchangeable species will be possible. This option requires technical and Research and Development involvement.
6. We actively promote the use of alternate herbs in place of endangered herbs by educating health care professionals.
7. Where a threatened or endangered herb is part of a tablet or liquid formulation, we will reformulate the product to include a different herb.
8. When an herb is listed in the CITES Appendix II and a cultivated source is not available, we cease to use that herb and delete the product from the range, for example Pygeum.
“Our mission always remains to provide high-quality herbal solutions to health care professionals”
Our people

Our passionate team includes practicing natural health care professionals and scientists. We have a proud history of seeking out people with the right expertise to further our mission of providing you with the best possible products that deliver on the needs of you and your patients.

Meet our leaders

Kerry Bone  
BSc (Hons), Dip Phyto FNIMH, FNHAA, AHG, MCPP, FANTA  
Kerry is recognized internationally as a pre-eminent herbal practitioner, scientist and academic with a reputation cemented by his significant contribution to excellence in education, research and advocacy. Kerry’s passionate commitment to product development, research, writing, education and clinical practice positions him as a pioneer in the international herbal industry. He is the founder of MediHerb®, author of six books, contributor to over 100 articles on herbal knowledge to peer-reviewed journals around the world and has remained dedicated to his practice for over 30 years.

Hans Wohlmuth  
PhD (Pharmacognosy), BSc (Biology)  
Hans is MediHerb® Research and Development Manager. During his 16 years at Southern Cross University, Hans taught Pharmacognosy and Complementary Medicine. He also established the Medicinal Plant Herbarium and co-founded the Herbal Authentication Service. Hans is an active researcher and has published more than 50 scientific articles on herbal plants, natural products and complementary medicine. He is a member of the TGA Advisory Committee on Complementary Medicines and serves on the Advisory Board of the American Botanical Council. He also has editorial roles with several journals including the “Australian Journal of Herbal Medicine” and “Advances in Integrative Medicine”.

David Leach  
BSc (Hon), PhD, MRACI, CChem  
David is MediHerb® Senior Research and Development Chemist, an Adjunct Professor at the University of Western Sydney and one of Australia’s most respected phytochemists. David has more than 30 years of experience in the field of herbal plant and natural product chemistry. His far-ranging expertise includes herbal supplements, native Australian plants and natural, plant-derived insecticides. David has also co-authored more than 100 scientific publications in international peer-reviewed journals and is an inventor of three patents on phytochemicals. He has given numerous presentations at conferences around the world and is a member of the Australian Standards Association’s Essential Oil Committee.

Michelle Morgan  
BSc (Chemistry), DHM  
Michelle is a qualified herbalist and has worked in the scientific field as a laboratory technician for many years including more than three as a Quality Assurance Chemist. Since 1995, Michelle has worked at MediHerb® as a Technical Writer responsible for information gathering and organizing technical publications. Michelle assisted in the research and writing of several herbal textbooks including the award-winning “The Essential Guide to Herbal Safety” published by Elsevier in 2005.
Joanne Boyd
Adv Dip HSc (Nat), Adv Dip HSc (HerbMed), Dip (Nut)

Joanne is an Australian-trained naturopath who has worked in various areas of the Complementary Medicine industry for more than 18 years. She has lectured at several colleges in Australia teaching herbalism, nutrition, and naturopathic clinical skills. Joanne has been a part of the MediHerb® team for more than 14 years and provided education and support for sales representatives and clinicians in Australia, the U.S., Canada and the UK.

Berris Burgoyne
BHSc, ND, Dip Herb

Berris is a renowned naturopathic clinician with more than 26 years of clinical experience. She owns and runs a highly successful naturopathic clinic in Brisbane, Australia and is a senior member of the MediHerb® team as a technical writer and educator. Berris was one of Kerry Bone’s first herbal students and regularly lectures alongside him in Australia and New Zealand. She has also lectured extensively in the U.S., Canada, the UK and South Africa.

Amanda Williams
BBus, Adv Dip Nat, Dip Bot Med

Amanda is an experienced naturopath with more than 18 years clinical experience. Since 2000, Amanda has worked with MediHerb® in international business development and was instrumental in the U.S. partnership with Standard Process. A popular speaker who can convey the technical complexity of herbalism in an easy to understand and clinically relevant manner, Amanda has traveled across the U.S. delivering seminars to health care professionals and in Australia to the general public.

Joanne Boyd
Adv Dip HSc (Nat), Adv Dip HSc (HerbMed), Dip (Nut)

Joanne is an Australian-trained naturopath who has worked in various areas of the Complementary Medicine industry for more than 18 years. She has lectured at several colleges in Australia teaching herbalism, nutrition, and naturopathic clinical skills. Joanne has been a part of the MediHerb® team for more than 14 years and provided education and support for sales representatives and clinicians in Australia, the U.S., Canada and the UK.

Angela Hywood
BHSc(Naturopathy), DipBotMed, DipHom, DipCN, DipNFM, MANTA, MNHAA

Angela Hywood is an experienced naturopathic clinician with over 20 years of clinical experience, specializing in integrative endocrinology, fertility, and pregnancy care. Prior to Angela’s career in naturopathy, she studied at the School of Pharmacy, Curtin University of Technology in Perth, Western Australia and has a strong interest in herbal safety, particularly herb-drug interactions and pharmacology. Angela is a well-known speaker at complementary and integrative medicine conferences both in Australia and internationally; and has published articles in complementary medicine journals in Australia and the U.S. Angela’s clinical passion in the art and science of herbal medicine, clinical nutrition, homoeopathy, whole food nutrition and lifestyle medicines are tailored into dynamic clinical programs for her patients.
### Core Products

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<th>Product Name</th>
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<tr>
<td>Andrographis Complex</td>
<td>Short-Term 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>Healthy Immune System Function</td>
</tr>
<tr>
<td>Garlic Forte</td>
<td>Healthy Cardiovascular Function Support</td>
</tr>
<tr>
<td>Ginkgo Forte</td>
<td>Support Memory &amp; Cognition</td>
</tr>
<tr>
<td>Gotu Kola Complex</td>
<td>Healthy Skin, Capillary &amp; Circulation Support</td>
</tr>
<tr>
<td>Gut Flora Complex</td>
<td>Healthy Intestinal Environment</td>
</tr>
<tr>
<td>Gymnema</td>
<td>Anti-Sweetness Activity</td>
</tr>
<tr>
<td>HerbaVital</td>
<td>Healthy Aging Support</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>Thyroid Complex</td>
<td>Targeted Thyroid Support</td>
</tr>
<tr>
<td>Tribulus</td>
<td>Maintaining Healthy Hormones</td>
</tr>
<tr>
<td>Turmeric Forte</td>
<td>Healthy Inflammatory Response</td>
</tr>
<tr>
<td>Vitanox®</td>
<td>Antioxidant Support</td>
</tr>
<tr>
<td>Wormwood Complex</td>
<td>Healthy Intestinal Environment</td>
</tr>
</tbody>
</table>
Cardiovascular System

Heart Health

- **Coleus Forte**: Support Cardiovascular Health
- **Garlic Forte**: Support Healthy Normal Cholesterol
- **Ginkgo Forte**: Microcirculation Support
- **Hawthorn**: Normal Heart Function Support
- **HerbaVital**: Aging Support
- **Vitanox®**: Antioxidant Support

Circulation

- **Bilberry 6000mg**: Healthy Eye Support
- **Garlic Forte**: Support Healthy Normal Cholesterol
- **Ginkgo Forte**: Microcirculation Support
- **Gotu Kola Complex**: Tissue & Capillary Integrity
- **HerbaVital**: Aging Support
- **Vascular Care Complex**: Venous Support
- **Vitanox®**: Antioxidant Support *

Digestive System

Upper GIT

<table>
<thead>
<tr>
<th>Product</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Cumin Seed Forte</td>
<td>Multi-Action Liver &amp; Fat Metabolism Support</td>
</tr>
<tr>
<td>ChelaCo</td>
<td>Antioxidant Liver Support</td>
</tr>
<tr>
<td>Coleus Forte</td>
<td>Promote Healthy Digestion</td>
</tr>
<tr>
<td>Digest Forte</td>
<td>Core Digestive Support</td>
</tr>
<tr>
<td>Gymnema</td>
<td>Anti-Sweetness Activity</td>
</tr>
<tr>
<td>HiPep</td>
<td>Healthy Stomach Acid</td>
</tr>
<tr>
<td>LivCo®</td>
<td>Liver-Cleansing Support</td>
</tr>
<tr>
<td>Livton® Complex</td>
<td>Digestive System &amp; Liver Support</td>
</tr>
<tr>
<td>Metabol Complex</td>
<td>Metabolic Support</td>
</tr>
<tr>
<td>Milk Thistle Forte</td>
<td>Core Liver Support</td>
</tr>
<tr>
<td>Rhodiola &amp; Schisandra</td>
<td>Nervous System Support During Stress</td>
</tr>
</tbody>
</table>

Lower GIT

<table>
<thead>
<tr>
<th>Product</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artemisinin Complex</td>
<td>Depurative Support</td>
</tr>
<tr>
<td>Berberine Active</td>
<td>Bowel Regularity Support</td>
</tr>
<tr>
<td>Burdock Complex</td>
<td>Healthy Elimination Support</td>
</tr>
<tr>
<td>Colax</td>
<td>Intestinal Motility Support</td>
</tr>
<tr>
<td>Garlic Forte</td>
<td>Immune System Support</td>
</tr>
<tr>
<td>Golden Seal 500mg</td>
<td>GIT Immune System Support</td>
</tr>
<tr>
<td>Gotu Kola Complex</td>
<td>Tissue &amp; Capillary Integrity</td>
</tr>
<tr>
<td>Gut Flora Complex</td>
<td>Healthy GIT Function Support</td>
</tr>
<tr>
<td>Myrrh Forte</td>
<td>Healthy Intestinal Environment</td>
</tr>
<tr>
<td>Turmeric Forte</td>
<td>Healthy Digestion Support</td>
</tr>
<tr>
<td>Vitanox®</td>
<td>Antioxidant Support</td>
</tr>
<tr>
<td>Wormwood Complex</td>
<td>Healthy Intestinal Environment *</td>
</tr>
</tbody>
</table>

Endocrine

Adrenal

<table>
<thead>
<tr>
<th>Product</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrenal Complex</td>
<td>Stress Response Support</td>
</tr>
<tr>
<td>Ashwagandha Complex</td>
<td>Calming Stress Support</td>
</tr>
<tr>
<td>Bacopa Complex</td>
<td>Brain Tonic</td>
</tr>
<tr>
<td>Eleuthero</td>
<td>Adaptive Adrenal Support</td>
</tr>
<tr>
<td>Rhodiola &amp; Ginseng Complex</td>
<td>Enhance Vitality &amp; Stamina</td>
</tr>
<tr>
<td>Rhodiola &amp; Schisandra</td>
<td>Nervous System Support During Stress</td>
</tr>
</tbody>
</table>

Pancreas

<table>
<thead>
<tr>
<th>Product</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bilberry 6000mg</td>
<td>Healthy Eye Support</td>
</tr>
<tr>
<td>Black Cumin Seed Forte</td>
<td>Multi-Action Liver &amp; Fat Metabolism Support</td>
</tr>
<tr>
<td>Ginkgo Forte</td>
<td>Microcirculation Support</td>
</tr>
<tr>
<td>Gotu Kola Complex</td>
<td>Healthy Skin, Capillary &amp; Circulation Support</td>
</tr>
<tr>
<td>Metabol Complex</td>
<td>Normal Pancreatic Function Support</td>
</tr>
<tr>
<td>Milk Thistle Forte</td>
<td>Core Liver Support</td>
</tr>
</tbody>
</table>

Thyroid

<table>
<thead>
<tr>
<th>Product</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrenal Complex</td>
<td>Endocrine Balance Support</td>
</tr>
<tr>
<td>Thyroid Complex</td>
<td>Thyroid Support *</td>
</tr>
</tbody>
</table>

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
**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: Stress Response Support
- Chaste Tree: Natural Hormone Balance
- Evening Primrose Oil: Healthy Prostaglandins
- FemCo: Female Vitality
- LivCo®: Liver-Cleansing Support
- Thyroid Complex: 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: Thyroid Support
- Tribulus: Support Healthy Sex Hormones
- Valerian Complex: Sleep Support
- Wild Yam Complex: Core Menopause Support *

**Male Health**

**<50**
- Adrenal Complex: Stress Response Support
- LivCo®: Liver-Cleansing Support
- Rhodiola & Schisandra: Nervous System Support During Stress

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

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### Nervous System

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrenal Complex</td>
<td>Stress Response Support</td>
</tr>
<tr>
<td>Ashwagandha Complex</td>
<td>Calming 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>Nervagasic</td>
<td>Nervous System Discomfort</td>
</tr>
<tr>
<td>Nevanon® 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>Nervous System Support During Stress</td>
</tr>
<tr>
<td>St John’s Wort 1.8g</td>
<td>Nervous System Support</td>
</tr>
<tr>
<td>Valerian Complex</td>
<td>Sleep Support *</td>
</tr>
</tbody>
</table>

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### Respiratory

#### Short-Term

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broncafect®</td>
<td>Cough Reflex Support</td>
</tr>
<tr>
<td>Sinus Forte</td>
<td>Upper Respiratory Support</td>
</tr>
</tbody>
</table>

#### Long-Term

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>PulmaCo</td>
<td>Lower Respiratory Support</td>
</tr>
<tr>
<td>ResCo⁸</td>
<td>Lower Respiratory Support</td>
</tr>
<tr>
<td>Sinus Forte</td>
<td>Upper Respiratory Support *</td>
</tr>
</tbody>
</table>

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### Skin

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albizia Complex</td>
<td>Seasonal Stress Support</td>
</tr>
<tr>
<td>Andrographis Complex</td>
<td>Short-Term Immune System Support</td>
</tr>
<tr>
<td>Chaste Tree</td>
<td>Natural Hormone Balance</td>
</tr>
<tr>
<td>Coleus Forte</td>
<td>Healthy Skin Support</td>
</tr>
<tr>
<td>DermaCo</td>
<td>Skin Cleansing Support</td>
</tr>
<tr>
<td>Echinacea Premium</td>
<td>Everyday Immune System Support</td>
</tr>
<tr>
<td>Gotu Kola Complex</td>
<td>Healthy Skin, Capillary &amp; Circulation Support</td>
</tr>
<tr>
<td>Gut Flora Complex</td>
<td>Healthy Intestinal Environment</td>
</tr>
<tr>
<td>Rehmannia Complex</td>
<td>General Detoxification Support</td>
</tr>
<tr>
<td>Vitanox⁸</td>
<td>Antioxidant Support *</td>
</tr>
</tbody>
</table>

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### Musculoskeletal

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</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>Healthy Skin, Capillary and Circulation Support</td>
</tr>
<tr>
<td>Kava Forte</td>
<td>Naturally Relaxing</td>
</tr>
<tr>
<td>Nervagasic</td>
<td>Nervous System Support</td>
</tr>
<tr>
<td>Rehmannia Complex</td>
<td>Mild Exercise-Related Joint Pain Relief</td>
</tr>
<tr>
<td>Saligesic</td>
<td>Musculoskeletal Support</td>
</tr>
<tr>
<td>St John’s Wort 1.8g</td>
<td>Nervous System Support</td>
</tr>
<tr>
<td>Turmeric Forte</td>
<td>Healthy Inflammatory Response</td>
</tr>
<tr>
<td>Vascular Care Complex</td>
<td>Venous Support *</td>
</tr>
</tbody>
</table>

### Urinary System

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andrographis Complex</td>
<td>Short-Term Immune System Support</td>
</tr>
<tr>
<td>Burdock Complex</td>
<td>Healthy Elimination 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>Everyday Immune System Support</td>
</tr>
<tr>
<td>Gut Flora Complex</td>
<td>Healthy Intestinal Environment</td>
</tr>
<tr>
<td>ProstaCo</td>
<td>Prostate Support *</td>
</tr>
</tbody>
</table>

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How to Read a MediHerb® Label

A product label is 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 diagram below summarizes what you should look for on a label and describes the key elements of a tablet label including a brief explanation of the tableting excipients used.

1 Common Name

Many herbs have the same or similar common names, therefore it is important to list the botanical name (see point 5) to avoid confusion.

2 Plant Part

Using the correct plant part is crucial since different plant parts can have varying or no efficacy, eg Dandelion Root supports liver function and Dandelion Leaf stimulates healthy urine flow.*

3 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, eg a 4:1 ratio means 4 kilograms of herb are extracted to make 1 kilogram of extract.

4 Extract

Different preparation types are sometimes used, eg Powdered herb, so it is important to understand the type of preparation being used. MediHerb® liquid extracts are used in the manufacture of our tablets. See tablet process on page 7.

5 Botanical Name

The botanical name is essential for determining identity and therefore efficacy.

6 Quantity of Starting Material

This states the quantity of dried herb equivalent used in each tablet.

7 Quantity of Extract

This states the quantity of extract used in the tablet.

8 Quantified Activity and/or Standardization

Represents the quality of an extract as a specific active or marker compound. See Quantified Activity and Standardization on page 6.

9 Tablet Excipients

MediHerb® uses a range of pharmaceutical grade excipients in the manufacture of its tablet range. These excipients are carefully chosen using experience gained from over 10 years of manufacturing herbal tablets and are necessary to aid the manufacturing process, stability, disintegration and to allow ease of swallowing.

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For further information on the function of the excipients refer to the Excipient Glossary, page 127
Our Products

As a health care professional, you have invested a great deal of time and energy into earning your qualifications. At MediHerb® we believe you should protect that investment by using only the highest quality herbal products supported by authoritative technical and clinical information. This document is a detailed reference of all MediHerb® herbal products, indexed by herb (botanical and common names) and set out in an easy to use format.

Please take the time to read the MediHerb® Philosophy so that you may understand the depth of our passion for superior quality, efficacious herbal formulas. MediHerb® has a total commitment to quality, which covers every aspect of our approach from research and development right through to manufacturing. Like so many decisions you will make in your clinical practice, you need to evaluate the increasing number of herbal products and suppliers by certain criteria. It is vital to your success as a health care professional that you consider these criteria closely and carefully.

The MediHerb® Product Catalog is an essential resource for any health care professional seeking to make an informed choice.

Products with this logo are part of the Kerry Bone’s Essentials range.

These are the top 20 herbal tablets that Kerry Bone uses in his clinical practice. For more information on Kerry Bone’s Essentials visit www.mediherb.com or www.standardprocess.com
Adrenal Complex contains Licorice and Rehmannia, a combination that contains many compounds including triterpenoid saponins (especially glycyrrhizin), other saponins, iridoid glycosides and many flavonoids.

The Licorice component of this tablet is standardized to contain 25 mg of glycyrrhizin per tablet to ensure optimal strength and quality.

Together these herbs 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*

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

### Additional Support
- Consider Rhodiola & Ginseng Complex tablets to promote vitality and stamina.
- Consider Thyroid Complex tablets to support healthy thyroid function and normal energy production.
- Combines well with Echinacea Premium tablets or liquid, Andrographis Complex tablets or Astragalus Complex tablets for immune system support.
- Consider Nevaton® Forte tablets to support a healthy nervous system response.
- Consider Eleuthero tablets to enhance the body’s ability to adapt to temporary stress.
- Consider Kava Forte tablets to calm the nerves.
- Consider Nervagescic tablets to ease temporary mild nervous system tension.*

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container: 40, 120</td>
</tr>
<tr>
<td>Amount per Serving:</td>
</tr>
<tr>
<td>%DV</td>
</tr>
<tr>
<td>Calcium: 64 mg</td>
</tr>
<tr>
<td>Licorice root 7:1 extract from Glycyrrhiza glabra root: 250 mg</td>
</tr>
<tr>
<td>Containing glycyrrhizin: 25 mg</td>
</tr>
<tr>
<td>Rehmannia rhizome 5:1 extract from Rehmannia glutinosa rhizome: 150 mg</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

**Content**
- 40 Tablets: M1050
- 120 Tablets: M1055

**Suggested Use**
1 tablet 2 - 3 times daily, or as directed.

**Educational Tools**
Product Detail Sheet available online

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Stressed?

MediHerb® Adrenal Complex – For the challenges of everyday life*

* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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

Albizia Complex contains Albizia, Chinese Skullcap and Feverfew.

This combination of herbs contains many compounds including saponins, flavonoids (especially baicalin) and sesquiterpene lactones (particularly parthenolide).

These herbs were used traditionally to help:
- maintain normal respiratory tract and healthy skin
- assist in maintaining healthy breathing passages to support normal breathing
- respond normally to seasonal stresses
- support normal immune system response
- support the body’s organs of elimination

Caution: Contraindicated in individuals with known hypersensitivity to Feverfew, parthenolide or other members of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified healthcare professional.

Additional Support
- To support healthy mucous membranes of the nose and sinuses combine with Sinus Forte tablets.
- For skin health combine with DermaCo tablets.*

Andrographis Complex

Andrographis Complex contains a blend of herbs to support normal immune system function.

Andrographis, Echinacea angustifolia root and Holy Basil provide a unique range of phytochemicals including diterpenoid lactones (collectively referred to as andrographolides), flavonoids, caffeic acid derivatives (especially echinacoside and cyanin), alkylamides, essential oil (rich in monoterpenes and sesquiterpenes, typically eugenol) and polyphenols. The Andrographis component of this tablet is standardized to contain 10 mg of andrographolide per tablet to ensure optimal strength and quality.

These herbs were used traditionally to:
- help maintain healthy immune function
- support healthy respiratory system function
- support and maintain normal body temperature already in a normal range
- support healthy immune system response during seasonal stresses
- encourage adaptive response to everyday stress
- promote healthy liver function*

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

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 Mynrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.*

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

Content | Product No
---|---
40 Tablets | M1100
120 Tablets | M1115

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

Educational Tools
Product Detail Sheet available online

Supplement Facts

| Serving size | 1 tablet |
| Servings per container: | 40, 120 |
| Amount per Serving | %DV |
| Calcium | 51 mg | 4% |
| Echinacea root 4:1 extract from Echinacea angustifolia root | 125 mg | † |
| Holy Basil herb 5:1 extract from Ocimum tenuiflorum herb | 100 mg | † |
| Andrographis herb 10:1 extract from Andrographis paniculata herb 1.0 g | 100 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, silicon dioxide, magnesium stearate and maltodextrin.

Content | Product No
---|---
40 Tablets | M1110
120 Tablets | M1115

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

Educational Tools
Product Detail Sheet available online

See Echinacea Quality Information on page 41
Artemisinin Complex contains Sweet Wormwood and Sarsaparilla, a combination that contains many compounds including sesquiterpene lactones especially artemisinin and steroidal saponins, including sarsasapogenin and smilagenin.

Artemisinin Complex contains herbs used traditionally to:
- support normal flushing of natural toxins from the body
- encourage healthy function of organs of elimination
- cleanse the blood
- encourage healthy bowel function
- support healthy digestion
- support a healthy intestinal environment

**Caution:** In rare circumstances Artemisia annua may be associated with liver harm. Do not use continuously for more than 7 days. Contraindicated in pregnancy and lactation. Contraindicated in those with known sensitivity to the pollen of Artemisia species. Monitor patients for the following symptoms and discontinue product use if present – nausea, stomach pain, pale stools, dark urine, itching all over, the whites of the eyes have turned yellow or the skin is yellow (jaundice). For other contraindications and cautions consult your health care professional.

**Additional Support**
- Consider Echinacea Premium tablets or liquid, Astragalus Complex tablets or Andrographis Complex tablets for additional immune system support.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.
- Combine with Viranon tablets to promote the body’s normal resistance function.
- Consider Gut Flora Complex capsules to support a healthy immune system response and encourage a healthy intestinal environment.

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**Ashwagandha Quality Story**

Ashwagandha (*Withania somnifera*) is an Indian (Ayurvedic) herb which contains a group of clinically important steroidal compounds referred to collectively as withanolides.

Ashwagandha contains more than fifty withanolides which vary greatly depending upon the geographic location and plant part. The withanolide profile and content is a key determinant of Ashwagandha quality and efficacy. Liquid Chromatography/Mass Spectrometry (LC/MS) is the method of choice for characterizing such a wide range of similar compounds and unequivocally identifying key major components such as withaferin A and withanolide A. This technique is used routinely in the MediHerb® Quality Control Laboratories to identify and analyze Ashwagandha and other saponin-containing herbs.

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**MediHerb® Product Catalog 2020 • Tablets and Capsules**
Ashwagandha Complex
Note: Formerly known as Withania Complex

Ashwagandha Complex contains the following herbs: Ashwagandha, Licorice, Skullcap and Korean Ginseng.

This combination of herbs contains many compounds including steroidal compounds (including the complex mixture of steroidal saponins called ginsenosides), alkaloids, triterpenoid saponins (especially glycyrrhizin), other saponins and many flavonoids. The Korean Ginseng component of this tablet is standardized to contain 1.68 mg per tablet of ginsenosides (calculated as Rb₂ to Rb₁, is NLT 0.4 by HPLC) to ensure optimal strength and quality.

Together these herbs and the substances within them are used traditionally to:
- work as a tonic to maintain or improve general well-being
- help the body adapt to the changes of everyday life
- maintain feelings of general well-being when experiencing temporary stress
- support a healthy immune system
- promote vitality and stamina in people of any age
- support and maintain the body as it ages
- help maintain healthy mood balance*

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Discontinue during an acute infection or fever. If you have a thyroid condition, use strictly under physician direction.

Additional Support
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combines well with St John’s Wort 1.8g tablets as a tonic for the nervous system.
- Combine with Eleuthero tablets to enhance the body’s natural ability to adapt to temporary stress.
- Combine with Tribulus tablets to support normal hormone production in men and women.
- Consider Thyroid Complex tablets to support healthy thyroid function for normal energy and production, and to improve general well-being.*
Astragalus Complex

Astragalus Complex is an immune tonic blend containing Astragalus, *Echinacea purpurea* root and Eleuthero.

This combination of herbs contains many compounds including triterpenoid saponins, flavonoids, steroids, caffeic acid derivatives (especially choric acid), alkylamides, and a diverse group of constituents called eleutherosides. The Eleuthero component of this tablet is standardized to contain 600 mcg of syringaresinol diglucosides (eleutherosides) per tablet to ensure optimal strength and quality.

Together these herbs and the compounds within them traditionally help to:
- support healthy immune system function
- maintain feelings of general well-being
- support upper respiratory tract function
- facilitate the body's normal response to occasional stress
- promote a healthy response to environmental stress*

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. Discontinue during an acute infection or fever.

Additional Support
- Combines well with Ashwagandha Complex tablets to support healthy immune system response.
- To support vitality combine with Ganoderma & Shiitake tablets.
- Combine with Eleuthero tablets for support of physical endurance.
- Consider FemCo tablets to support vitality in women.
- Combine with Viranon tablets to promote the body's normal resistance function.*

Bacopa Complex

Bacopa Complex combines the herbs *Bacopa, Schisandra, Eleuthero* and the essential oil of *Rosemary.*

These herbs contribute key phytochemicals to the blend such as dammarane saponins, other saponins, flavonoids, steroids, dibenzocyclooctene lignans, a diverse group of constituents called eleutherosides, monoterpenes and sesquiterpenes. This tablet contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The Bacopa component is standardized to contain 37.5 mg of bacosides (a saponin mixture) per tablet, and the Eleuthero component contains 400 mcg of syringaresinol diglucosides per tablet.

The herbs contained in this formulation have been traditionally used to:
- enhance mental clarity and support healthy cognitive function
- support normal memory function
- support physical endurance during times of mild fatigue/weakness
- ease the effects of temporary and occasional stress
- support healthy memory and concentration as a brain tonic*

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

Additional Support
- Combines well with Ginkgo Forte tablets to promote alertness and mental clarity.
- Consider St John's Wort 1.8g tablets to support healthy mood balance.
- Consider Rhodiola & Ginseng Complex tablets and Rhodiola & Schisandra tablets for increased stamina, vitality and endurance.*
Berberine Active contains an extract of *Phellodendron amurense* which has been traditionally used to support healthy liver function, immune system health and promote regularity of bowel function.

Berberine Active is standardized to contain 200 mg of berberine, the main active constituent of Phellodendron which is an alkaloid of the isoquinoline group to ensure optimal strength and quality.

The compounds in Phellodendron are used traditionally in Chinese herbal preparations to:
- promote regularity of bowel function
- support a healthy bowel environment
- support healthy liver function
- act as a general tonic herb
- provide antioxidant activity

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

**Additional Support**
- Combine with Metabol Complex tablets to support the metabolism of fats.
- Combine with Gymnema tablets to help reduce sweet cravings and inhibit sweet taste sensation.
- Combine with DiGest Forte tablets for additional digestion and intestinal function support.
- Combine with Black Cumin Seed Forte tablets for gastrointestinal support.
- Consider Gut Flora Complex capsules for additional support of bowel function and healthy bowel environment.
- Consider Milk Thistle Forte tablets for additional liver support.
- Combine with Turmeric Forte tablets to support a healthy inflammation response.
- Consider Livton® Complex tablets to support healthy liver function and aid in the elimination of normal toxin accumulation in the liver.
- Combine with Herbavital tablets to support healthy circulation and general well-being.
- Consider Coleus Forte tablets to support healthy digestion.
- Combine with Vitanox® tablets for additional antioxidant activity

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**Supply Facts**

| Serving size: | 1 tablet |
| Servings per container: | 60 |
| **Amount per Serving** | **%DV** |
| Phellodendron 20:1 extract from *Phellodendron amurense* stem bark 8.8 g | 440 mg † |
| Containing berberine 200 mg |  |

† Daily Value (DV) not established.

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

**Content**
- 60 Tablets
- Product No M1650

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

**Educational Tools**
- L00044: Berberine Active Brochure
- L00043: New Herbal Support for a Modern Lifestyle Handout
- Product Detail Sheet available online

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* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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

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*Phellodendron (Phellodendron amurense)*

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**Tablets and Capsules • MediHerb® Product Catalog 2020 29**
Bilberry 6000mg

Bilberry contains anthocyanins (also called anthocyanosides, which are the blue pigments responsible for the color of ripe Bilberries), flavonoids, oligomeric procyanidins and other phytochemicals.

This product is standardized to contain 21.6 mg of anthocyanosides per tablet to ensure optimal strength and quality.

The phytochemicals in Bilberry work together to:
- promote vascular integrity
- support healthy connective tissue
- help maintain health of capillaries
- maintain healthy eyes
- provide antioxidant activity*

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

**Additional Support**
- Combines well with Ginkgo Forte tablets to support healthy circulation to the peripheries.
- Consider Vascular Care Complex tablets for further support of venous integrity.
- Consider Vitanox® tablets for antioxidant activity.
- Consider with Gotu Kola Complex tablets to promote healthy skin, support healthy blood vessels and provide additional antioxidant activity.*

### Bilberry Quality Story

In 2003 MediHerb® received samples of *Vaccinium myrtillus* or bilberry fruit extracts which differed in behavior to that normally received.

The standard method of determining the anthocyanin content at this time was a spectrophotometric assay. Using this method, anthocyanin levels of two extracts were found to be 25% as claimed by the manufacturers. When high-performance liquid chromatography (HPLC) was used, however, one extract was found to contain 9% anthocyanins probably not derived from *V. myrtillus* but from another species as well as an adulterant chemical. This adulterant was subsequently identified, using HPLC, mass spectrometry, and nuclear magnetic resonance, as amaranth (3-hydroxy-4-[(4-sulfo-1-naphthalenyl)azo]-2,7-naphthalenedisulfonic acid trisodium salt) a synthetic dark red dye. It was evident that when deliberate adulteration occurs in an extract, a spectrophotometric assay is inadequate to accurately determine the levels of compounds such as anthocyanins. This has led to a change in the standard method of analysis for bilberry extracts to a more sophisticated method of analysis, (HPLC with photodiode array detection) to counter this form of adulteration. The results of this discovery by the MediHerb® team were published (Journal of Agricultural Chemistry and Food Science 2006. 54: 7378-7382) and led to regulators around the world to review accepted test methods for Bilberry. The *British Pharmacopoeia* also changed the method of analysis for Bilberry as a result of this discovery.

**HPLC profile of Bilberry**

- **Poor Quality (Hydrolyzed) Bilberry**
- **Good quality Bilberry extract**

*For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Black Cumin Seed Forte contains a whole plant extract of Black Cumin seed which is comprised of an array of constituents including, fixed oil, proteins, alkaloids, saponins and essential oil.

The compounds in Black Cumin are used traditionally in Ayurvedic herbal preparations to:

- support healthy digestive function
- support healthy liver function and metabolism of fat
- help relieve occasional mild digestive discomfort, including bloating and flatulence
- provide antioxidant activity
- help maintain general health and well-being

Caution: Contraindicated in pregnancy. Caution is advised in women wishing to conceive. Professional supervision is suggested for lactation.

Additional Support

- Combine with Metabol Complex tablets to support the metabolism of fats.
- Combine with Gymnema tablets to help reduce sweet cravings and inhibit sweet taste sensation.
- Combine with DiGest Forte tablets for additional digestion and intestinal function support.
- Combine with Berberine Active tablets for gastrointestinal support.
- Combine with Turmeric Forte tablets to support a healthy inflammation response.
- Consider Livton® Complex tablets to support healthy liver function and aid in the elimination of normal toxin accumulation in the liver.
- Consider Albizia Complex tablets, Sinus Forte tablets and PulmaCo tablets for respiratory and immune system support.
- Combine with Echinacea Premium tablets for additional immune system support where the respiratory system is challenged.
- Combine with Thyroid Complex tablets for thyroid support.
- Combine with HerbaVital tablets to support healthy circulation and general well-being.
- Consider Coleus Forte tablets to support healthy digestion.
- Combine with Vitanox® tablets for additional antioxidant activity.*

### 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</td>
<td>%DV</td>
</tr>
<tr>
<td>Calcium</td>
<td>63 mg 4%</td>
</tr>
<tr>
<td>Black Cumin seed 5:1 extract from Nigella sativa seed</td>
<td>400 mg 10%</td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

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

Content Product No
40 Tablets M1660

Suggested Use
1 tablet daily with food, or as directed.

Educational Tools
L00045: Black Cumin Seed Forte Brochure
L00043: New Herbal Support for a Modern Lifestyle Handout
Product Detail Sheet available online.
Bone Complex contains Epimedium, Kudzu, Red Clover and Black Cohosh. This combination of herbs contains many compounds especially flavonoids and triterpene glycosides.

Three herbs in this tablet contain standardized levels of key phytochemicals to ensure optimal strength and quality:
- 20 mg of icariin per tablet (from Epimedium), 28 mg/tablet of isoflavones from Kudzu (daidzein, daidzin, puerarin) and 8 mg/tablet of Red Clover isoflavones.

These and other compounds within Bone Complex can traditionally help mature women (age 40-60) to:
- support healthy bone tissue, in conjunction with weight-bearing exercise and a healthy diet containing food sources of calcium and vitamin D
- support and maintain healthy bone density
- beneficially influence normal bone remodeling

**Caution:** Contraindicated in pregnancy, lactation and in women with estrogen-dependent tumors such as breast cancer. Caution in patients with liver problems, who frequently use alcohol or take any medications.

**Additional Support**
- Consider Gotu Kola Complex tablets to support healthy skin.
- Consider Rhodiola & Ginseng Complex tablets to promote vitality and Bacopa Complex tablets to support cognitive function.
- Combine with Wild Yam Complex tablets to provide relief from mild discomfort associated with menopause.

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Boswellia Complex contains Boswellia, Celery Seed, Ginger and Turmeric.

These herbs provide many phytochemicals including triterpene acids (especially the boswellic acids), several essential oils (one of which contains terpenes and phthalides), coumarins, flavonoids, pungent principles (including gingerols) and yellow pigments referred to as diarylheptanoids (including curcumin). This tablet contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. 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
- provide antioxidant activity

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

**Additional Support**
- Consider Turmeric Forte tablets for additional joint support.
- Consider Rehmanna Complex tablets to support the body’s normal detox 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 Neravesic tablets to ease temporary mild muscular discomfort following exercise or over-exertion.

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**Supplement Facts**

### Bone Complex

<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>Calcium</td>
<td>43 mg</td>
</tr>
<tr>
<td>Epimedium herb top 12:1 extract from <em>Epimedium sagittatum</em> herb top 2.4 g</td>
<td>200 mg</td>
</tr>
<tr>
<td>Red Clover herb flowering top 5:1 extract from <em>Trifolium pratense</em> herb flowering top 500 mg</td>
<td>100 mg</td>
</tr>
<tr>
<td>Kudzu root 10:1 extract from <em>Pueraria lobata</em> root 700 mg</td>
<td>70 mg</td>
</tr>
<tr>
<td>Black Cohosh root 5:1 extract from <em>Actaea racemosa</em> root 80 mg</td>
<td>16 mg</td>
</tr>
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Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, maltodextrin, hypromellose and magnesium stearate.

**Content**

<table>
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<th>Product No</th>
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<tbody>
<tr>
<td>M1145</td>
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</tbody>
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**Suggested Use**

1 tablet 3 times daily, or as directed.

**Educational Tools**

Product Detail Sheet available online

### Boswellia Complex

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 tablet</th>
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</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>5</td>
</tr>
<tr>
<td>Boswellia gum oleoresin 7:1 extract from <em>Boswellia serrata</em> gum oleoresin 1.9 g</td>
<td>277 mg</td>
</tr>
<tr>
<td>Containing boswellic acids 180 mg</td>
<td></td>
</tr>
<tr>
<td>Celer Seed fruit 6:1 extract from <em>Apium graveolens</em> fruit 1.0 g</td>
<td>166.7 mg</td>
</tr>
<tr>
<td>Ginger rhizome 10:1 extract from <em>Zingiber officinale</em> rhizome 0.3 g</td>
<td>30 mg</td>
</tr>
<tr>
<td>Turmeric rhizome 25:1 extract from <em>Curcuma longa</em> rhizome 2.0 g</td>
<td>80 mg</td>
</tr>
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Other ingredients: Microcrystalline cellulose, sodium starch glycolate, silicon dioxide, hypromellose, magnesium stearate and dibasic calcium phosphate dihydrate.

**Content**

<table>
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</thead>
<tbody>
<tr>
<td>M1157</td>
</tr>
</tbody>
</table>

**Suggested Use**

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

**Educational Tools**

L0625: Boswellia Complex Brochure

*For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

† Daily Value (DV) not established.

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

The combination of herbs and an essential oil found in Broncafect® (Licorice, Pleurisy Root, Echinacea purpurea root, White Horehound, Ginger and Thyme essential oil) contain triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, caffeic acid derivatives (especially cichoric acid), alkylamides, pungent principles (including gingerols), monoterpenes (especially thymol) and other compounds.

These herbs, essential oil and their constituents are used traditionally to:
- support healthy respiratory tract function
- support the body’s natural ability to break up respiratory secretions by supporting normal mucus flow
- support the body’s normal cough reflex
- support healthy immune system function
- help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants
- assist the body in maintaining normal body temperature already in a normal range

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Contraindicated in known allergy to plants of the daisy family.

**Additional Support**
- Consider Andrographis Complex tablets for extra immune system support.
- Combine with Herbal Throat Spray Phyto synergist to soothe mild irritations of the throat, freshen breath and maintain healthy mucosal tissue in the upper gastrointestinal tract.
- Combine with PulmaCo tablets to assist in maintaining healthy breathing passages.
- For extra respiratory support and immune system response combine with hot Peppermint or Ginger tea.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>60</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calcium</td>
<td>116 mg</td>
</tr>
<tr>
<td>Licorice root 7:1 extract from Glycyrrhiza glabra root</td>
<td>214.2 mg †</td>
</tr>
<tr>
<td>Pleurisy root 4:1 extract from Asclepias tuberosa root</td>
<td>187.5 mg †</td>
</tr>
<tr>
<td>Echinacea root 6:1 extract from Echinacea purpurea root</td>
<td>125 mg †</td>
</tr>
<tr>
<td>White Horehound herb 4:1 extract from Marrubium vulgare herb</td>
<td>90 mg †</td>
</tr>
<tr>
<td>Thyme (Thymus vulgaris) essential oil</td>
<td>20 mg †</td>
</tr>
<tr>
<td>Ginger rhizome 3:1 extract from Zingiber officinale rhizome</td>
<td>12 mg †</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

**Content**

| 40 Tablets | M1165 |

**Suggested Use**

2 tablets 2 – 4 times daily, or as directed.

**Educational Tools**

Product Detail Sheet available online

See Echinacea Quality Information on page 41

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**Burdock Complex**

The four herbs combined in Burdock Complex contribute to the general well-being of the body.

These herbs, Burdock, Slippery Elm, Sheep Sorrel and Rhubarb contain many compounds including acetylenic compounds, phenolic acids, mucilage, polysaccharides, anthraquinone glycosides and tannins.

Some of the substances in Burdock Complex have been used traditionally to:
- support normal flushing of toxins from the body
- support the body’s organs of elimination
- support healthy mucous membranes in the digestive system

**Caution:** Contraindicated in pregnancy and lactation.

**Additional Support**
- Combines well with Astragalus Complex tablets or Echinacea Premium tablets or liquid to enhance immune system function.
- To support the body’s normal resistance function combine with Ganoderma & Shiitake tablets.
- Consider Vitanox® tablets for antioxidant activity.
- To further promote healthy skin and provide antioxidant activity combine with Gotu Kola Complex tablets.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>20</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calcium</td>
<td>53 mg</td>
</tr>
<tr>
<td>Burdock root 5:1 extract from Arctium lappa root</td>
<td>48.4 mg †</td>
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<tr>
<td>Slippery Elm (Olmus robor) stem bark powder</td>
<td>32 mg †</td>
</tr>
<tr>
<td>Sheep Sorrel aerial parts 5:1 extract from Rumex acetosella aerial parts</td>
<td>26 mg †</td>
</tr>
<tr>
<td>Rhubarb root 5:1 extract from Rheum palmatum root</td>
<td>1.6 mg †</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

**Content**

| 60 Tablets | M1173 |

**Suggested Use**

1 tablet 3 times daily, or as directed.

**Educational Tools**

Product Detail Sheet available online
Chaste Tree

Chaste Tree contains flavonoids (especially methoxylated flavones), iridoid glycosides (such as aucubin), diterpenes, sesquiterpenes, an essential oil and other compounds.

Together this herb and the substances within it are used traditionally to:
- support healthy prolactin and progesterone levels in the body
- encourage healthy menstrual cycling
- ease discomfort associated with premenstrual syndrome
- support normal reproductive function in women
- address non-cystic mild acne
- ease temporary feelings of mild nervous tension associated with the menstrual cycle*

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

Additional Support
- Consider FemCo tablets to further support normal reproductive function in women.
- May be combined with LivCo® or Livton® Complex tablets for healthy liver function.
- Consider Cramplex tablets to provide antispasmodic activity to ease mild occasional spasms of smooth muscle including those associated with the menstrual cycle.*

Chaste Tree Quality Story

Chaste Tree (Vitex agnus-castus) contains three important classes of phytochemicals: iridoid glycosides (such as agnuside and aucubin), flavonoids (such as casticin) and diterpenoids (such as vitexilactone, rotundifuran and vitetrifolin D).

It is believed that the diterpenoids are the more important of these constituents and therefore MediHerb® has developed analytical methods for the determination of these constituents and manufactures extracts containing high levels of these diterpenoids, but not at the expense of other vital components.

Supplement Facts

<table>
<thead>
<tr>
<th>Servings per container:</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calcium</td>
<td>87 mg</td>
</tr>
<tr>
<td>Chaste Tree fruit 6:1 extract from Vitex agnus-castus fruit</td>
<td>83.3 mg</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

Content  Product No
40 Tablets  M1190
120 Tablets  M1195

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

Educational Tools
Product Detail Sheet available online
The combination of herbs in ChelaCo contain many compounds including oligomeric procyanidins, flavonoids (such as vitexin-2-rhamnoside), flavanolignans (collectively known as silymarin) and sulfur compounds.

This product is standardized to contain 2.0 mg of vitexin-2-rhamnoside and 80 mg of flavanolignans (calculated as silybin) per tablet to ensure optimal strength and quality.

Together these herbs and the substances within them are used traditionally to:
- support liver as a liver tonic
- support healthy detoxification function
- support a healthy circulatory system
- help support healthy cell functioning
- help support healthy cardiovascular function
- provide antioxidant activity*

**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. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements.

**Additional Support**
- Consider LivCo® or Milk Thistle Forte® tablets for additional support for healthy liver function.
- Consider Colax tablets to further support healthy bowel function.
- Consider Rhodiola & Ginseng Complex tablets to promote vitality and stamina.
- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.*

### 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>Calcium</td>
<td>68 mg 6%</td>
</tr>
<tr>
<td>Haworth leaf &amp; flower 4.8:1 extract from <em>Crataegus monogyna</em> leaf &amp; flower 318 mg Containing vitexin-2-rhamnoside 2.0 mg</td>
<td>67 mg 1%</td>
</tr>
<tr>
<td>Milk Thistle seed 70:1 extract from <em>Silybum marianum</em> seed 8.0 g Containing flavanolignans calc. as silybin 80 mg</td>
<td>114.3 mg 1%</td>
</tr>
<tr>
<td>Fresh Garlic bulb 12:1 extract from <em>Allium sativum</em> fresh bulb 6.0 mg</td>
<td>50 mg 1%</td>
</tr>
<tr>
<td>Garlic (<em>Allium sativum</em>) bulb powder</td>
<td>7.5 mg 1%</td>
</tr>
</tbody>
</table>

* Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, hypromellose, maltodextrin, 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.

**Content**

<table>
<thead>
<tr>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>M1197</td>
</tr>
</tbody>
</table>

**Suggested Use**

1 tablet 2 – 3 times daily with meals, or as directed. Enteric coated tablets. Do not break or crush.

**Educational Tools**

Product Detail Sheet available online

See Milk Thistle Quality Information on page 59
See Garlic Quality Information on page 47
The natural ingredients found in Colax help maintain healthy intestinal function.

The combination of Dill Seed, Cascara, Yellow Dock, Dandelion Root and Chamomile provides a range of compounds including several essential oils (containing monoterpenes, sesquiterpenes, and especially α-bisabolol), flavonoids, anthraquinone glycosides, sesquiterpene lactones, phenolic acids and sterols.

The herbs in Colax have been used traditionally to:
- support healthy bowel function
- assist in helping stimulate the bowel in order to support healthy elimination
- cleanse the lower digestive tract
- support healthy bowel regularity and consistency function
- help relieve occasional gas, and associated temporary mild digestive discomfort
- support healthy bile production and flow*

Caution: Contraindicated in blockage of the gallbladder and in known allergy to plants of the daisy family. Use only with professional supervision in the presence of gallstones. This product contains Frangula purshiana (Cascara). Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara may worsen these conditions and be harmful to your health. Consult your health care professional if you have frequent diarrhea or if you are pregnant, nursing, taking medication or have a medical condition. *

Additional Support
- Increase water intake and exercise regularly.
- Consider DiGest Forte tablets to support healthy digestion.
- Consider Gut Flora Complex capsules to cleanse and promote health in the lower gastrointestinal tract and to help maintain healthy intestinal flora.
- Consider Vascular Care Complex tablets to provide support for the surrounding veins in the occurrence of occasional, mild constipation.
- May be combined with Livton® Complex tablets for healthy liver function.*

Chamomile Quality Story

German or true Chamomile (Matricaria recutita) contains a range of essential oil components and high levels of flavonoids.

A wide variation in the levels of these constituents is found between different chemical races or varieties of Chamomile. Some varieties do not contain α-bisabolol which is an important active component. MediHerb® has selected a variety of Chamomile which contains α-bisabolol for use in our products. α-bisabolol is detected by Gas Chromatography (GC).

Please be aware Roman Chamomile (Chamaemelum nobile = Anthemis nobilis) can be an adulterant in, or substituted for, true Chamomile and should be avoided due to allergic reactions.

* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Coleus Forte is made from the root of *Coleus forskohlii*, which contains the labdane diterpene forskolin as a major constituent. This product is standardized to contain 18.7 mg of forskolin per tablet to ensure optimal strength and quality.

**Coleus Forte** may be traditionally used to:
- support cardiovascular health
- support healthy skin and respiratory tract
- help relieve occasional sleeplessness
- promote healthy digestion*

**Caution:** Contraindicated in hypotension. Contraindicated in gastric or duodenal ulcers unless otherwise directed by a qualified health care professional. 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.

Additional Support
- Combine with Hawthorn tablets to support healthy functioning of the heart muscle.
- Consider Vascular Care Complex tablets for further support of venous integrity.
- Combine with Thyroid Complex tablets to support healthy thyroid function.
- Consider Garlic Forte tablets to support cardiovascular system health.
- Combine with Gymnema tablets to help reduce sweet cravings and suppress sweet taste sensation.*

### MediHerb® Coleus Forte

Support cardiovascular health*

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>60</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>187 mg †</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Coleus root 30:1 extract</td>
<td>187 mg †</td>
</tr>
<tr>
<td>from <em>Coleus forskohlii</em> root 5.61 g</td>
<td></td>
</tr>
<tr>
<td>Containing forskolin 18.7 mg</td>
<td></td>
</tr>
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† Daily Value (DV) not established.

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

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>60 Tablets</td>
<td>M1202</td>
</tr>
</tbody>
</table>

**Suggested Use**

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

**Educational Tools**

Product Detail Sheet available online
Cramplex contains the following herbs: Cramp Bark, Corydalis, Ginger, Raspberry Leaf and Wild Yam.

This combination of herbs contains many phytochemicals including alkaloids, terpenoids, pungent principles (including gingerols), flavonoids, gallotannins, ellagitannins and steroidal saponins.

Together these herbs and their constituents have been used traditionally to help:
- provide antispasmodic activity to ease occasional smooth muscle spasms
- relieve the occasional mild discomfort of menstrual cramps
- support healthy bladder and urinary tract smooth muscle
- provide temporary relief of occasional bowel spasm
- support female reproductive system health

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

Additional Support
- Combine with St John’s Wort 1.8g tablets as a tonic for the nervous system and to ease the temporary effects of mild stress.
- Combine with Evening Primrose Oil capsules or Chaste Tree tablets to support female reproductive system health.
- Consider FemCo tablets as additional support for female reproductive health.
- Combine with Nervagric tablets to promote relaxation of the muscles.
- Combine with ProstaCo capsules to support healthy prostate gland function.
- Diet changes should include increasing essential fatty acids (eg Evening Primrose Oil capsules), reducing saturated fats, eliminating refined foods, sugar, dairy products, methylxanthines (coffee and chocolate) and increasing fresh fruits, vegetables, proteins and whole grains.

Ginger (Zingiber officinale)

MediHerb®
Cramplex
Feedback
Trial Results

Prior to the release of Cramplex a feedback trial was conducted to gauge the product’s effectiveness. The graph shown summarizes the results of this trial and clearly demonstrates the efficacy of Cramplex.
Cranberry Complex combines Cranberry, Crataeva, Buchu and Uva Ursi.
Together, these herbs contribute procyanidins, flavonoids, anthocyanins, organic acids, saponins, sterols, an essential oil (consisting mainly of the monoterpene diosphenol), hydroquinone glycosides (particularly arbutin), polyphenols and other compounds.

Cranberry Complex contains herbs used traditionally to:
- encourage healthy urinary tract function
- support healthy bladder function
- promote healthy mucosal surfaces in the urinary tract


Additional Support
- May be combined with Echinacea Premium tablets or liquid or Andrographis Complex tablets for extra immune system support.
- Combines well with ProstaCo capsules or Nettle Root 1:2 liquid to support healthy urinary tract function in men.
- Increase water intake.

DermaCo contains the following herbs:
Sarsaparilla, Cleavers, Oregon Grape, Burdock and Yellow Dock.
This combination of herbs contains many compounds including steroidal saponins, sterols, iridoid glycosides, phenolic acids, alkaloids (especially berberine and oxycaftine), acetylenic compounds and anthraquinone glycosides.

Together these herbs and the compounds within them are used traditionally to help:
- support normal flushing of toxins from the body
- encourage the healthy function of the organs of elimination
- promote normal healthy skin renewal and integrity
- maintain healthy skin
- cleanse the blood and support lymphatic system function
- promote healthy liver and intestinal function
- encourage healthy bowel function
- support healthy kidney function.

Caution: Contraindicated in pregnancy and lactation.

Additional Support
- Combine with Gotu Kola Complex tablets to further promote healthy skin.
- Combine with Livton® Complex tablets for healthy liver function.
- Consider Echinacea Premium tablets or liquid for additional immune system support.
- Consider with Albizia Complex tablets to promote the body’s normal resistance function.
- Consider Vitanox® tablets for antioxidant activity.
- Increase water intake.

DermaCo contains the following herbs:
Sarsaparilla, Cleavers, Oregon Grape, Burdock and Yellow Dock.
This combination of herbs contains many compounds including steroidal saponins, sterols, iridoid glycosides, phenolic acids, alkaloids (especially berberine and oxycaftine), acetylenic compounds and anthraquinone glycosides.

Together these herbs and the compounds within them are used traditionally to help:
- support normal flushing of toxins from the body
- encourage the healthy function of the organs of elimination
- promote normal healthy skin renewal and integrity
- maintain healthy skin
- cleanse the blood and support lymphatic system function
- promote healthy liver and intestinal function
- encourage healthy bowel function
- support healthy kidney function.

Caution: Contraindicated in pregnancy and lactation.

Additional Support
- Combine with Gotu Kola Complex tablets to further promote healthy skin.
- Combine with Livton® Complex tablets for healthy liver function.
- Consider Echinacea Premium tablets or liquid for additional immune system support.
- Consider with Albizia Complex tablets to promote the body’s normal resistance function.
- Consider Vitanox® tablets for antioxidant activity.
- Increase water intake.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Servings per container</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablet</td>
<td>40</td>
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<table>
<thead>
<tr>
<th>Calcium</th>
<th>37 mg</th>
<th>2%</th>
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<tbody>
<tr>
<td>Crataeva stem bark 8:1 extract from Crataeva nurvala stem bark</td>
<td>125 mg</td>
<td>†</td>
</tr>
<tr>
<td>Uva Ursi leaf 2:1 extract from Arctostaphylos uva-ursi leaf</td>
<td>250 mg</td>
<td>†</td>
</tr>
<tr>
<td>Cranberry fruit juice 25:1 powder from Vaccinium macrocarpon fruit fresh</td>
<td>100 mg</td>
<td>†</td>
</tr>
<tr>
<td>Buchu (Agathosma betulina) leaf essential oil</td>
<td>12 mg</td>
<td>†</td>
</tr>
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</table>

† Daily Value (DV) not established.

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

Content | Product No |
<table>
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</tr>
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<tbody>
<tr>
<td>40 Tablets</td>
<td>M1210</td>
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**Suggested Use**
1 tablet 3 – 4 times daily, or as directed.

**Educational Tools**
Product Detail Sheet available online.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Servings per container</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablet</td>
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</table>

<table>
<thead>
<tr>
<th>Calcium</th>
<th>70 mg</th>
<th>6%</th>
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<tbody>
<tr>
<td>Oregon Grape root &amp; rhizome 10:1 extract from Berberis aquifolium (Mahonia aquifolium) root &amp; rhizome</td>
<td>36 mg</td>
<td>†</td>
</tr>
<tr>
<td>Sarsaparilla root &amp; rhizome 4:1 extract from Smilax regelii root &amp; rhizome</td>
<td>90 mg</td>
<td>†</td>
</tr>
<tr>
<td>Cleavers herb 5:1 extract from Galium aparine</td>
<td>72 mg</td>
<td>†</td>
</tr>
<tr>
<td>Burdock root 4:1 extract from Arctium lappa root</td>
<td>67.5 mg</td>
<td>†</td>
</tr>
<tr>
<td>Yellow Dock root 4:1 extract from Rumex crispus root</td>
<td>67.5 mg</td>
<td>†</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

Content | Product No |
<table>
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</thead>
<tbody>
<tr>
<td>40 Tablets</td>
<td>M1220</td>
</tr>
</tbody>
</table>

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

**Educational Tools**
Product Detail Sheet available online.
DiGest Forte contains Gentian, Ginger, Tangerine (Chen Pi) (fruit peel and cold pressed essential oil), Wormwood and Feverfew.

This combination contains many compounds including secoiridoid bitter glycosides (including gentiopicrin and amarogentin), pungent principles (including gingerols), sesquiterpene lactones (including absanthin 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
- support the body’s natural toxin-elimination function
- increase bile flow as a cholangioprotective
- promote normal response to environmental stressors*

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

Additional Support:
- Combine with Turmeric Forte tablets to further support healthy digestion.
- May be combined with Gut Flora Complex capsules to encourage healthy intestinal environment.
- Combine with Metabol Complex tablets to support pancreatic and liver function.
- 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.*

Common Dosage:
1 tablet 3 times daily, or as directed.

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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<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gentian root 2:1 extract from Gentiana lutea root</td>
<td>100 mg</td>
<td>1</td>
</tr>
<tr>
<td>Tangerine fruit peel 5:1 extract from Citrus reticulata fruit peel</td>
<td>100 mg</td>
<td>1</td>
</tr>
<tr>
<td>Feverfew leaf 3:1 extract from Tanacetum parthenium leaf</td>
<td>66.7 mg</td>
<td>1</td>
</tr>
<tr>
<td>Ginger rhizome 10:1 extract from Zingiber officinale rhizome</td>
<td>25 mg</td>
<td>1</td>
</tr>
<tr>
<td>Wormwood herb 4:1 extract from Artemisia absinthium herb</td>
<td>25 mg</td>
<td>1</td>
</tr>
<tr>
<td>Tangerine (Citrus reticulata) fruit peel essential oil, cold pressed</td>
<td>12.5 mg</td>
<td>1</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

Content Product No
40 Tablets M1226

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

Educational Tools
Product Detail Sheet available online

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

MediHerb® Echinacea Premium combines the roots of Echinacea angustifolia and Echinacea purpurea to enlist properties unique to each.

The blending of these two plant species ensures that the specific caffeic acid derivatives (cichoric acid, echinacoside, cynarin) and the lipophilic components (especially alkylamides) are present in appropriate quantities. This product contains a total of 4.1 mg of alkylamides per tablet to ensure optimal strength and quality.

Echinacea and its constituents are used traditionally to:
- help enhance healthy immune system function
- support general health and well-being
- support healthy immune system response following temporary seasonal stressors
- support upper respiratory tract health
- help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants

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.

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 health.
- Combine with Albizia Complex tablets 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 throat.
- 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.

Echinacea Quality Story

The Important Constituents

Echinacea is the most widely used herb and the most misunderstood. MediHerb® has for many years invested heavily into research on Echinacea to identify quality markers that are important for clinical use. The levels of the phenolic acid esters, eg echinacoside, are commonly used by many manufacturers as marker compounds or indicators of Echinacea quality. However, recent trials have highlighted the significance of alkylamides for clinical efficacy, hence it is important that quality products are characterized for these phytochemicals as well. This has led to the incorporation of a specification and analytical test methodology for Echinacea products in the USP26-NF21 draft monographs which focuses on alkylamides tested by HPLC and DAD detection. The alkylamides being tested are the 2,4-diene alkylamides and the 2-ene alkylamides.

This method has been adopted by MediHerb® and the alkylamides are determined as 2,4-diene alkylamides and 2-ene alkylamides. The 2-enes are characteristic of Echinacea angustifolia and are not found in the other species. The 2,4-diienes are found in both E. purpurea and E. angustifolia and these phytochemicals are responsible for the intense tingling sensation in the mouth when tasting good quality Echinacea products.

The phenolic acids are determined as the levels of caf taric acid, echinacoside and cichoric acid, echinacoside is typical of E. angustifolia and E. pallida roots and is not found in E. purpurea. Cichoric acid is not found in E. angustifolia root, but is found in the aerial parts of all species and characteristically in the root of E. purpurea.

MediHerb® products are quantified to contain a minimum level of alkylamides by the USP26-NF21 HPLC method, the levels of phenolic acids are measured for information only and are used to confirm product identity and the absence of contamination from other Echinacea species.

The MediHerb® Difference

MediHerb® has developed specialized knowledge in the manufacture and testing of Echinacea products over the past 20 years. This includes a PhD study, extensive analytical method development, establishment of optimal harvesting, drying and storage protocols to maximize retention of actives and a successful clinical trial.

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>Echinacea root 4.1 extract from Echinacea angustifolia root 600 mg Containing alkylamides 2.3 mg</td>
<td>150 mg T</td>
</tr>
<tr>
<td>Echinacea root 5.1 extract from Echinacea purpurea root 675 mg Containing alkylamides 1.8 mg</td>
<td>135 mg T</td>
</tr>
</tbody>
</table>

* Daily Value (DV) not established.

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

Content Product No
40 Tablets M1240
120 Tablets M1245

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

Educational Tools
L0635: Echinacea Premium Brochure
L0806: MediHerb® Echinacea Research Handout
L0332: MediHerb® The Quality Choice for Practitioner Handout
Product Detail Sheet available online
The most well-known herbal support for the immune system is Echinacea, yet it is both misunderstood and underestimated. There are many Echinacea products available which differ according to plant species (E. angustifolia, E. purpurea or E. pallida or combinations of these), plant part (root, leaves or seeds or combination of these), quality markers (alkylamides, polysaccharides or caffeic acid conjugates such as cichoric acid) and dosage. The typical clinical application for Echinacea is short-term only for winter seasonal stresses. Kerry Bone has spent many years both researching and prescribing Echinacea for thousands of patients – it is his number one favorite herb. His clinical applications are much broader than just winter seasonal stresses and you may wonder why this is.

Kerry’s clinical success with Echinacea and particularly Echinacea Premium, led to the MediHerb® Echinacea Research project. MediHerb® research results validate the traditional wisdom of Echinacea, ie to achieve good clinical results you must use only a root preparation of Echinacea with high levels of alkylamides. To fully appreciate the implications of this research we must first look at the history of Echinacea.

The History of Echinacea – Traditional vs 20th Century

Information about the health promoting value of Echinacea first came from Native American tribes. Their use of Echinacea was then adopted by the Eclectics, a group of doctors who were prominent around the late 19th and early 20th centuries in the United States. By 1921 Echinacea (specifically the root of Echinacea angustifolia) was by far the most popular treatment prescribed by Eclectic physicians.1

From this traditional use we know:
- The Native Americans preferred Echinacea angustifolia and ONLY used the root
- The Eclectics only used a fluid extract of the dried root of Echinacea angustifolia extracted in a high percentage of alcohol
- This extract is lipophilic (fat loving) and can be called a “traditional Echinacea extract”
- The Eclectics defined good quality Echinacea root “as imparting a persistent tingling sensation” which is a clear reference to alkylamide levels as a quality indicator.2

In Europe during the 1930s, the German herbalist Madaus used E. purpurea as he was more successful at growing this species. His interest in homeopathy led him to use the stabilized juice of fresh E. purpurea tops (aerial parts).

From the 20th Century German use of Echinacea we know:
- This style of product is a “hydrophilic” (water loving) extract of Echinacea
- These tinctures contain very low levels of alkylamides
- German scientists researched these new extracts for an active component and identified the polysaccharides3
- In contrast, traditional Echinacea extracts contain few polysaccharides because the root has low starting levels and the high percentage of alcohol used does not effectively extract these water-loving molecules
- Importantly, polysaccharides are large polar compounds that have low oral bioavailability4
The Science of Echinacea – MediHerb® Research

Kerry Bone has always believed that a key aspect of modern herbalism is a respect for traditionally-generated knowledge. *E. angustifolia* root however is very expensive and was cost prohibitive for many of his patients. To overcome this, Kerry developed Echinacea Premium, a particular blend of *E. angustifolia* and *E. purpurea* roots. In 2003 MediHerb® began an extensive research project which was designed to identify the bioavailable components of Echinacea Premium and how they exert an effect on the immune system.*

What is Active Must First be Absorbed

Which of the key phytochemicals in Echinacea Premium are absorbed and therefore bioavailable? From MediHerb® *in vitro* and pharmacokinetic research we know:

- ONLY alkylamides could be detected in the blood after taking Echinacea Premium. No caffeic acid conjugates, nor degradation products of these or the alkylamides were found.
- The alkylamides mainly in *E. purpurea* were found to be rapidly degraded by human liver microsomes.
- In contrast the alkylamides mainly in *E. angustifolia* were much more slowly degraded.
- Interestingly, the alkylamides from *E. angustifolia* actually slowed down the rate of degradation of the alkylamides from *E. purpurea*.

What is Absorbed Must be Active

Do alkylamides have an effect on the immune system?

- Echinacea did not activate the immune system in the absence of any immune system related challenge (*in vitro* research).
- The Echinacea alkylamides tended to modulate the immune system response of macrophages and T cells *in vitro*, toning the response down in the face of a strong stimulus, hence helping the immune system to operate more efficiently.

These results, combined with the fact that alkylamides are the only phytochemicals which are bioavailable from traditional lipophilic extracts of Echinacea root (such as ethanolic liquid extracts), suggests that the alkylamides are largely responsible for the systemic immune system effects of Echinacea lipophilic extracts.*

A New Understanding of Echinacea

The research on Echinacea Premium by the MediHerb® scientists has made a substantial contribution to a new understanding of lipophilic extracts of Echinacea. It can be concluded from this research that:

- Alkylamides must be used as the markers of quality and activity.
- The root of Echinacea is the preferred plant part, since it is highest in alkylamides.
- The preferred species of Echinacea are *E. angustifolia* and *E. purpurea* since they contain high levels of alkylamides (compared to *E. pallida*).
- Echinacea must be extracted using an alcohol percentage sufficiently high to efficiently extract the alkylamides.
- The synergistic blend of *E. angustifolia* and *E. purpurea* alkylamides in Echinacea Premium potentiate each other for greater clinical effect.
- The traditional way Echinacea was used has been validated by cutting-edge scientific research.*

REFERENCES

1. Wagner H. Z Phytother 1996; 17: 79-95  
Eleuthero

Eleuthero contains a diverse group of constituents called eleutherosides, triterpenoid saponins and other compounds.

This product is standardized to contain 950 mcg of syringaresinol diglucosides per tablet to ensure optimal strength and quality.

The phytochemicals in Eleuthero root have been used traditionally to:
- enhance the body’s natural ability to adapt to temporary stress
- support physical and mental endurance
- promote vitality
- restore and support healthy immune system function
- act as a general tonic*

**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.

**Additional Support**
- Combines well with Echinacea Premium tablets or liquid for enhanced healthy immune system function.
- Combines well with Ashwagandha Complex tablets to help the body adapt to the changes of everyday life.
- Consider FemCo tablets to support vitality in women.
- Practice of relaxation techniques and adequate sleep.
- Nutritious diet and minimal intake of coffee and alcohol.*

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**Evening Primrose Oil**

Evening Primrose Oil contains essential fatty acids of the omega-6 series (especially linoleic acid and gamma-linolenic acid), triacylglycerols and other compounds.

This product is cold pressed and standardized to contain 90 mg of gamma-linolenic acid per capsule to ensure optimal strength and quality.

The compounds in Evening Primrose Oil work together to:
- provide the essential fatty acid gamma-linolenic acid (GLA) that promotes a healthy balance of immune cells
- promote normal omega-6 essential fatty acid levels
- support general health and well-being
- promote healthy skin*

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

**Additional Support**
- Combines well with Chaste Tree tablets for premenstrual support.
- Consider Boswellia Complex tablets to provide antioxidant activity.
- Consider Cramplex tablets or FemCo tablets to help provide relief from discomfort associated with menstruation.
- Combines well with supplements containing omega-3 fatty acids (fish oils).*

---

**Supplement Facts**

| Serving size: | 1 tablet |
| Servings per container: | 60 |
| Amount per Serving | %DV |
| Calcium | 44 mg | 4% |
| Eleuthero root 10:1 extract | 125 mg | † |
| from *Eleutherococcus senticosus* root | 1.25 g |
| Containing syringaresinol diglucosides 950 mcg | |

* Daily Value (DV) not established.

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

**Content**
- 60 Tablets
  - Product No: M1410

**Suggested Use**
- 1 tablet 2 – 4 times daily, or as directed.

**Educational Tools**
- Product Detail Sheet available online

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**Evening Primrose Oil (Oenothera biennis)**

Evening Primrose Oil contains essential fatty acids of the omega-6 series (especially linoleic acid and gamma-linolenic acid), triacylglycerols and other compounds.

This product is cold pressed and standardized to contain 90 mg of gamma-linolenic acid per capsule to ensure optimal strength and quality.

The compounds in Evening Primrose Oil work together to:
- provide the essential fatty acid gamma-linolenic acid (GLA) that promotes a healthy balance of immune cells
- promote normal omega-6 essential fatty acid levels
- support general health and well-being
- promote healthy skin*

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

**Additional Support**
- Combines well with Chaste Tree tablets for premenstrual support.
- Consider Boswellia Complex tablets to provide antioxidant activity.
- Consider Cramplex tablets or FemCo tablets to help provide relief from discomfort associated with menstruation.
- Combines well with supplements containing omega-3 fatty acids (fish oils).*

---

**Supplement Facts**

| Serving size: | 1 capsule |
| Servings per container: | 60 |
| Amount per Serving | %DV |
| Calories | 7 | 1% |
| Calories from fat | 7 |
| Total fat | 1.0 g | 1.5% |
| Evening Primrose Oil from *Oenothera biennis* seed | 1.0 g | † |
| Containing gamma-linolenic acid (GLA) 90 mg | |

* Daily Value (DV) not established.
† Percent Daily Values (DV) are based on a 2,000-calorie diet.

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Other ingredients: Gelatin, glycerol, d-alpha-tocopherol (soy) and purified water.

**Content**
- 60 Capsules
  - Product No: M1260

**Suggested Use**
- 1 capsule 1 – 3 times daily, or as directed.

**Educational Tools**
- Product Detail Sheet available online

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* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
FemCo contains White Peony, Shatavari and Schisandra.

This combination of herbs contains many compounds including the monoterpene glycoside paeoniflorin, steroidal saponins (such as shatavarin-I and dioscin) and dibenzocyclooctene lignans.

Together these herbs and their constituents are used traditionally to help:
- support women’s general well-being and vitality
- support normal reproductive function in women
- ease the effects of mild cramping associated with menstruation
- encourage healthy menstrual cycling
- ease the effects of everyday mild tension and stress*

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

Additional Support
- Combine with Cramplex tablets to provide relief from discomfort associated with menstruation.
- Combine with Tribulus tablets or Chaste Tree tablets to further support normal reproductive function in women.
- Combine with Fe-Max Iron Tonic Phytosynergist® liquid to support normal blood production.
- Consider St John’s Wort 1.8g tablets or Nevaton® Forte tablets as a tonic for the nervous system.
- Combine with Kava Forte tablets to ease the effects of everyday tension and stress.*

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</td>
<td>%DV</td>
</tr>
<tr>
<td>Calcium</td>
<td>74 mg 6%</td>
</tr>
<tr>
<td>Schisandra fruit 6:1 extract from Schisandra chinensis fruit 1.0 g</td>
<td>166.6 mg 1†</td>
</tr>
<tr>
<td>White Peony root 4:1 extract from Paeonia lactiflora root 750 mg</td>
<td>187.5 mg 1†</td>
</tr>
<tr>
<td>Shatavari root 6:1 extract from Asparagus racemosus root 600 mg</td>
<td>100 mg 1†</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

Content Product No
40 Tablets M1265

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

Educational Tools
Product Detail Sheet available online

Paeonia Quality Story

Paeonia lactiflora is a widely used herb in Traditional Chinese preparations and as is common in this modality, herbs are often treated in many different ways to produce a more palatable or efficacious product.

The important plant part is the root, which as it occurs naturally is approximately 1 to 2 cm round cylindrical roots, varying in color from off-white to pinky-brown. Much of the paeonia root which used in commerce is in the form of pure white root slices, which have been treated by sulphiting agents to preserve the plant material’s appearance, by reduction of enzymatic browning. This treatment also has the side effect of reacting with the main bioactive compound from Paeonia (paeoniflorin – a complex monoterpene glycoside) and forming a stable new compound sodium paeoniflorin sulfonate. This is readily seen by HPLC where the peak from paeoniflorin is absent in the herb which has been treated by sulphiting (bottom trace), whereas it is the major component in the untreated herb (top trace).
The Ganoderma and Shiitake mushrooms contain several types of polysaccharides, triterpenes, amino acids and other compounds. The combination of these mushrooms can help to:

- assist in the maintenance of general health and well-being
- support vitality
- support healthy immune function
- support the body’s health as Reishi has been used traditionally as a tonic

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

Additional Support
- For extra immune system support consider Echinacea Premium tablets or liquid, or Astragalus Complex tablets.
- Consider Eleuthero tablets or Ashwagandha Complex tablets to further promote vitality.
- Combines well with Burdock Complex tablets for general detoxification and elimination support.

Shiitake Mushroom (Lentinula edodes)

Reishi Mushroom (Ganoderma lucidum)

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium 87 mg</td>
<td>6%</td>
</tr>
<tr>
<td>Shiitake mushroom 4:1 extract from Lentinula edodes 200 mg</td>
<td></td>
</tr>
<tr>
<td>Reishi mushroom 6:1 extract from Ganoderma lucidum 100 mg</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

<table>
<thead>
<tr>
<th>Content</th>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>40 Tablets</td>
<td>M1280</td>
</tr>
</tbody>
</table>

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

Educational Tools
Product Detail Sheet available online

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Garlic Forte contains sulfur compounds and other compounds.

The compounds in Garlic Forte which are formed on ingestion, are used traditionally to:
- help maintain normal cholesterol levels already within a normal range
- support a healthy circulatory system
- support cardiovascular system health
- support immune system health

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.

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 support healthy intestinal function.
- Combine with Gut Flora Complex capsules to cleanse and support a healthy bowel environment.
- Consider Hawthorn tablets and/or Coleus Forte tablets to further promote cardiovascular system health.*

**Tablet** and **Capsules**

Garlic Forte

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 40</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium 70 mg</td>
<td>6%</td>
</tr>
<tr>
<td>Fresh Garlic bulb 12.3 extract from <em>Allium sativum</em> fresh bulb 3.6 g</td>
<td>300 mg</td>
</tr>
<tr>
<td>Garlic (<em>Allium sativum</em>) bulb powder</td>
<td>45 mg</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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.

Content Product No
40 Tablets M1285

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

Educational Tools
Product Detail Sheet available online

Garlic (*Allium sativum*)

Standard Process Product Index

MediHerb Product Index

Garlic Forte • MediHerb® Product Catalog 2020 47
Ginkgo Forte contains flavonoids, terpene lactones (including ginkgolides and bilobalide) and other phytochemicals.

This product 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 support healthy cell function*

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

**Additional Support**
- Combine with Bacopa Complex tablets for enhanced mental clarity and to support cognitive function.
- Consider PulmaCo tablets to support healthy breathing passages.
- 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 and to promote healthy blood vessels.*

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**Ginkgo Quality Story**

The ginkgo flavonglycosides (ginkgo flavone glycosides) of Ginkgo biloba, comprising quercetin, kaempferol and isorhamnetin are the phytochemicals most often referred to as indicators of quality and efficacy.

However, these compounds are mainly marker compounds which are used to identify the extract. The clinically active ingredients are believed to include the ginkgolides and bilobalide, which cannot be tested by normal HPLC methods. They require more sophisticated methods of detection such as Reflective Index (RI), Evaporative Light Scattering Detectors (ELSD) or Mass Spectrometry (MS). MediHerb® uses ELSD detection to accurately quantify the levels of these clinically important phytochemicals. The other important group of phytochemicals from Ginkgo are the ginkgolic acids (C13:0, C15:1 and C17:1 on the third figure). These compounds have been identified as contact allergens. The maximum level of ginkgolic acids in Ginkgo biloba extracts has been set by the European authorities at 5 ppm. Many poor quality extracts contain levels of ginkgolic acids which are many orders of magnitude higher than this recommended maximum.

**Safety Information**
- For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Golden Seal 500mg tablets contain alkaloids (especially hydrastine and berberine) and other phytochemicals. The compounds in Golden Seal are used traditionally to:

- help maintain healthy mucous membranes
- relieve mild temporary digestive discomfort
- support healthy mucous membranes in the respiratory and gastrointestinal tracts
- work as a tonic to benefit the entire body
- stimulate digestion
- support liver function

Caution: Contraindicated in pregnancy, lactation and patients with high blood pressure.

Additional Support

- Combine with Garlic Forte tablets to support a healthy immune system function.
- Consider HiPep tablets to promote healthy tone and function within the upper gastrointestinal tract.
- Combines well with Gut Flora Complex capsules to further cleanse and promote health in the lower gastrointestinal tract.
- Consider combining with Sinus Forte, ResCo®, Broncafect® or PulmaCo tablets to support a healthy respiratory tract.

Golden Seal Quality Story

Golden Seal (Hydrastis canadensis) is an endangered herb and as a result is very expensive and often substituted by other herbs. The substituted herbs usually contain the substance berberine which provides the yellow color, but they do not contain hydrastine which is unique to Golden Seal. Only HPLC enables this differentiation to be made. MediHerb® only buys cultivated Golden Seal to ensure long term sustainability of the herb. MediHerb® tests each batch of Golden Seal raw material and finished product to ensure the claimed levels of hydrastine and berberine are present. Using HPLC, MediHerb® is able to clearly differentiate true Golden Seal from other berberine-containing herbs. The table below demonstrates the difference between the various berberine-containing species. The top trace is an example of substitution where a professional product being sold in Australia as Indian Golden Seal matched the trace of Coptis chinensis.

<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>
<tr>
<td>Golden Seal root &amp; rhizome 3:1 extract from Hydrastis canadensis root &amp; rhizome 500 mg</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

Content Product No
40 Tablets M1310

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

Educational Tools
Product Detail Sheet available online
Gotu Kola Complex is a combination of Gotu Kola, Grape Seed and *Ginkgo biloba*.

These herbs contain pentacyclic triterpene ester saponins (especially asiaticoside), oligomeric proanthocyanidins, flavonoids, terpene lactones (including ginkgolides, bilobalide) and other phytochemicals. All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. 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 these herbs and the compounds within them are used traditionally to:

- promote healthy skin
- promote healthy blood circulation
- provide antioxidant activity
- support healthy capillaries
- support the body’s natural ability to adapt to temporary stress*

**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.

**Additional 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 to support the healthy tone and function of the gastrointestinal tract.
- Consider Vitanox® tablets for additional antioxidant activity.
- Combine with topical Calendula 1:2 liquid extract to further aid normal skin tissue repair process.*

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### 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>63 mg</td>
</tr>
<tr>
<td>Gotu Kola leaf 10:1 extract from <em>Centella asiatica</em> leaf 2.5 g</td>
<td>250 mg</td>
</tr>
<tr>
<td>Containing triterpenes</td>
<td></td>
</tr>
<tr>
<td>Grape seed 120:1 extract from <em>Vitis vinifera</em> seed 3.6 g</td>
<td>30 mg</td>
</tr>
<tr>
<td>Containing procyanidins 25.5 mg</td>
<td></td>
</tr>
<tr>
<td>Ginkgo leaf 50:1 extract from <em>Ginkgo biloba</em> leaf 1.0 g</td>
<td>20 mg</td>
</tr>
<tr>
<td>Containing ginkgo flavonglycosides 4.8 mg</td>
<td></td>
</tr>
<tr>
<td>Containing ginkgolides &amp; bilobalide 1.2 mg</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

**Content**

- 40 Tablets: M1313
- 120 Tablets: M1315

**Suggested Use**

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

**Educational Tools**

Product Detail Sheet available online

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* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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

**Optimal support for healthy intestinal function***

Gut Flora Complex contains Oregano essential oil, Anise (fruit) essential oil, Andrographis and Phellodendron.

This combination of essential oils and herbs contains many compounds including monoterpenes (especially trans-anethole, carvacrol, thymol, gamma-terpinene, p-cymene), diterpenoid lactones (especially andrographolide) and alkaloids of the isoquinoline type (especially berberine). Each enteric coated capsule is standardized to contain 10 mg of andrographolide and 36 mg of berberine to ensure optimal strength and quality.

Together these herbs, essential oils and the substances within them are used traditionally to:

- encourage a healthy intestinal environment
- support healthy immune system response
- promote regularity of bowel function
- relieve occasional mild gastrointestinal discomfort, including bloating and flatulence*

**Caution:** Contraindicated in pregnancy and lactation. ♦

**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 support gastrointestinal health.
- 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 upper 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>Calories 5</td>
<td></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 <em>Andrographis paniculata</em> aerial parts 1.0 g Containing andrographolide 10 mg 100 mg †</td>
<td></td>
</tr>
<tr>
<td>Phellodendron stem bark 20:1 extract from <em>Phellodendron amurense</em> stem bark 1.6 g Containing berberine 36 mg 80 mg †</td>
<td></td>
</tr>
<tr>
<td>Oregano (<em>Origanum vulgare</em>) 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.

**Content**

<table>
<thead>
<tr>
<th>40 Capsules</th>
<th>M1318</th>
</tr>
</thead>
</table>

**Suggested Use**

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

**Educational Tools**

Product Detail Sheet available online
Gymnema contains a complex mixture of saponins (gymnemic acids) and other compounds. 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 and have been traditionally used in Ayurvedic herbal preparations to:
- help reduce sweet cravings
- help suppress/inhibit sweet taste sensation*

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

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 Phytoenergy® liquid for healthy digestion.
- Consider Vitanox® tablets for antioxidant activity.
- Diet and lifestyle are of paramount importance.*

Hawthorn contains oligomeric procyanidins, flavonoids (including vitexin-2-rhamnoside) and other compounds. This product is standardized to contain 6.01 mg of vitexin-2-rhamnoside per tablet to ensure optimal strength and quality.

The substances in Hawthorn have been used traditionally to:
- support the healthy functioning of the heart muscle
- help promote cardiovascular system health
- provide antioxidant activity*

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

Additional Support
- Consider Garlic Forte tablets and/or Coleus Forte tablets for further cardiovascular health support.
- Combines well with Ginkgo Forte tablets to encourage healthy blood circulation.
- Combine with Gotu Kola Complex tablets for additional antioxidant activity and to promote healthy blood vessels.
- Consider Livton® Complex tablets to support liver and gallbladder function.
- Combine with Vitanox® tablets for antioxidant activity.*

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

Content | Product No
---|---
40 Tablets | M1320
120 Tablets | M1325

Suggested Use
1 tablet 1 - 2 times daily, or as directed.

Educational Tools
L0332: MediHerb® The Quality Choice for Practitioners Handout
Product Detail Sheet available online
HerbaVital contains *Polygonum cuspidatum*, Grape Seed, Korean Ginseng, Ginkgo and Milk Thistle.

This combination of herbs contains many compounds including phenolic compounds (including resveratrol), procyandins, a complex mixture of steroidal saponins (called ginsenosides), flavonoids (including ginkgo flavonglycosides), terpene lactones (including ginkgolides and bilobalide) and flavanolignans (collectively known as silymarin). All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. The *Polygonum cuspidatum* contains 36 mg per tablet of resveratrol, the Grape Seed extract contains 38 mg per tablet of procyanidins, the Korean Ginseng component is standardized to contain 4.2 mg per tablet of ginsenosides (calculated as Rb2 to Rb1 is NLT 0.4 by HPLC) per tablet, the Ginkgo component contains 7.2 mg per tablet of ginkgo flavonglycosides (ginkgo flavone glycosides) and 1.8 mg per tablet of ginkgolides and bilobalide and the Milk Thistle contains 48 mg per tablet of flavanolignans.

Together these herbs and the substances within them 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*

**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.

**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.
- Consider Vitanox® tablets for additional antioxidant activity.*

**Supplement Facts**

| Serving size: | 1 tablet |
| Servings per container: | 40 |

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>73 mg</td>
</tr>
<tr>
<td>Japanese Knotweed root 100:1 extract from <em>Polygonum cuspidatum</em> root 8.0 g</td>
<td>80 mg</td>
</tr>
<tr>
<td>Milk Thistle seed 70:1 extract from <em>Silybum marianum</em> seed 4.8 g</td>
<td>68.6 mg</td>
</tr>
<tr>
<td>Korean Ginseng root 5:1 extract from <em>Panax ginseng</em> root 250 mg</td>
<td>50 mg</td>
</tr>
<tr>
<td>Grape seed 120:1 extract from <em>Vitis vinifera</em> seed 4.8 g</td>
<td>40 mg</td>
</tr>
<tr>
<td>Ginkgo leaf 50:1 extract from <em>Ginkgo biloba</em> leaf 1.5 g</td>
<td>30 mg</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

*Rb2 to Rb1 is NLT 0.4 by HPLC*

Content

<table>
<thead>
<tr>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>M1332</td>
</tr>
</tbody>
</table>

**Suggested Use**

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

**Educational Tools**

Product Detail Sheet available online
See Ginkgo Quality Information on page 48
See Milk Thistle Quality Information on page 59
See Korean Ginseng Quality Information on page 65

**MediHerb® HerbaVital**

Multifaceted support for healthy aging*
HiPep contains the following herbs:
Deglycyrrhizinized Licorice, Meadowsweet and Chamomile (flower and flower essential oil).

This combination of herbs contains many compounds including flavonoids, sterols, phenolic glycosides and tannins. The essential oil contains α-bisabolol and chamazulene.

Together these herbs and the substances within them are used traditionally to:
- support normal function of stomach acid secretions
- promote healthy mucosal tissue within the upper gastrointestinal tract
- promote healthy tone and function within the upper gastrointestinal tract
- help relieve occasional indigestion symptoms of the gastrointestinal tract, including bloating and flatulence

Caution: Contraindicated in known allergy to plants of the daisy family. Meadowsweet should be avoided by persons hypersensitive to salicylates. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Additional Support
- Combine with Gotu Kola Complex tablets to provide antioxidant activity.
- Combine with Nevaton® Forte tablets to support healthy nervous system response and encourage balance between the body and mind.
- Consider Eleuthero tablets to enhance the body’s natural ability to adapt to temporary stress.
- Combine with Kava Forte tablets to ease the effects of everyday tension and stress.

HiPep®

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>Deglycyrrhizinized Licorice root 27.5:1 extract from Glycyrrhiza glabra root</td>
<td>125 mg</td>
</tr>
<tr>
<td>Chamomile flower 6:1 extract from Matricaria recutita flower</td>
<td>100 mg</td>
</tr>
<tr>
<td>Meadowsweet herb 5:1 extract from Filipendula ulmaria herb</td>
<td>100 mg</td>
</tr>
<tr>
<td>Chamomile (Matricaria recutita) flower essential oil</td>
<td>5 mg</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

Content    Product No
40 Tablets  M1335

Suggested Use
1 tablet 3 – 5 times daily, or as directed.

Educational Tools
Product Detail Sheet available online
See Chamomile Quality Information on page 36

* These statements have not been evaluated by the Food and 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 traditionally help:

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

**Caution:** US 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 (e.g., 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.

**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 Adrenal Complex tablets for adrenal support.
- Consider HiPep tablets to support normal function of stomach acid secretions.
- Consider Nervagésic tablets to support relaxation in the nervous system and muscles.*

### Kava Quality Story

**Kava is derived from the rootstock of the sterile cultivated species of Piper methysticum**

The active property of Kava has been attributed to the kavalactones, a group of structurally related lipophilic lactones. These compounds can represent 3 to 20% by weight of the dried rootstock, depending on the age of the plant and the specific cultivar. The majority of the Kava used commercially in the world is in the form of a high ethanol or other organic solvent extract, which extracts little more than the kavalactones and has reported potential hepatotoxicity concerns. The Therapeutic Goods Administration (TGA) allows water extracted or plain unextracted root to be sold in Australia.

Traditionally Kava beverages are prepared by chewing or pounding the root to produce a cloudy, milky mash, which is then consumed orally. It is known that extraction with different solvents affects the phytochemical profile of the extract.

MediHerb® investigated the difference in bioavailability of the water extract of Kava and the 96% ethanol extract using the Caco-2 monolayer in vitro model. The kavalactones (as kawain) were found to be potentially bioavailable as they all crossed the membrane quite readily with the exception of one kavalactone (yangonin). The water extract of Kava was only slightly less bioavailable than the ethanol extract. Therefore the clinical effect of the water extract of Kava would be similar to that of an ethanol extract.

### 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</td>
<td>%DV</td>
</tr>
<tr>
<td>Kava root 7:1 water extract</td>
<td>455 mg</td>
</tr>
<tr>
<td>from <em>Piper methysticum</em> root 3.2 g</td>
<td></td>
</tr>
<tr>
<td>Containing kavalactones 50 mg</td>
<td></td>
</tr>
</tbody>
</table>

* Daily Value (DV) not established.

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

**Content**

- 40 Tablets

**Product No**

- M1345

**Suggested Use**

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

**Educational Tools**

- LQ322: Kava Forte Research Handout
- Product Detail Sheet available online

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**Kawain % apical average data**

<table>
<thead>
<tr>
<th>Time</th>
<th>water</th>
<th>ethanol</th>
<th>standard</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>11</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>30</td>
<td>30</td>
<td>31</td>
<td>33</td>
</tr>
<tr>
<td>60</td>
<td>59</td>
<td>59</td>
<td>61</td>
</tr>
<tr>
<td>90</td>
<td>80</td>
<td>81</td>
<td>84</td>
</tr>
<tr>
<td>120</td>
<td>87</td>
<td>89</td>
<td>91</td>
</tr>
<tr>
<td>150</td>
<td>92</td>
<td>95</td>
<td>97</td>
</tr>
</tbody>
</table>
The combination of Schisandra, Rosemary and Milk Thistle provides a range of compounds including dibenzocyclooctene lignans, phenolic diterpenes (including carnosol and rosmarinic acid), other terpenes, flavonoids and flavanolignans (collectively known as silymarin).

The Milk Thistle component of this tablet is standardized to contain 24 mg of flavanolignans per tablet to ensure optimal strength and quality.

These herbs and their compounds have been traditionally used to:
- aid in the elimination of naturally occurring toxins and support healthy general detoxification
- support healthy liver function
- provide antioxidant activity
- support and maintain cellular health
- support digestive health*

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.

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.*

Schisandra Quality Story

Schisandra is a well known Chinese herb, however it is not well known that two species of Schisandra are used in TCM, the phytochemical profile of each being very different.

**Schisandra chinensis** (northern Schisandra) is the preferred species in TCM and by Western professionals. It contains compounds called schisandrins (schisandrin, gomisin A, deoxyschisandrin, gomisin N and wuweizizu C) which are believed responsible for the clinical effects. Southern Schisandra, *Schisandra sphenanthera* (see Product X in the trace) is considered inferior due to lower levels of schisandrins, however it is often used interchangeably with *Schisandra chinensis*. Manufacturers therefore need to be very careful to avoid substitution with *Schisandra sphenanthera*. The species are readily distinguishable morphologically and by HPLC. MediHerb® routinely uses HPLC to ensure the correct identity and guarantee consistent levels of schisandrins.

**Schisandra HPLC comparison of good quality product with poor quality product**

<table>
<thead>
<tr>
<th>Amendment</th>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>40 Tablets</td>
<td>M1360</td>
</tr>
<tr>
<td>120 Tablets</td>
<td>M1365</td>
</tr>
</tbody>
</table>

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

Educational Tools
Product Detail Sheet available online
See Milk Thistle Quality Information on page 59

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>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Schisandra fruit 6:1 extract from <em>Schisandra chinensis</em> fruit 1.0 g</td>
<td>167 mg</td>
</tr>
<tr>
<td>Rosemary leaf 5:1 extract from <em>Rosmarinus officinalis</em> leaf 500 mg</td>
<td>100 mg</td>
</tr>
<tr>
<td>Milk Thistle seed 70:1 extract from <em>Silybum marianum</em> seed 2.38 g Containing flavanolignans calc. as silybin 24 mg</td>
<td>34 mg</td>
</tr>
</tbody>
</table>

† 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.

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Livton® Complex contains five herbs that help support the digestive system.

The herbs Globe Artichoke, Bupleurum, Dandelion Root, Milk Thistle and Fringe Tree contribute key phytochemicals to the blend such as sesquiterpene lactones, caffeic acid derivatives, flavonoids, phenolic acids, triterpenes, sterols, triterpenoid saponins (called saikosaponins), flavanolignans (collectively known as silymarin). The Milk Thistle component of this tablet is standardized to contain 80 mg per tablet of flavanolignans (calculated as silybin) to ensure optimal strength and quality.

These herbs and the many compounds within them have been used traditionally to:

- support healthy liver and gallbladder function
- encourage healthy digestive function
- encourage the healthy function of the organs of elimination such as liver and intestine
- relieve occasional mild digestive discomfort, including bloating and flatulence
- support healthy bowel regularity and consistency function
- provide antioxidant activity*

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.

Additional Support

- Consider Colax tablets for healthy bowel function.
- Consider DiGest Forte tablets or DiGest Phytosynergist® liquid for healthy digestion.
- Consider ChelaCo tablets to support the body’s natural defenses against environmental stressors.
- Eliminate coffee, cola drinks, alcohol and cigarette smoking.*

** 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>Globe Artichoke leaf 4:1 extract from <em>Cynara scolymus</em> leaf 800 mg</td>
<td>200 mg</td>
</tr>
<tr>
<td>Dandelion root 4:1 extract from <em>Taraxacum officinale</em> root 400 mg</td>
<td>100 mg</td>
</tr>
<tr>
<td>Milk Thistle seed 70:1 extract from <em>Silybum marianum</em> seed 8.0 g Containing flavanolignans calculated as silybin 80 mg</td>
<td>114.3 mg</td>
</tr>
<tr>
<td>Bupleurum root 4.5:1 extract from <em>Bupleurum falcatum</em> root 300 mg</td>
<td>66.7 mg</td>
</tr>
<tr>
<td>Fringe Tree stem bark 3:1 extract from <em>Chionanthus virginicus</em> stem bark 160 mg</td>
<td>53.3 mg</td>
</tr>
</tbody>
</table>

* Daily Value (DV) not established.

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

Content 

<table>
<thead>
<tr>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>M1372</td>
</tr>
<tr>
<td>M1378</td>
</tr>
</tbody>
</table>

Suggested Use

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

Educational Tools

Product Detail Sheet available online

See Milk Thistle Quality Information on page 59

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Globe Artichoke (*Cynara scolymus*)
Metabol Complex

Metabol Complex is a comprehensive formulation containing Fenugreek seed, Cinnamon bark, Bitter Melon fruit and Black Cumin seed.

This combination of herbs provides many active compounds including essential oils (containing cinnamaldehyde and thymoquinone), steroidal saponins, flavonoids, alkaloids (trigonelline), mucilage, glycosides (including momordicins) and sesquiterpenes.

This product contains Fenugreek seed extract standardized to 4-hydroxyisoleucine which is a unique amino acid compound only found in some plants.

Research suggests 4-hydroxyisoleucine has beneficial properties on glucose and lipid metabolism.

Together these herbs and the substances within them are traditionally used:

- in Ayurvedic herbal preparations to support the metabolism of fats and sugars
- in Ayurvedic herbal preparations to help support normal pancreatic and liver function
- to help relieve occasional indigestion symptoms of the gastrointestinal tract, including bloating and flatulence
- to support antioxidant activity against free radicals that are formed in the body during normal metabolism and exposure to environmental factors
- to promote general well-being and vitality*

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

Additional Support

- Combine with Gymnema tablets to help reduce sweet cravings and inhibit sweet taste sensation.
- Combine with DiGest Forte tablets for additional digestion and intestinal function support.
- Combine with Turmeric Forte tablets to support a healthy inflammatory response.
- Consider Milk Thistle Forte tablets to support healthy liver function and aid in the elimination of normal toxin accumulation in the liver.
- Combine with HerbaVital tablets to support healthy circulation and general well-being.
- Combine with Garlic Forte tablets to help maintain normal cholesterol levels already within a normal range and support cardiovascular system health.
- Combine with Vitanox® tablets for additional antioxidant activity.*

Supplement Facts

<table>
<thead>
<tr>
<th>Supplement Facts</th>
<th>1 tablet</th>
<th>90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td></td>
<td>%DV</td>
</tr>
<tr>
<td>Calcium</td>
<td>37 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Fenugreek seed 100:1 extract</td>
<td>100 mg</td>
<td>t</td>
</tr>
<tr>
<td>from Trigonella foenum-graecum seed 10 g containing 4-Hydroxyisoleucine 20 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black Cumin seed 5:1 extract</td>
<td>100 mg</td>
<td>t</td>
</tr>
<tr>
<td>from Nigella sativa seed 500 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bitter Melon fruit 6.5:1 extract</td>
<td>92.3 mg</td>
<td>t</td>
</tr>
<tr>
<td>from Momordica charantia fruit 600 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cinnamon stem bark 12:1 extract</td>
<td>81.3 mg</td>
<td>t</td>
</tr>
<tr>
<td>from Cinnamomum verum stem bark 1 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>† Daily Value (DV) not established.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

Content Product No
90 Tablets M1610

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

Educational Tools
L0038: Metabol Complex Brochure
L0336: Metabol Complex: Metabolic Multi-Action Formula Handout
Product Detail Sheet available online

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

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.
Milk Thistle Forte is manufactured from Milk Thistle extract which contains flavanolignans (collectively known as silymarin), flavonoids and other compounds.

This product is standardized to contain 168 mg of flavanolignans per tablet to ensure optimal strength and quality.

The compounds in Milk Thistle Forte, particularly the flavanolignans, are used traditionally to:
- provide antioxidant activity
- support healthy liver function and structure
- protect liver tissue by supporting normal cellular health
- support healthy general detoxification and toxin elimination function
- support healthy bile flow for relief of mild symptoms of occasional mild digestive discomfort
- promote normal response to environmental stressors

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.

Additional Support
- Consider LivCo® tablets for additional healthy liver function.
- Combine with Gotu Kola Complex tablets to provide further antioxidant activity and to support skin health.
- Consider Garlic Forte tablets for maintaining normal cholesterol levels already within a normal range.
- Consider Metabol Complex tablets to help support normal pancreatic and liver function.
- Combine with Vitanox® tablets for enhanced antioxidant activity.

**Milk Thistle Forte**

**Note:** Formerly known as Silymarin

Milk Thistle Forte is manufactured from Milk Thistle extract which contains flavanolignans (collectively known as silymarin), flavonoids and other compounds.

This product is standardized to contain 168 mg of flavanolignans per tablet to ensure optimal strength and quality.

The compounds in Milk Thistle Forte, particularly the flavanolignans, are used traditionally to:
- provide antioxidant activity
- support healthy liver function and structure
- protect liver tissue by supporting normal cellular health
- support healthy general detoxification and toxin elimination function
- support healthy bile flow for relief of mild symptoms of occasional mild digestive discomfort
- promote normal response to environmental stressors

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.

Additional Support
- Consider LivCo® tablets for additional healthy liver function.
- Combine with Gotu Kola Complex tablets to provide further antioxidant activity and to support skin health.
- Consider Garlic Forte tablets for maintaining normal cholesterol levels already within a normal range.
- Consider Metabol Complex tablets to help support normal pancreatic and liver function.
- Combine with Vitanox® tablets for enhanced antioxidant activity.

**Milk Thistle Quality Story**

Milk Thistle (Silybum marianum) contains a range of flavanolignans (silybin A and B, silychristin, silydianin, isosilybin and 2,3-dehydro derivatives) collectively called silymarin or silybin, as well as simple flavonoids such as taxifolin.

Flavanolignans are important indicators of quality and efficacy. The flavanolignans are often measured analytically by the non-specific and less accurate 2,4-dinitrophenylhydrazine colorimetric method, which also reacts with any ketonic compounds, including the flavonoid taxifolin. MediHerb® has developed an HPLC method to allow the individual levels of the flavanolignans to be accurately measured, and determine a value for these which is not inflated by the presence of simple flavonoids.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container</td>
<td>60</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calcium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Milk Thistle seed 70:1 extract</td>
<td>240 mg</td>
</tr>
<tr>
<td>Containing flavanolignans calc. as silybin 168 mg</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

<table>
<thead>
<tr>
<th>Content</th>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 tablets</td>
<td>M1620</td>
</tr>
</tbody>
</table>

Suggested Use
1 tablet 2 - 3 times daily, or as directed.

Educational Tools
Product Detail Sheet available online

**Milk Thistle (Silybum marianum)**
Myrrh Forte

An important component of Myrrh Forte is the alcohol-soluble resin of Myrrh which contains many substances including the commiphoric acids.

Myrrh is used traditionally to:
- support healthy bowel function
- support healthy digestion
- support a healthy intestinal environment
- support gastrointestinal health
- support upper respiratory health*

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

Additional Support
- Combine with Artemisinin Complex tablets to support normal flushing of natural toxins from the body.
- Consider Echinacea Premium tablets or liquid, Astragalus Complex tablets or Andrographis Complex tablets for additional immune system support.
- Combine with Vironan tablets to promote the body’s normal resistance function.
- Consider Gut Flora Complex capsules to help relieve occasional mild digestive disturbances, such as bloating or flatulence.*

Nervagesic

Nervagesic contains California Poppy, Jamaican Dogwood and Corydalis.

This combination of herbs contains many compounds including alkaloids, isoflavonoids and other flavonoids. The herbs in Nervagesic are used traditionally to help:
- ease temporary mild nervous system discomfort
- provide nervous system support during temporary or occasional nervous system discomfort
- promote relaxation of the muscles
- ease the effects of temporary or occasional nervous stress
- provide relief from occasional sleeplessness
- enhance the ability to relax during the night
- ease the effects of mild cramping associated with menstruation
- relieve temporary mild muscular cramps and spasms
- relieve mild nervous tension*

Caution: Contraindicated in pregnancy and lactation.

Additional Support
- Combine with Boswellia Complex tablets to support healthy joints.
- Combine with Saligesic tablets to support musculoskeletal system health.
- Combine with Valerian Complex tablets to obtain relief from occasional sleeplessness.
- Combine with Cramplex tablets to provide relief from discomfort associated with menstruation.
- Consider St John’s Wort 1.8 g tablets as a tonic for the nervous system.
- Consider Adrenal Complex tablets to support adrenal gland health.
- Consider Kava Forte tablets to support relaxation in the nervous system and muscles.*
The blend of herbs in Nevaton® Forte offers major nervous system support.
Saffron, St John’s Wort, Schisandra and Skullcap provide a wide range of phytochemicals including hypericins (naphthodianthrones and pseudohypericin), flavonoids, phenolics, dibenzocyclooctene lignans, carotenoids and other compounds. 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 contains herbs 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 mild stress
• help promote healthy mood balance
• provide relief from occasional sleeplessness*

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.

Additional Support
• Consider Rhodiola & Ginseng Complex or Rhodiola & Schisandra tablets to further ease the effects of occasional mild 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.*

ProstaCo
ProstaCo contains Saw Palmetto liposterolic extract, Nettle Root and Crataeva in a Pumpkin Seed oil base.
Key constituents of this complex include fatty acids, glycerides, sterols, lignans and polyphenols. This product is standardized to contain 96 mg per capsule of Serenoa repens fatty acids to ensure optimal strength and quality.
The herbs in ProstaCo are used traditionally to:
• support healthy urinary tract and prostate gland function
• support healthy bladder function*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. The National Institute on Aging recommends that men get regular medical checkups with a thorough prostate exam.

Additional Support
• Combines well with Cranberry Complex tablets to support healthy urinary tract function in men.
• Combine with Cramplex tablets for easing of occasional smooth muscle spasms.
• May be combined with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.
• Diet should be high in foods containing phytoestrogens such as soy products, whole grains and seeds.*
**PulmaCo**

The combination of herbs in PulmaCo contain many compounds including alkaloids (such as vincamine), flavonoids, triterpenes, lactones, sesquiterpene ketones, curcuminoinds, diterpenoid acids, phenolic acids, anethole and fenchone.

This product is standardized to contain 38 mg of curcuminoinds and 4.8 mg of ginkgo flavonglycosides (ginkgo flavone glycosides) per tablet to ensure optimal strength and quality.

These herbs and their constituents have been used traditionally to:
- support the body’s normal cough reflex
- support the body’s natural ability to break up and expel respiratory secretions
- support healthy respiratory tract function
- provide antioxidant activity

**Caution:** Contraindicated in pregnancy and lactation.

**Additional Support**
- For extra immune system support consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets.
- For support of the upper respiratory tract combine with Sinus Forte or ResCo® tablets.
- Consider Albizia Complex tablets to help the body respond normally to occasional seasonal stresses.
- Consider Herbal Throat Spray Phytotherapeutic® to soothe temporary mild throat discomfort associated with hoarseness, dry throat and irritants.*

**Rehmannia Complex**

The combination of herbs in Rehmannia Complex contain many compounds including iridoid glycosides, triterpenoid saponins (called saikosaponin), other saponins, sterols, sesquiterpene lactones of the germacranolide type, particularly parthenolide and other terpenes.

Together these herbs and their constituents are used traditionally to help:
- support liver health
- support healthy general detoxification of the whole body
- relieve temporary mild joint discomfort after exercise
- relieve occasional mild headaches associated with stress

**Caution:** Contraindicated in individuals with a known hypersensitivity to Feverfew, parthenolide or other members of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Additional Support**
- Combine with Astragalus Complex tablets to support immune system function.
- Consider Boswellia Complex tablets for additional joint support.
- Combine with GotuKola Complex tablets to provide antioxidant activity.
- Combine with Rhodiola & Ginseng Complex tablets to promote vitality and stamina.
- Consider Vitanox® tablets for antioxidant activity.*

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**Supplement Facts**

| Serving size: | 1 tablet | Servings per container: | 40 |
| Amount per Serving | %DV |
|---|---|---|---|
| Chinese Skullcap root 3:1 extract | 166.7 mg | 1 |
| from Scutellaria baicalensis root 500 mg | |
| Malabar Nut Tree leaf 5:1 extract | 150 mg | 1 |
| from Justicia adhatoda leaf 750 mg | |
| Grindelia herb 4:1 extract | 75 mg | 1 |
| from Grindelia camporum herb 300 mg | |
| Turmeric rhizome 25:1 extract | 40 mg | 1 |
| from Curcuma longa rhizome 1.0 g | |
| Ginkgo leaf 50:1 extract | 20 mg | 1 |
| from Ginkgo biloba leaf 1.0 g | |
| Fennel (Foeniculum vulgare) | 5 mg | 1 |
| essential oil | |

* Daily Value (DV) not established.

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

**Content**

40 Tablets  M1383

**Suggested Use**

1 tablet 3 times daily, or as directed.

**Educational Tools**

Product Detail Sheet available online

See Ginkgo Quality Information on page 48

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**Supplement Facts**

| Serving size: | 1 tablet | Servings per container: | 40 |
| Amount per Serving | %DV |
|---|---|---|---|
| Calcium | 30 mg | 2% |
| Rehmannia root 1:4:1 extract | 250 mg | 1 |
| from Rehmannia glutinosa root 350 mg | |
| Bupleurum root 4:1:1 extract | 155.5 mg | 1 |
| from Bupleurum falcatum root 700 mg | |
| Hernidesmus root 5:1 extract | 100 mg | 1 |
| from Hernidesmus annua root 500 mg | |
| Feverfew leaf & stem 5:1 extract | 33 mg | 1 |
| from Tanacetum parthenium leaf & stem | 165 mg | |

* Daily Value (DV) not established.

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

**Content**

40 Tablets  M1385

**Suggested Use**

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

**Educational Tools**

Product Detail Sheet available online

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* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
ResCo® combines herbs and essential oils which provide respiratory system support.

Mullein, Licorice, Euphorbia, Grindelia, Ginger, Thyme essential oil and Fennel essential oil provide a range of compounds including iridoids, triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, triterpenes, sterols, phenolic acids, sesquiterpene lactones, polyacetylenes, pungent principles (including gingerols), and monoterpenes (especially trans-anethole, fenchone, estragole and thymol).

These key phytochemicals and other compounds within this herbal formulation have been used traditionally to:

- support healthy mucous membranes within the respiratory tract
- encourage healthy mucus function
- support the body’s normal cough reflex
- encourage normal secretion removal from the respiratory system
- soothe mucous membranes*

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

**Additional Support**

- Consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets for enhanced immune system support.
- Reduce mucus-forming foods (e.g., dairy products, refined carbohydrates and food additives).
- Eliminate smoking.
- Combine with Herbal Throat Spray Phytosynergist® to help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants.*

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**MediHerb® ResCo® Combines herbs and essential oils which provide respiratory system support***
Rhodiola & Ginseng Complex contains Rhodiola and Korean Ginseng, a combination which contains many compounds including phenylpropanoids such as rosarin, rosavin and rosin (rosavins), salidroside (a hydroxyprenethyglucoside), and a complex mixture of steroidal saponins (called ginsenosides).

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 these herbs and the substances within them have been traditionally used 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*

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.

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.*

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

* Rb₂ to Rb₁ is NLT 0.4 by HPLC

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**Serving size:** 1 tablet  
**Servings per container:** 60  

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>150 mg †</td>
<td></td>
</tr>
<tr>
<td>100 mg †</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

Content  Product No  
60 Tablets M1393

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

Educational Tools  
Product Detail Sheet available online

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MediHerb®  
Rhodiola & Ginseng Complex  
Helps promote vitality and stamina*
Rhodiola Quality Story

*Rhodiola rosea* (Sedum roseum) is commonly referred to as Golden Root or Roseroot and grows in dry sandy ground at high altitudes in the arctic regions of Europe and Asia.

The freshly cut root has a rose-like odor that has led to its botanical name and one of its common names. The root has been used for centuries in the traditional herbalism of Russia and Scandinavia. There are however 16 common species of Rhodiola growing in the Eurasian area. Of these, 11 have been tested in animal studies, but only *R. rosea* and to a far lesser extent *R. crenulata* have been assessed in human trials.

Most of the Rhodiola species have been reported to contain the marker compound salidroside and this was originally used to standardize extracts of *Rhodiola rosea*. After more than a decade of research, however, it was shown that the chemical composition of *R. rosea* root is, in fact, different to the other species of the genus Rhodiola. Using newly developed methods of analysis, it was shown that *R. rosea* root contains three cinnamyl alcohol-vicianosides: rosavin, rosin, and rosarin that are specific to this species. They are collectively termed rosavins. HPLC offers a ready method to differentiate true *Rhodiola rosea* from the other species offered on the market. The two major rosavins found are rosavin and rosarin, with only very low quantities of rosin.

Korean Ginseng Quality Story

*Panax ginseng* is a widely used and misunderstood herb. Traditionally the main root of the plant has been preferred for clinical use. The other parts of the plant such as the root hairs, leaves, leafstalks, etc. are considered inferior and are never used clinically in the East. However, many herb traders will sell the other plant parts as they are substantially cheaper than the main root. The major marker compounds used to characterize *Panax ginseng* are the ginsenosides which occur in all parts of the plant and if you were to only consider total ginsenosides the main root is not the highest in content. The importance is in the ratio of specific ginsenosides. The European clinical studies were undertaken on extracts manufactured from the main root of *Panax ginseng* which have a particular ratio of ginsenosides. To achieve the clinical results obtained traditionally and supported by clinical trials it is important to use raw material from the correct plant part and the correct species. This is readily achievable using HPLC which easily distinguishes the different preparations.

<table>
<thead>
<tr>
<th>% Content</th>
<th>Rg1</th>
<th>Re</th>
<th>Rf</th>
<th>Rg2</th>
<th>Rb1</th>
<th>Rc</th>
<th>Rb2</th>
<th>Rd</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leaves</td>
<td>1.078</td>
<td>1.524</td>
<td>—</td>
<td>—</td>
<td>0.184</td>
<td>0.736</td>
<td>0.553</td>
<td>1.113</td>
<td>5.188</td>
</tr>
<tr>
<td>Leafstalks</td>
<td>0.327</td>
<td>0.141</td>
<td>—</td>
<td>—</td>
<td>—</td>
<td>0.190</td>
<td>—</td>
<td>0.107</td>
<td>0.765</td>
</tr>
<tr>
<td>Stem</td>
<td>0.292</td>
<td>0.070</td>
<td>—</td>
<td>—</td>
<td>—</td>
<td>—</td>
<td>0.397</td>
<td>—</td>
<td>0.759</td>
</tr>
<tr>
<td>Main root</td>
<td>0.379</td>
<td>0.153</td>
<td>0.092</td>
<td>0.023</td>
<td>0.342</td>
<td>0.190</td>
<td>0.331</td>
<td>0.078</td>
<td>0.792</td>
</tr>
<tr>
<td>Lateral roots</td>
<td>0.406</td>
<td>0.668</td>
<td>0.203</td>
<td>0.090</td>
<td>0.850</td>
<td>0.738</td>
<td>0.434</td>
<td>0.143</td>
<td>3.532</td>
</tr>
<tr>
<td>Root hairs</td>
<td>0.376</td>
<td>1.512</td>
<td>0.150</td>
<td>0.249</td>
<td>1.351</td>
<td>1.349</td>
<td>0.780</td>
<td>0.381</td>
<td>6.148</td>
</tr>
<tr>
<td>Main root dry extract</td>
<td>1.4</td>
<td>2.1</td>
<td>0.6</td>
<td>0.6</td>
<td>3.9</td>
<td>1.9</td>
<td>2.4</td>
<td>1.5</td>
<td>13.4</td>
</tr>
</tbody>
</table>
Rhodiola & Schisandra

This combination of Rhodiola and Schisandra contains many compounds including phenylpropanoids such as rosarin, rosavin and rosin (rosavins), salidroside (a hydroxyprenetyl glucoside), and dibenzocyclooctene lignans including schisandrin.

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 these herbs and the substances within them have been traditionally used to:

- maintain feelings of general well-being when experiencing temporary stress
- help the body adapt to the changes of everyday life
- support healthy cognitive function
- support healthy nervous system function
- help maintain proper energy and support healthy physical performance
- work as a tonic to benefit the entire body*

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

Additional Support

- Adrenal Complex tablets may be a suitable addition to support adrenal function and reduce the effects of everyday 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 Milk Thistle Forte tablets or ChelaCo tablets to further support healthy general detoxification function.
- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.*

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</td>
<td>%DV</td>
</tr>
</tbody>
</table>
| Rhodiola root 4:1 extract from Rhodiola rosea root 660 mg containing salidroside 1.5 mg and rosavins 4.5 mg | 150 mg 1
| Schisandra fruit 6:1 extract from Schisandra chinensis fruit 660 mg | 110 mg 1

* Daily Value (DV) not established.

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

Content

40 Tablets M1394

Suggested Use

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

Educational Tools

Product Detail Sheet available online
See Rhodiola Quality Information on page 65
See Schisandra Quality Information on page 56
Saligesic contains phenolic glycosides (including salicin), flavonoids and other phenolic compounds.

Saligesic is standardized to contain 60 mg of salicin per tablet to ensure optimal strength and quality.

**Willow stem bark is used traditionally to:**
- support musculoskeletal system health
- help maintain and support healthy joints
- ease the temporary mild joint and muscle discomfort associated with exercise
- support and maintain normal body temperature already in a normal range
- temporarily relieve mild, occasional exercise-related lower back discomfort
- relieve temporary mild headaches caused by occasional stress*

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

**Additional Support**
- Combine with Nervagesic tablets to relieve occasional mild muscular cramping.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combine with Rehmannia Complex tablets for relief of mild joint pain after exercise and Boswellia Complex tablets for support of healthy joints.
- Combines well with St John’s Wort 1.8g tablets as a tonic for the nervous system.
- Consider Turmeric Forte tablets for additional joint support.
- Combine with Cramplex tablets to provide relief from discomfort associated with menstruation.*

**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>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>32 mg</td>
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</tbody>
</table>

Willow stem bark 20:1 extract from *Salix purpurea* stem bark 8.0 g Containing salicin 60 mg

* Daily Value (DV) not established.

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

- **Content**
- **Product No**
  - 40 Tablets: M1395

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

**Educational Tools**
Product Detail Sheet available online

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**Willow Bark Quality Story**

Willow Bark has been used for thousands of years to support musculoskeletal system health, but in recent times had fallen from favor due to inconsistent clinical outcomes.

Recent European clinical trials however, using a particular type of Willow Bark extract have demonstrated excellent results. The Willow Bark extracts used in the clinical trials were standardized to the marker compound salicin, however there are other salicin esters in Willow Bark such as salicortin, 2'-O-acethylsalicortin, fragilin and tremulacin, together with other components which are important for this herb. This highlights the importance for having quality tested herbal extracts to achieve optimal results.

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**REFERENCES**
MediHerb® Saligesic

“MediHerb® high quality Willow Bark product offers significant support for musculoskeletal health.”

Kerry Bone, MediHerb® Co-Founder and Director of Research and Development

“Clinical research from Europe shows that a high potency standardized extract of Willow stem bark can significantly help support musculoskeletal health. Not all Willow products are the same. Such products should be designed to achieve the required balance of phytochemical components.”

MediHerb® high quality Willow product, Saligesic, contains phenolic glycosides (including salicin), flavonoids and other phenolic compounds. Saligesic is standardized to contain not less than 60 mg of salicin per tablet to ensure optimal strength and quality. The compounds in our product are used traditionally to:

- support musculoskeletal system health
- help maintain and support healthy joints
- ease the temporary mild joint and muscle discomfort associated with exercise
- support and maintain normal body temperature already in a normal range
- temporarily relieve mild, occasional exercise-related lower back discomfort
- relieve temporary mild headaches caused by occasional stress*

Willow Stem Bark 20:1 extract 400 mg
from Salix purpurea stem bark
Containing salicin 8.0 g
60 mg

*Mediterranean Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*

These five herbs contribute iridoid glycosides (especially aucubin), saponins, flavonoids, diterpenoid lactones, caffeic acid derivatives (especially cichoric acid), alkylamides, alkaloids (especially hydrastine and berberine), pungent principles (particularly capsaicin), carotenoids and other compounds.

These herbs and the compounds within them are used traditionally to:

- maintain healthy and normal mucus secretion in nasal passages
- support healthy response to environmental stressors
- support healthy mucous membranes (particularly of the nose and sinus)
- assist in maintaining healthy breathing passages to support normal breathing
- encourage a healthy respiratory tract
- maintain normal respiratory tract function
- support outer ocular health

**Caution:** Contraindicated in pregnancy and lactation. Contraindicated in known allergy to Golden Rod.

**Additional Support**

- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for extra immune system support.
- Consider Vitanox® tablets for antioxidant activity.
- Combine with Albizia Complex tablets to maintain normal respiratory tract function.
- Combine with Herbal Throat Spray PhytoSynergist® to soothe the throat.
- Reduce or eliminate dietary intake of dairy products, refined carbohydrates, coffee, tea and alcohol.

**Sinus Forte Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 40</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eyebright herb 4:1 extract from <em>Euphrasia officinalis</em> herb</td>
<td>162.5 mg</td>
<td>†</td>
</tr>
<tr>
<td>Golden Rod herb 4:1 extract from <em>Solidago virgaurea</em> herb</td>
<td>162.5 mg</td>
<td>†</td>
</tr>
<tr>
<td>Echinacea root 4:1 extract from <em>Echinacea purpurea</em> root</td>
<td>92.5 mg</td>
<td>†</td>
</tr>
<tr>
<td>Golden Seal root &amp; rhizome 4:1 extract from <em>Hydrastis canadensis</em> root &amp; rhizome</td>
<td>31.25 mg</td>
<td>†</td>
</tr>
<tr>
<td>Cayenne fruit 3:1 extract from <em>Capsicum annum</em> fruit</td>
<td>3.33 mg</td>
<td>†</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

**Content**

- 40 Tablets M1426

**Suggested Use**

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

**Educational Tools**

- Product Detail Sheet available online
- See Golden Seal Quality Information on page 49
- See Echinacea Quality Information on page 41

**Eyebright (Euphrasia officinalis)**
St John’s Wort 1.8g contains the naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids, phenolics and other compounds.

This product is standardized to contain 900 mcg of hypericins and 18 mg of flavonoid glycosides per tablet to ensure optimal strength and quality.

The compounds in St John’s Wort have been used traditionally to:
- help maintain healthy emotional balance
- support the body to cope with occasional stress of everyday life
- help support healthy mood balance
- help relieve occasional sleeplessness/restlessness
- help relieve mild temporary nervous tension and stress*

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.

Additional Support
- Combine with Echinacea Premium tablets or liquid for enhanced immune system support.
- Combines well with Nevaton® Forte tablets for further healthy nervous system response.
- Consider Ashwagandha Complex tablets or Rhodiola & Ginseng Complex tablets to help maintain feelings of general well-being when experiencing temporary stress.
- Combine with Kava Forte tablets to calm the nerves.
- Consider FemCo tablets to additionally ease everyday tension.
- Consider Valerian Complex tablets to promote relaxation and encourage sleep.
- Consider Nervagesic to provide relief from occasional sleeplessness.*

St John’s Wort Quality Story

St John’s Wort is comprised of a wide range of phytochemicals of which the naphthodianthrones (consisting mainly of hypericin and pseudohypericin) are characteristic, while several other constituents are found across a very wide variety of plant species: eg chlorogenic acid, flavonoids and biapigenins.

An animal study has shown that hypericin administered with flavonoid glycosides caused an increase in the bioavailability of hypericin. St John’s Wort extracts containing the flavonoid glycosides but devoid of hypericin and hyperforin have been shown to be pharmacologically active in model systems. Additionally, extracts devoid of hyperforin have been proven effective in clinical trials as have extracts containing hyperforin. In the graph, all extracts contained the same level of naphthodianthrones (hypericins), however a wide range of variation was shown for the other constituents when analyzed by HPLC – some extracts having very low levels of all the phytochemicals you would expect in a good quality extract of Hypericum perforatum. MediHerb® recognizes the importance of all the other constituents, particularly the OPCs and flavonoids and tests all of its products using the techniques which allow the identification of these components.
Thyroid Complex

The combination of herbs in Thyroid Complex (Bladderwrack, Bacopa and Ashwagandha) contain many compounds including trace minerals (including iodine), polyphenols, steroidal compounds (including withanolides), triterpenoid saponins such as bacosides, alkaloids and flavonoids.

Together these herbs and their constituents have been used traditionally to:

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

**Caution:** Contraindicated in pregnancy and lactation. Contraindicated in hyperthyroidism and related cardiac problems. If you have a thyroid condition use strictly under physician direction.

**Additional Support**

- Consider Coleus Forte tablets to support cardiovascular health.
- Consider ChelaCo tablets to support the body’s healthy general detoxification function.
- Combine with Eleuthero tablets or Rhodiola & Schisandra tablets to help the body adapt to the changes of everyday life.
- Consider Rehmannia Complex tablets to support liver health and healthy detoxification of the whole body.
- Combine with Vitanox® tablets for antioxidant activity.
- Consider Gotu Kola Complex tablets to support healthy skin and to provide antioxidant activity.*

Additional Support

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

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

**Content**  **Product No**

| 40 Tablets | M1435 |
| 120 Tablets | M1437 |

**Suggested Use**

1 tablet daily, or as directed.

**Educational Tools**

Product Detail Sheet available online

See Ashwaganda Quality Information on page 26

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Tribulus

Tribulus contains an extract of *Tribulus terrestris* herb (aerial parts – leaves and stems) and contains steroidal saponins, mainly furostanol glycosides (including protodioscin and protogracillin) and small quantities of spirostanol glycosides, sterols and other compounds. This product is standardized to contain 100 mg per tablet of furostanol saponins to ensure optimal strength and quality.

The compounds in Tribulus have been traditionally used 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*

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

**Additional Support**

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

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

**Content**  **Product No**

| 40 Tablets | M1445 |

**Suggested Use**

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

**Educational Tools**

LO332: MediHerb® The Quality Choice for Practitioners Handout

Product Detail Sheet available online

See Tribulus Quality Information on page 72

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For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Tribulus terrestris is an herb which is endemic to many different geographical zones, from the Mediterranean regions, India, China, South Africa and Australia. Research undertaken by MediHerb® has shown that the phytochemical profile of the herb varies depending upon the geographical origin and the plant part utilized. Only Tribulus sourced from the Central European regions of Bulgaria and Slovakia have been found to contain protodioscin, which is an important indicator of quality and efficacy. Additionally only the leaves and stem of the plant contain protodioscin, the fruit does not contain this phytochemical. MediHerb® has undertaken this research to ensure that our Tribulus product is of the correct phytochemical profile to ensure phytoequivalence with the Bulgarian clinical trials and therefore optimal clinical outcome.

Turmeric Forte 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 inflammatory response function after exercise
- traditionally maintain and support healthy joints
- provide antioxidant activity
- support a healthy response to environmental stressors
- support healthy liver function
- traditionally support healthy digestion* 

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

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 metabolism of fats and sugars.
- 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.

Content

<table>
<thead>
<tr>
<th>Product No</th>
<th>60 Tablets</th>
</tr>
</thead>
<tbody>
<tr>
<td>M1448</td>
<td></td>
</tr>
</tbody>
</table>

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

Educational Tools
- 10626: Turmeric Forte Brochure
- 100334: Turmeric Forte: Standardized for Bioavailable Curcumin Handout
- Product Detail Sheet available online

† Contains dietary ingredient (formulation of curcumin with Fenugreek dietary fiber), found to have enhanced bioavailability of curcuminoids over unformulated curcumin.1

1 Kumar D, Jacob D, Subhash P S et al. /Funct Foods 2016, 22, 578-587

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Valerian Complex contains Valerian, Passion Flower and Ziziphus jujuba var. spinosa.

This combination of herbs contains many compounds including iridoids (known as valepotriates), an essential oil, cyclopentane sesquiterpenes (including valerenic acid), flavonoids and dammarane-type saponins called jujubosides.

Together these herbs and their constituents have been used traditionally to:

- relieve mild nervous tension
- obtain relief from occasional sleeplessness
- promote relaxation
- ease the effects of temporary or occasional stress

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

Additional Support

- Consider St John’s Wort 1.8g tablets as a tonic for the nervous system.
- Consider HiPep tablets to support normal function of stomach acid secretions.
- If occasional sleep difficulty is due to temporary stresses of everyday life, combine with Ashwagandha Complex tablets.
- Combine with Kava Forte tablets or Nervagesic tablets to further encourage sleep.

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>Calcium</td>
<td>64 mg</td>
</tr>
<tr>
<td>Valerian root &amp; rhizome 5:1 extract from Valeriana officinalis root &amp; rhizome</td>
<td>140 mg</td>
</tr>
<tr>
<td>700 mg</td>
<td></td>
</tr>
<tr>
<td>Passion Flower herb 5:1 extract from Passiflora incarnata herb</td>
<td>100 mg</td>
</tr>
<tr>
<td>500 mg</td>
<td></td>
</tr>
<tr>
<td>Jujube seed 10:1 extract from Ziziphus jujuba var. spinosa seed</td>
<td>90 mg</td>
</tr>
<tr>
<td>900 mg</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

Valerian Quality Story

Valerian (Valeriana officinalis) contains valerenic acids (predominantly acetoxyvalerenic and valerenic acid and low levels of hydroxyvalerenic acid) and valepotriates (valtrate and isovaltrate).

While other species of Valerian may contain the valepotriates only true Valerian contains the valerenic acids. MediHerb® has developed a unique HPLC analytical method to determine the levels of valeronic acids and valepotriates in Valerian. This method can also determine the level of the baldrinals (valtrate degradation products) which are an indicator of a poor quality herb. By using this analytical method on all its Valerian products, MediHerb® ensures that these products contain high levels of valerenic acids and valepotriates, with no baldrinals.

Valerian (Valeriana officinalis)
Passion Flower Quality Story

There are over 500 species of Passion Flower, which include the edible passionfruit and varieties grown for their characteristic flowers.

The preferred clinical species is Passiflora incarnata which is native to the Americas and has many common names, including ‘Maypop’ and ‘Purple Passion Flower’. The original forms of this plant have flowers varying in color from pale lavender through to dark violet. There is also a white-flowered form which appears in the wild, as well as in cultivation, and is sold as P. incarnata ‘Alba’.

During routine analysis in the MediHerb® Research Laboratory it became evident that there were two different phytochemical profiles of Passion Flower being encountered. The samples varied in the flavonoid constituents which are among the proposed clinically active components. In conjunction with Southern Cross University (Australia) it was determined that the different flavonoid profiles were related to the color of the flowers (purple or white). The clinical evidence for Passion Flower is derived from European clinical trials and the corresponding phytochemical profiles have been published. By using LC/MS it was determined that these profiles matched that of the purple-flowered form. Two of the peaks are consistent between the two different forms, however, the remaining eight or more flavonoids are different. Without using at least HPLC, or ideally LC/MS, this differentiation is easily missed and the inappropriate form of Passiflora incarnata might be used.

Vascular Care Complex

Note: Formerly known as Horsechestnut Complex

Vascular Care Complex is a combination of Horsechestnut, Butcher’s Broom and Ginkgo biloba.

These herbs contain steroidal saponins, other saponins (a complex mixture known as escin), flavonoids, lipids, sterols, terpene lactones (including ginkgolides) and other phytochemicals. All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. The Horsechestnut component is standardized to contain 36 mg of escin per tablet, the Butcher’s Broom contains 20 mg per tablet of ruscogenin and the Ginkgo component contains 7.3 mg per tablet of ginkgo flavonglycosides (ginkgo flavone glycosides).

Together these herbs and the compounds within them are used traditionally to:

- assist healthy blood circulation
- assist in the maintenance of healthy peripheral circulation
- provide antioxidant activity
- support and maintain healthy tissue fluid levels, including in the legs
- provide support for the vascular system in the occurrence of occasional, mild constipation*

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

Additional Support

- Combines well with Gotu Kola Complex tablets to support healthy skin, promote healthy blood circulation and provide antioxidant activity.
- Combines well with Garlic Forte tablets to support cardiovascular system health.
- Combine with Turmeric Forte tablets to support healthy inflammatory response.
- Consider Vitanox® tablets for antioxidant activity.
- Avoid excessive saturated fat in the diet.*

† Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, dextrose, sodium starch glycolate, ethyl cellulose, ammonium hydroxide, fatty acids, oleic acid, silicon dioxide, magnesium stearate, sodium carboxymethylcellulose, talc (magnesium silicate) and polydextrose.

Content Product No
40 Tablets M1640

Suggested Use
1 tablet 2 – 3 times daily, or as directed. Enteric coated tablets. Do not break or crush.

Educational Tools
Product Detail Sheet available online

See Ginkgo Quality Information on page 48

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Viranon contains Thuja, St John’s Wort and Licorice. These herbs provide many phytochemicals including an essential oil (containing monoterpenes and other terpenes), the napthodianthrones hypericin and pseudohypericin (hypericins), flavonoids, phenolics, triterpenoid saponins (especially glycyrrhizin) and other saponins.

This product contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The St John’s Wort component is standardized to contain 675 mcg of hypericins per tablet, and the Licorice component of this tablet is standardized to contain 30 mg of glycyrrhizin per tablet.

Together these herbs and their constituents have been used traditionally to:

- help maintain and support healthy immune system function, regulation and response
- help promote the body’s normal resistance function
- encourage the body’s normal healthy defense system by supporting healthy immune system function

**Caution:** Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV radiation (e.g. sunlight, tanning) when using this product. Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Best avoided in epilepsy.

**Additional Support**

- Combine with Artemisinin Complex tablets to support healthy detoxification of the whole body.
- Consider Echinacea Premium tablets or liquid, Astragalus Complex tablets or Andrographis Complex tablets for additional immune system support.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of upper respiratory health.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium</td>
<td>5 mg</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
<td>&lt;1%*</td>
</tr>
<tr>
<td>Thuja leaf 3:1 extract from Thuja occidentalis leaf</td>
<td>66.7 mg</td>
<td>1</td>
</tr>
<tr>
<td>St John’s Wort herb flowering top 6:1 extract from Hypericum perforatum herb flowering top</td>
<td>225 mg</td>
<td>1</td>
</tr>
<tr>
<td>Licorice root 17.5:1 extract from Glycyrrhiza glabra root 2.9 g Containing glycyrrhizin</td>
<td>166.6 mg</td>
<td>1</td>
</tr>
</tbody>
</table>

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

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

**Content** | **Product No**
--- | ---
90 Tablets | M1456

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

**Educational Tools**
L0333: Supporting Immune System Function & Internal Defenses
Handout
L0628: Viranon Brochure
Product Detail Sheet available online

**See St John’s Wort Quality Information on page 70**
Vitanox® contains a blend of herbs which provide strong antioxidant activity.

The herbs Rosemary, Green Tea, Turmeric and Grape Seed provide phenolic diterpenes (including carnosol and rosmarinic acid), polyphenols including epigallocatechin gallate, essential oils containing sesquiterpenes, yellow pigments referred to as diarylheptanoids (including curcumin), flavonoids, triterpenoids and oligomeric procyanidins. 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® are used to:

- provide antioxidant activity
- support healthy circulation and vascular integrity
- help support healthy liver function
- support general health and well-being
- support and maintain cellular health*

**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. *

**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.*

### Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Servning</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>28 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Rosemary leaf 5:1 extract from Rosmarinus officinalis leaf</td>
<td>200 mg</td>
<td>T</td>
</tr>
<tr>
<td>Green Tea leaf 25:1 extract from Camellia sinensis leaf</td>
<td>166.7 mg</td>
<td>T</td>
</tr>
<tr>
<td>Turmeric rhizome 25:1 extract from Curcuma longa rhizome</td>
<td>80 mg</td>
<td>T</td>
</tr>
<tr>
<td>Grape seed 120:1 extract from Vitis vinifera seed</td>
<td>50 mg</td>
<td>T</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

**Content**

- **Product No**
  - 40 Tablets: M1462
  - 120 Tablets: M1468

**Suggested Use**

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

**Educational Tools**

Product Detail Sheet available online

*For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Wild Yam Complex contains Wild Yam, Black Cohosh, Shatavari, Korean Ginseng, St John’s Wort and Sage.

This combination of herbs contains many compounds including steroidal saponins (such as shatavarin-I and dioscin), ginsenosides, an essential oil (containing monoterpenes, including thujone), triterpene glycosides, phenolic compounds (such as rosmarinic acid), naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids and phenolics. This tablet contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The St John’s Wort component of this tablet is standardized to contain 300 mcg of hypericins per tablet, and the Korean Ginseng component contains 1.3 mg per tablet of ginsenosides (calculated as Rb1 to Rb2, is NLT 0.4 by HPLC).

The herbs in Wild Yam Complex are used traditionally to:
- provide relief from mild discomfort associated with menopause
- maintain feelings of general well-being
- calm the nerves and support healthy mood balance
- provide antispasmodic activity to ease occasional spasms associated with the menstrual cycle*

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. Caution in patients with liver problems, who frequently use alcoholic beverages or take any medications. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product.

Additional Support
- Combine with Tribulus tablets to support normal hormone production and overall feelings of well-being.
- Consider St John’s Wort 1.8g tablets or Nevaton® Forte tablets as a tonic for the nervous system.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combine with Chaste Tree tablets to ease discomfort associated with the menstrual cycle.
- Combine with Kava Forte tablets to calm the nerves.*

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

† Daily Value (DV) not established.

Content
40 Tablets  M1470
120 Tablets  M1475

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

Educational Tools
Product Detail Sheet available online
See St John’s Wort Quality Information on page 70
See Korean Ginseng Quality Information on page 65
See Wild Yam Quality Information on page 78

MediHerb®
Wild Yam Complex
Provides relief from the discomfort associated with menopause*
There are some 600 species of Yam in the genus Dioscorea, many of them are wild species that flourish in damp woodlands and thickets. *Dioscorea villosa*, also known as Colic Root or Wild Yam, is a twining, tuberous vine native to eastern North America.

The roots initially taste starchy, but soon after are bitter and acrid, nothing like the taste of Yam or Sweet Potato grown for the dinner table. Commercial Wild Yam extracts available for use as raw materials are often not *Dioscorea villosa* but instead *Dioscorea opposita* (Chinese Yam Root) which has a different phytochemical profile.

It is widely misconstrued that *Dioscorea villosa* contains diosgenin and many products have this as a statement on their labels. However it does not contain diosgenin, but rather the diosgenin precursors. Traditionally *Dioscorea villosa* was believed to contain predominantly dioscin, however, the origin of this assignment is unclear (dioscin is a steroidal glycoside precursor of diosgenin). The phytochemical profile of Wild Yam is poorly-defined and based on scientific literature from the 1940s. MediHerb® undertook a project in conjunction with Associate Professor James De Voss, Chemistry Department, from the University of Queensland, Australia to investigate the phytochemistry.

Commercially available *Dioscorea villosa* is in the form of dried roots, usually harvested at the end of summer or fall when the plant is dying back to its rootstock. It was found that these roots contained only very small amounts of dioscin, not the predominance as previously thought. The major saponin found in the fall harvested roots were in fact the furostanol-based saponins, methylparvifloside and methylprotodeltonin, while the sprostanol-based saponins, Zingiberensis saponin I and deltonin were the major saponins for samples harvested in summer. The storage saponins from the fall differ from the summer saponins by the presence of an extra glucose at the C-26 position of the diosgenin base structure. The two main compounds found in commercial material – harvested in the fall – are significantly different from dioscin by having an extra one or two glucose residues in methylprotodeltonin and methylparvifloside respectively. All of these compounds have been reported from other Dioscorea species, however, the profile of saponins was different in the other species.

---

**Major Saponins of *Dioscorea villosa***

<table>
<thead>
<tr>
<th>Compound</th>
<th>Structure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - Methylparvifloside</td>
<td><img src="image1" alt="Methylparvifloside" /></td>
</tr>
<tr>
<td>4 - Zingiberensis saponin I or glucosiodeltonin</td>
<td><img src="image2" alt="Zingiberensis saponin I" /></td>
</tr>
<tr>
<td>2 - Methylprotodeltonin</td>
<td><img src="image3" alt="Methylprotodeltonin" /></td>
</tr>
<tr>
<td>5 - Deltonin</td>
<td><img src="image4" alt="Deltonin" /></td>
</tr>
<tr>
<td>6 - Dioscin</td>
<td><img src="image5" alt="Dioscin" /></td>
</tr>
</tbody>
</table>

---

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Wormwood Complex contains the following herbs: Wormwood, Black Walnut hulls, Stemona root and Clove Bud essential oil.

This combination of herbs and essential oil contains many phytochemicals including sesquiterpene lactones, terpenes, thujone, 1,4-naphthoquinones, alkaloids, flavonoids, tannins and phenolic acids.

**Wormwood Complex contains herbs used traditionally to help:**
- promote healthy intestinal motility
- stimulate digestion
- relieve temporary, mild digestive discomfort
- encourage a healthy intestinal environment*

**Caution:** Contraindicated in pregnancy and lactation.

**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 discomfort and support a healthy immune system.
- 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.*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 120</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Stemona root 5:1 extract from <em>Stemona sesalifolia</em> root 1.0 g</td>
<td>200 mg</td>
</tr>
<tr>
<td>Black Walnut hull 4:1 extract from <em>Juglans nigra</em> hull 100 mg</td>
<td>25 mg</td>
</tr>
<tr>
<td>Wormwood herb 4:1 extract from <em>Artemisia absinthium</em> herb 100 mg</td>
<td>25 mg</td>
</tr>
<tr>
<td>Clove bud (<em>Syzygium aromaticum</em>) essential oil</td>
<td>20 mg</td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

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

**Content**
- 120 Tablets

**Product No**
- M1490

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

**Educational Tools**
Product Detail Sheet available online

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Wormwood (Artemisia absinthium)

Black Walnut (Juglans nigra)
Adrenal Tonic Phytosynergist® contains Ashwagandha, Licorice, Rehmannia and Echinacea. This combination of herbs contains many compounds including triterpenoid saponins (especially glycyrrhizin), other saponins, iridoid glycosides, caffeic acid derivatives, alkylamides and many flavonoids.

These herbs are traditionally used to help:
- promote healthy adrenal gland function
- help the body adapt to everyday challenges and support general health and well-being
- support and maintain the body as it ages
- support healthy sleep
- support healthy immune system response
- maintain feelings of well-being when experiencing temporary mild stress
- support healthy cognitive function
- help to increase energy and improve overall health*

Caution: Contraindicated in known allergy to plants of the daisy family. Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. If you have a thyroid condition, use strictly under physician direction. ◆

Additional Support
- Consider Thyroid Complex tablets to support healthy thyroid function for normal energy production.
- Consider Eleuthero tablets or Rhodiola & Ginseng Complex tablets to promote vitality.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combines well with St John’s Wort 1.8g tablets or Nevaton® Forte tablets as a tonic for the nervous system.
- Combine with Tribulus tablets to support normal hormone production in men and women, or with FemCo tablets to support women’s general well-being.
- Consider Boswellia Complex or Vitanox tablets to provide antioxidant activity.
- Consider Astragalus Complex tablets to provide additional immune system support.*

Supplement Facts

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Amount per Serving | %DV |
| Rehmannia root 1:2 extract from Rehmannia glutinosa root | 2.25 mL | T |
| Ashwagandha root 1:1 extract from Withania somnifera root | 1.63 mL | T |
| Echinacea root 1:2 extract from Echinacea purpurea root | 525 mcL | T |
| Echinacea root 1:2 extract from Echinacea angustifolia root | 350 mcL | T |
| Licorice root extract From Glycyrrhiza glabra root | 250 mcL | T |

* Daily Value (DV) not established.

Other ingredients: Purified water, 36.5% alcohol and maltodextrin.

Content

<table>
<thead>
<tr>
<th>200 mL (6.8 fl oz)</th>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M4405</td>
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</table>

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice 2-3 times daily, or as directed.

Educational Tools
Product Detail Sheet available online
See Ashwagandha Quality Information on page 26
See Echinacea Quality Information on page 41
The combination of herbs found in Broncafect Phytosynergist® contains triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, pungent principles (including gingerols), an essential oil (containing monoterpenes, especially thymol) and other compounds. These herbs and their constituents have traditionally been used to:

- support healthy respiratory tract function
- support normal mucus flow
- support the body’s natural ability to break up respiratory secretions
- support healthy immune system function
- help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants
- assist the body in maintaining normal body temperature already within a normal range*

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Contraindicated in known allergy to plants of the daisy family.

**Additional Support**

- Consider Andrographis Complex tablets for extra immune system support.
- Combine with Herbal Throat Spray Phytosynergist® to soothe mild discomfort of the throat, freshen breath and maintain healthy mucosal tissue in the throat.
- For extra respiratory support and immune system response combine with hot Peppermint or Ginger tea.*

Other ingredients: Purified water, 48% alcohol and maltodextrin.

**Content**

<table>
<thead>
<tr>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>M4410</td>
</tr>
</tbody>
</table>

**Suggested Use**

Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

**Educational Tools**

Product Detail Sheet available online

*See Echinacea Quality Information on page 41
Capsella Complex Phytosynergist® contains the following herbs: Dong Quai, Shepherd’s Purse, False Unicorn and White Peony.

This combination of herbs contains many compounds including an essential oil (consisting mainly of ligustilide and n-butylidene phthalide), sterols, flavonoids, glucosinolates, steroidal saponins and a unique monoterpene glycoside called paeoniflorin.

Together these herbs and the compounds within have traditionally been used to:
- promote healthy female reproductive system function
- relieve temporary, mild cramping and discomfort associated with menstruation
- maintain normal menstrual flow
- assist as a tonic for the female reproductive system
- promote vitality in women

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional.

Additional Support
- Combine with Chaste Tree tablets to support female reproductive system health.
- Combine with FemCo tablets to encourage healthy menstrual cycling.
- Consider Ashwagandha Complex tablets as a tonic to benefit the entire body and promote vitality and stamina.
- Combine with Wild Yam Complex tablets for relief from mild discomfort associated with menopause.
- Consider Fe-Max Iron Tonic Phytosynergist® to promote and support normal blood production.
- Combine with Nevaton® Forte tablets to support healthy nervous system response and encourage healthy mood balance.

MediHerb®
Capsella Complex Phytosynergist®

Supports healthy female reproductive function*
DiGest Phytosynergist®

The combination of herbs in DiGest Phytosynergist® contains many compounds including bitter principles of the secoiridoid type (especially gentiopicrin and amarogentin), caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, an essential oil (containing α-bisabolol), flavonoids, flavonolignans (collectively known as silymarin), sesquiterpene lactones, phenolic acids and sterols.

Together these herbs and the compounds within them have been traditionally used to:
- stimulate gastric juice output and appetite
- support healthy digestion and intestinal function
- promote healthy gastrointestinal tone
- assist healthy and normal body detoxification processes
- support healthy immune system function
- support healthy gallbladder function and normal bile production support*

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. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ◆

Additional Support
- Combines well with Livton® Complex tablets for healthy liver function.
- Consider Gymnema tablets to help suppress normal cravings for sugar in the diet.
- Combine with Ashwagandha Complex tablets as a tonic to benefit the entire body.
- Eat wholesome fiber-rich foods.*

MediHerb® DiGest Phytosynergist®
Supports healthy digestion and intestinal function*

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size</th>
<th>5 mL (1 tsp)</th>
<th>Servings per container</th>
<th>40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per serving</td>
<td>%DV</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chamomile flower 1:2 extract from Matricaria recutita flower</td>
<td>1.5 mL †</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dandelion root 1:2 extract from Taraxacum officinale root</td>
<td>1.0 mL †</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Echinacea root 1:2 extract from Echinacea angustifolia root</td>
<td>1.0 mL †</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk Thistle seed 1:1 extract from Silybum marianum seed</td>
<td>1.0 mL †</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gentian root 1:2 extract from Gentiana lutea root</td>
<td>200 mcL †</td>
<td></td>
<td></td>
</tr>
<tr>
<td>† Daily Value (DV) not established.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Other ingredients: Purified water and 50% alcohol.

Content | Product No
---|---
200 mL (6.8 fl oz) | M4450

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice 3–5 times daily, or as directed.

Educational Tools
Product Detail Sheet available online
See Chamomile Quality Information on page 36
See Milk Thistle Quality Information on page 59

◆ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Fe-Max Iron Tonic Phytosynergist®

The combination of herbs in Fe-Max Iron Tonic Phytosynergist® contains many compounds including triterpenes, sterols, flavonoids, steroidal compounds, alkaloids, triterpenoid saponins (especially glycyrrhizin), other saponins, an essential oil (consisting of terpenoids), pungent principles, minerals and silicon.

The herbs and nutrients in Fe-Max Iron Tonic Phytosynergist® work together to:
- provide iron, which is essential for the normal functioning of red blood cells
- promote and support healthy blood production
- support good nutrition
- promote vitality
- promote an overall feeling of well-being*

Caution: Contraindicated in hemochromatosis and high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation, if you have a medical condition or are taking any medication. If you have a thyroid condition, use strictly under physician direction.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately ♦

Additional Support
- Combines well with Ashwagandha Complex tablets or Rhodiola & Ginseng Complex tablets to promote vitality and stamina.
- Consider DiGest Forte tablets or DiGest Phytosynergist® liquid for healthy digestion.
- Consider Chaste Tree tablets for female reproductive health.*

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 5 mL (1 tsp)</th>
<th>Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10 (less than 1 g)</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>&lt; 1%*</td>
</tr>
<tr>
<td>Vitamin C (as Ascorbic acid)</td>
<td>5 mg (6%)</td>
</tr>
<tr>
<td>Iron (from iron amino acid chelate)</td>
<td>5 mg (30%)</td>
</tr>
<tr>
<td>Vitamin B2 (Riboflavin)</td>
<td>2.5 mg (190%)</td>
</tr>
<tr>
<td>Vitamin B6 (Pyridoxine hydrochloride)</td>
<td>2.5 mg (150%)</td>
</tr>
<tr>
<td>Vitamin B12 (Cyanocobalamin)</td>
<td>1.5 mcg (60%)</td>
</tr>
</tbody>
</table>

Codonopsis root 1:2 extract from Codonopsis pilosula root 500 mg
Nettle leaf 1:2 extract from Urtica dioica leaf 500 mg
Licorice root 4:1 extract from Glycyrrhiza glabra root 500 mg
Ashwagandha root 1:1 extract from Withania somnifera root 1.2 g
Ginger rhizome 1:2 extract from Zingiber officinale rhizome 50 mg
Stevia leaf 1:2 extract from Stevia rebaudiana leaf 50 mg

* Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value (DV) not established.

Other ingredients: Glycerol, purified water, alcohol, fruit and root juice concentrates (grape, beet, apple, pear and lemon), natural flavor, maltodextrin, potassium sorbate (preservative), thiamine, silicon dioxide, citric acid and sodium citrate.

Content Product No
200 mL (6.8 fl oz) M4460

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice 2 – 3 times daily, or as directed.

Educational Tools
Product Detail Sheet available online
See Ashwagandha Quality Information on page 26
**Herbal Throat Spray Phytosynergist®**

Herbal Throat Spray contains the following herbs: Marshmallow root, Sage, *Echinacea angustifolia* root, Calendula, Myrrh and Clove bud.

This combination of herbs contains many phytochemicals including mucilage, essential oils (containing monoterpenes and sesquiterpenes, including eugenol), phenolic compounds, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, triterpenoid sapogenins, triterpene alcohols and their esters, flavonoids, sterols, carotenes and commiphoric acids and esters.

Together these herbs and their constituents are used traditionally to help:

- support healthy throat and upper gastrointestinal tissue
- soothe mucous membranes of the throat
- promote oral health
- relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants
- freshen breath*  

**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. Not suitable for children under 2 years of age. *

**Additional Support**

- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for further immune system support.
- Consider combining with Sinus Forte tablets or Broncofect® tablets for healthy respiratory tract tissue.
- Combine with Ashwagandha Complex tablets or Rhodiola & Schisandra tablets to benefit the entire body particularly in times of stress.*

### Supplement Facts

| Serving size: | 4 Sprays (500 ml) |
| Servings per container: | 50 |
| **Amount per Serving** | **%DV** |
| Marshmallow root 1:5 glycerextract from *Althaea officinalis* root | 200 mcL | **†** |
| Sage aerial parts 1:2 extract from *Salvia officinalis* aerial parts | 60 mcL | **†** |
| Calendula flower 1:2 extract from *Calendula officinalis* flower | 20 mcL | **†** |
| Echinacea root 1:2 extract from *Echinacea angustifolia* root | 20 mcL | **†** |
| Myrrh oleo-gum resin 1:5 extract from *Commiphora molmol* stem oleo-gum resin | 5 mcL | **†** |
| Clove (*Syzygium aromatuum*) bud essential oil | 1.25 mcL | **†** |

**† Daily Value (DV) not established.**

Other ingredients: Purified water, glycerol, alcohol 16.5%, methyl hydroxybenzoate (preservative), propyl hydroxybenzoate (preservative) and menthol.

**Content**  
25 mL (0.85 fl oz)  
**Product No**  
M4465

**Suggested Use**  
4 sprays into the mouth every 1-2 hours and swallow, or as directed.

**Educational Tools**  
Product Detail Sheet available online

*See Echinacea Quality Information on page 41*

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**MediHerb® Herbal Throat Spray**

**Promote Healthy Throat Tissue**

- Promotes oral health
- Freshens the breath
- Convenient pump spray bottle*
**ResCo Phytosynergist®**

**ResCo Phytosynergist®** combines herbs and an essential oil which provide respiratory system support.

These herbs provide a range of compounds including iridoids, triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, triterpenes, sterols, phenolic acids, sesquiterpene lactones, polyacetylenes, pungent principles (including gingerols), and monoterpenes (especially trans-anethole, fenchone and estragole).

These key phytochemicals and other compounds within this herbal formulation have been traditionally used to:

- support healthy mucous membranes within the respiratory tract
- encourage healthy removal of mucus
- support the body’s normal cough reflex
- encourage normal secretion removal from the respiratory system

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

**Additional Support**

- Combine with Echinacea Premium tablets or liquid or Andrographis Complex tablets for additional immune system support.
- Consider Sinus Forte tablets to help maintain normal respiratory tract function and normal mucus secretion in nasal passages.
- Consider PulmaCo tablets to support the body’s natural ability to break up and expel respiratory secretions.
- Eliminate smoking

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**UriCo Phytosynergist®**

**UriCo Phytosynergist®** contains a blend of herbs to support normal urinary system function.

These herbs provide a range of compounds including mucilage, an essential oil (consisting mainly of the monoterpenoid diosphenol), flavonoids, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, triterpenoid saponins (especially glycyrrhizin) and other saponins.

These key phytochemicals and other compounds within this herbal formulation have been traditionally used to:

- support healthy mucous membranes within the urinary tract
- support healthy urinary tract function
- maintain healthy urinary tract tissue
- enhances the immune system

**Caution:** Contraindicated in known allergy to plants of the daisy family. Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Not to be taken long-term.

**Additional Support**

- Combine with Echinacea Premium tablets or liquid or Andrographis Complex tablets for additional immune system support.
- Consider Golden Seal 500mg tablets for mucous membrane health.
- Increase water intake.

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* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

**Supplement Facts**

**ResCo Phytosynergist®**

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>5 mL (1 tsp)</th>
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<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>10</td>
</tr>
<tr>
<td>Mullein leaf 1:2 extract from <em>Verbascum thapsus</em> leaf 625 mg</td>
<td>1.25 mL</td>
</tr>
<tr>
<td>Licorice root extract from <em>Glycyrrhiza glabra</em> root 1.7 g</td>
<td>1.0 mL</td>
</tr>
<tr>
<td>Elecampane root 1:2 extract from <em>Inula helenium</em> root 372.5 mg</td>
<td>745 mcL</td>
</tr>
<tr>
<td>Euphorbia herb 1:2 extract from <em>Euphorbia hirta</em> herb 372.5 mg</td>
<td>745 mcL</td>
</tr>
<tr>
<td>Grindelia herb 1:2 extract from <em>Grindelia camporum</em> herb 372.5 mg</td>
<td>745 mcL</td>
</tr>
<tr>
<td>Ginger rhizome 1:2 extract from <em>Zingiber officinale</em> rhizome 250 mg</td>
<td>500 mcL</td>
</tr>
<tr>
<td>Fennel (foeniculum vulgare) essential oil</td>
<td>15 mcL</td>
</tr>
<tr>
<td>* Daily Value (DV) not established.</td>
<td></td>
</tr>
</tbody>
</table>

Other ingredients: Purified water, dextrin and 46% alcohol.

**Content** | Product No
---|---
200 mL (6.8 fl oz) | M4490

**Suggested Use**

Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

**Educational Tools**

Product Detail Sheet available online

**See Echinacea Quality Information on page 41**

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**UriCo Phytosynergist®**

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>5 mL (1 tsp)</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>10</td>
</tr>
<tr>
<td>Couch Grass rhizome 1:1 extract from <em>Elymus repens</em> rhizome 1.5 g</td>
<td>1.5 mL</td>
</tr>
<tr>
<td>Echinacea root 1:2 extract from <em>Echinacea angustifolia</em> root 625 mg</td>
<td>1.25 mL</td>
</tr>
<tr>
<td>Licorice root extract from <em>Glycyrrhiza glabra</em> root 2.1 g</td>
<td>1.25 mL</td>
</tr>
<tr>
<td>Buchu leaf 1:2 extract from <em>Agathosma betulina</em> leaf 500 mg</td>
<td>1.0 mL</td>
</tr>
<tr>
<td>* Daily Value (DV) not established.</td>
<td></td>
</tr>
</tbody>
</table>

Other ingredients: Purified water. 40% alcohol and maltodextrin.

**Content** | Product No
---|---
200 mL (6.8 fl oz) | M4500

**Suggested Use**

Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

**Educational Tools**

Product Detail Sheet available online

**See Echinacea Quality Information on page 41**

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* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Unique Extraction: 1:2 Cold Percolation Process

The MediHerb® 1:2 Cold Percolation method is unlike other herbal extraction processes; no heat or concentration are used, both of which may cause damage to the delicate plant material.

In addition to the herb itself, we use raw materials in manufacturing our herbal extracts, which are manufactured using pharmaceutical grade ethanol and purified water to allow for broader extraction.

The greatest care is taken to prevent any contamination from outside sources throughout the extraction process:

- all extraction equipment is designed and built from stainless steel
- air used in the manufacturing complex is thoroughly cleansed using pharmaceutical standard filtering units

Quantified Activity = Quality Assured

The Quantified Activity Program is unique to MediHerb® and to date has quantified over 70 herbs under the guidance of Kerry Bone.

Quantified Activity extracts are guaranteed through quality assurance to contain a minimum level of specific key constituents, determined by the latest research and clinical experience and consistency from batch to batch.

Standardized Extracts

Standardized extracts are different to quantified activity extracts in that they are guaranteed to contain a specific level (rather than a minimum level) of a key constituent stated on the label.

The Quantified Activity and Standardized extracts are denoted in the liquid extract entries. For more information regarding Quantified Activity, please see page 6 of the MediHerb® Philosophy section.
Advantages of Using Liquid Herbs

The key advantages of using liquid herbs is that formulas can be customized for each individual patient. Three patients could all present joint health-related issues, but each one could have a different combination – one person’s joint health issue may be accompanied by temporary pain associated with strenuous exercise, the next with difficulty with sleeping and another who is tired or stressed out. Using individualized formulas, based on research from recognized texts, allows practitioners to create custom formulas to ensure that each patient is receiving the optimal remedy for their needs.

Customized liquid blends promote confidence and loyalty because patients know that this is their own personal blend which is not commercially available.

Other advantages for using liquids:

- Extremely easy to take.
- Price value in relation to clinical value. Liquids are an excellent way of getting a potent dose in a concentrated form.
- Liquids are great for people who have difficulty swallowing tablets and can be mixed with syrups for ease of administration.
- Bioavailability – herbal extracts are readily absorbed, therefore the active principles can be delivered much faster than the majority of tablets or capsules, which must first be broken down by the digestive tract. This is especially valuable for a person with slow digestion.
- Taste issues can be easily overcome by adding the herbs to delicious flavors such as dark grape juice or herbal extract flavoring mixes.*
Albizia 1:2

Albizia contains saponins and other compounds.

Albizia has been used traditionally to:
- promote healthy upper respiratory and skin function
- assist in maintaining healthy breathing passages to support normal breathing
- respond normally to occasional seasonal stressors
- support normal immune system response
- promote healthy skin
- support healthy response to environmental stressors*

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

Ashwagandha 1:1

Standardized

Ashwagandha contains naturally occurring steroidal compounds, alkaloids and other phytochemicals that together produce a tonic and adaptogenic effect for the entire body.

Ashwagandha 1:1 is standardized to contain 2.0 mg/mL of withanolides to ensure optimal strength and quality.

Ashwagandha is used traditionally to:
- encourage a healthy response to environmental stressors
- ease the effects of temporary everyday life changes
- promote an overall feeling of well-being
- support the body as it ages*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. If you have a thyroid condition, use strictly under physician direction.

Astragalus 1:2

Astragalus contains triterpenoid saponins, flavonoids, sterols and other compounds that serve as a tonic.

Astragalus is used traditionally to:
- restore and enhance the body’s immune system
- support normal immune response to occasional seasonal stressors
- support general health and well-being
- support vital energy and overall vitality as a tonic*

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.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>5 mL (1 tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Albizia bark 1:2 extract from Albizia lebbeck bark 2.5 g</td>
<td>5 mL</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.
Bacopa 1:2

Bacopa contains dammarane saponins, flavonoids, sterols and other compounds. Bacopa has been traditionally used in Ayurvedic herbal preparations to:

- support normal memory function
- support brain function
- promote mental clarity, concentration and focus
- enhance cognition and attention ability

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

Black Cohosh 1:2

Black Cohosh contains triterpene glycosides, isoflavones, resin and other compounds. Black Cohosh 1:2 contains a minimum of 15 mg/mL of triterpene glycosides (as 27-deoxyactein) to ensure optimal strength and quality.

The substances in Black Cohosh have been used traditionally to:

- support normal menstruation and healthy female reproductive function
- promote a natural, healthy balance within the female endocrine system
- relieve mild discomfort associated with menstruation and menopause
- relieve temporary, mild joint and muscle discomfort associated with exercise

**Caution:** Contraindicated in pregnancy, lactation and in women with estrogen–dependent tumors such as breast cancer. Caution in patients with liver problems, who frequently use alcohol or take any medications.

Black Walnut Hulls 1:10

Black Walnut Hulls contain naphthoquinones (especially juglone) and other compounds.

The substances in Black Walnut Hulls have been used traditionally to:

- support healthy gastrointestinal elimination
- support healthy digestion
- support healthy intestinal environment
- help maintain healthy skin topically

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

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>5 mL (1 tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
</tbody>
</table>
| Bacopa herb 1:2 extract from *Bacopa monnieri* herb 2.5 g | 5 mL | 1

**Other ingredients:** Purified water and 23% alcohol.

**Content** | **Product No** |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>200 mL (6.8 fl oz)</td>
<td>M6640</td>
</tr>
</tbody>
</table>

**Suggested Use**

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>2.5 mL (½ tsp)</th>
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</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>80</td>
</tr>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
</tbody>
</table>
| Black Cohosh root 1:2 extract from *Cimicifuga racemosa* root 1.25 g Containing triterpene glycosides as 27-deoxyactein 37.5 mg | 2.5 mL | 1

**Other ingredients:** Purified water and 60% alcohol.

**Content** | **Product No** |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>200 mL (6.8 fl oz)</td>
<td>M6680</td>
</tr>
</tbody>
</table>

**Suggested Use**

Dilute 2.5 mL (approx. 125 drops) in water or juice once per day, or as directed.

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>5 mL (1 tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40</td>
</tr>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
</tbody>
</table>
| Black Walnut hull 1:10 extract from *Juglans nigra* hull 500 mg | 5 mL | 1

**Other ingredients:** Purified water and 60% alcohol.

**Content** | **Product No** |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>200 mL (6.8 fl oz)</td>
<td>M6700</td>
</tr>
</tbody>
</table>

**Suggested Use**

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

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For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Liquid Extracts • MediHerb® Product Catalog 2020

Supplement Facts

Serving size: 5 mL (1 tsp)
Servings per container: 40

Calories 5

Bugleweed herb 1:2 extract 5 mL †
from Lycopus spp. herb 2.5 g

† Daily Value (DV) not established.

Other ingredients: Purified water and 23% alcohol.

Content  Product No
200 mL (6.8 fl oz) M6740

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Contraindicated in pregnancy and lactation. Contraindicated in hypothyroidism and enlargement of the thyroid without functional disorder.

Bugleweed contains phenolics, flavonoids and other compounds.

Bugleweed has been used in traditional herbal preparations to:

• maintain normal thyroid function
• support a healthy cardiovascular system
• help relieve temporary, mild sleeplessness*

Caution: Not to be used during pregnancy and lactation.

Bupleurum contains triterpenoid saponins (called saikosaponins), sterols and other phytochemicals.

Bupleurum has been used in traditional herbal preparations to:

• promote healthy liver function
• support adrenal gland health
• support and maintain normal body temperature already in a normal range*

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

Burdock contains an essential oil, acetylenic compounds, phenolic acids and other substances.

Burdock has been used in traditional herbal preparations to:

• support normal flushing of toxins from the body
• encourage the healthy function of the organs of elimination
• support healthy detoxification
• help keep skin healthy*

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

Bugleweed (Lycopus spp.)

Bupleurum (Bupleurum falcatum)

Burdock (Arctium lappa)
Calendula 1:2

Calendula contains triterpenoid saponins, triterpene alcohols and their esters, flavonoids, sterols, carotenoids and other compounds.

Calendula has been used in traditional herbal preparations to:
- help maintain healthy skin
- support the body’s normal tissue repair process
- promote healthy vascular system function
- promote healthy mucosal tissue within the upper gastrointestinal tract
- encourage healthy menstrual cycling
- support healthy lymphatic system function
- support the integrity of the oral mucosa

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.

California Poppy 1:2

California Poppy contains alkaloids, flavonoids and other compounds.

California Poppy has been used in traditional herbal preparations to:
- support the body’s ability to cope with normal environmental stress
- promote healthy sleep and relieve occasional, mild sleeplessness
- ease the discomfort caused by exercise-related aches and pains

Caution: Contraindicated in pregnancy and lactation.

Celery Seed 1:2

Celery Seed contains an essential oil (consisting of terpenes and phthalides), flavonoids and other substances.

Celery Seed 1:2 contains a minimum of 10 mg/mL of phthalides (as butylphthalide and sedanenolide) to ensure optimal strength and quality.

The substances in Celery Seed work together and have been traditionally used to:
- support natural elimination and detoxification pathways
- support healthy urinary system function
- help reduce occasional, mild musculature discomfort, following exercise or over-exertion
- maintain and support healthy joints

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

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Chamomile 1:2

Chamomile 1:2 contains an essential oil (containing α-bisabolol, chamazulene, bisabolol oxides), flavonoids and other compounds.

These phytochemicals in Chamomile 1:2 work together and have been traditionally used to:
- help relieve temporary, mild digestive disturbances
- encourage relaxation and support a healthy nervous system response
- promote healthy menstruation cycle and ease associated mild discomfort
- support healthy oral mucosa topically
- help relieve occasional, mild sleeplessness*  

**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.

Chamomile (Matricaria recutita)

Chaste Tree 1:2

Chaste Tree contains flavonoids (especially methoxylated flavones), iridoid glycosides (such as aucubin), sesquiterpenes, an essential oil and other compounds.

Chaste Tree has been used traditionally in herbal preparations to:
- promote a natural, healthy balance within the female endocrine system
- encourage healthy menstrual cycling
- ease discomfort associated with menstrual cycle
- support normal reproductive function in women
- ease temporary feelings of tension associated with the menstrual cycle*  

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

Chaste Tree (Vitex agnus-castus)

Cinnamon Quills 1:4

Cinnamon Quills contain an essential oil with the major constituent being cinnamic aldehyde (cinnamaldehyde), other phenylpropanes, terpenes and other compounds.

Cinnamon Quills has been used traditionally in herbal preparations to:
- support healthy blood circulation
- support a healthy appetite
- help relieve mild, temporary digestive discomfort
- support normal intestinal motility
- promote healthy digestion
- help keep the digestive system healthy
- act as a warming and uplifting tonic*  

**Caution:** Contraindicated in pregnancy and lactation. Contraindicated in known allergy to Cinnamon and Peruvian Balsam.

Cinnamon (Cinnamomum verum)

Liquid Extracts • MediHerb® Product Catalog 2020 93
Cleavers 1:2

Cleavers contains iridoid glycosides, phenolic acids and other compounds.

Cleavers has been used traditionally in herbal preparations to:
- support a healthy, normal urinary system
- promote normal elimination via the kidneys
- support healthy fluid levels
- promote healthy skin

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

Coleus 1:1

Quantified Activity

Coleus contains the diterpene forskolin as a major constituent.

Coleus 1:1 contains a minimum of 2.5 mg/mL of forskolin to ensure optimal strength and quality.

The compounds in Coleus, and forskolin in particular, have been traditionally used in Ayurvedic herbal preparations to:
- support a healthy cardiovascular system
- promote healthy skin
- help maintain normal blood pressure already within a normal range
- support a healthy respiratory system
- help relieve occasional sleeplessness
- promote healthy digestion

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

Damiana 1:2

Damiana contains an essential oil (containing sesquiterpenes and monoterpenes), arbutin, resins and other compounds.

Damiana has been used traditionally in herbal preparations to:
- support normal male and female physiology and function
- support healthy digestion
- support a healthy mood balance
- act as an uplifting general tonic
- provide a soothing nerve tonic to ease the effects of everyday tension

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

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 5 mL (1 tsp)</th>
<th>Servings per container: 40</th>
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<tbody>
<tr>
<td>Calories</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Cleavers herb 1:2 extract</td>
<td>on page 133. Please consult the product packaging label for the most accurate product information.</td>
</tr>
<tr>
<td>from Galium aparine herb 2.5 g</td>
<td></td>
</tr>
<tr>
<td>1 Daily Value (DV) not established.</td>
<td></td>
</tr>
</tbody>
</table>

Other ingredients: Purified water and 23% alcohol.

Content      Product No
200 mL (6.8 fl oz) M6840

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 5 mL (1 tsp)</th>
<th>Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Coleus root 1:1 extract</td>
<td></td>
</tr>
<tr>
<td>from Coleus forskohlii root 5.0 g Containing forskolin 12.5 mg</td>
<td></td>
</tr>
<tr>
<td>1 Daily Value (DV) not established.</td>
<td></td>
</tr>
</tbody>
</table>

Other ingredients: 60% alcohol, purified water and maltodextrin.

Content      Product No
200 mL (6.8 fl oz) M6850

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 5 mL (1 tsp)</th>
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<tr>
<td>Calories</td>
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</tr>
<tr>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Damiana leaf 1:2 extract</td>
<td></td>
</tr>
<tr>
<td>from Turnera diffusa leaf 2.5 g</td>
<td></td>
</tr>
<tr>
<td>1 Daily Value (DV) not established.</td>
<td></td>
</tr>
</tbody>
</table>

Other ingredients: 60% alcohol and purified water.

Content      Product No
200 mL (6.8 fl oz) M6890

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Dandelion Root 1:2

Dandelion Root contains sesquiterpene lactones, phenolic acids, triterpenes, sterols, vitamins, minerals and other compounds.

Dandelion root extract has been traditionally used in herbal preparations to:
- support healthy liver and gallbladder function
- assist in healthy detoxification processes and support the pathways of elimination
- support normal gallbladder function and bile production
- support healthy digestion
- relieve occasional mild digestive disturbances, such as bloating and flatulence
- promote healthy intestinal motility*

Caution: Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Dong Quai 1:2

Dong Quai contains an essential oil (consisting mainly of ligustilide and n-butyldiene phthalide), sterols and other compounds.

Dong Quai has been traditionally used in Chinese herbal preparations to:
- promote healthy female reproductive system function
- help relieve the effects of mild cramping and discomfort associated with menstruation
- promote healthy intestinal motility
- act as a traditional female tonic for general health
- help maintain healthy circulation
- act as a tonic to invigorate and harmonize the blood

Caution: Contraindicated in the first trimester of pregnancy, especially in higher doses. Not to be used in severe menorrhagia. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Other ingredients: Purified water and 23% alcohol.

Dandelion (Taraxacum officinale)

Dong Quai (Angelica polymorpha)
Echinacea Premium 1:2
Quantified Activity

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

Echinacea Premium 1:2 combines the roots of Echinacea angustifolia and Echinacea purpurea to enlist properties unique to each.

The blending of these two plant species ensures that the specific caffeic acid derivatives (cichoric acid, echinacoside, cynarin) and the lipophilic components (especially alkylamides) are present in appropriate quantities. This product contains a minimum of 1.5 mg/mL of alkylamides to ensure optimal strength and quality.

These substances work together to:
- support healthy immune system function
- support healthy immune system response following temporary seasonal stressors
- help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants
- encourage healthy upper respiratory tract function*

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.

Patented Formula: 9205121

Other ingredients: 60% alcohol and purified water.

<table>
<thead>
<tr>
<th>Content</th>
<th>Product No</th>
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</thead>
<tbody>
<tr>
<td>5 mL (1 tsp)</td>
<td></td>
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</tbody>
</table>

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Educational Tools
L0806: MediHerb® Echinacea Research Handout
L0332: MediHerb® The Quality Choice for Practitioners Handout
See Echinacea Quality Information on page 41

Echinacea Purpurea 1:2
Quantified Activity

Echinacea purpurea root contains caffeic acid derivatives (especially cichoric acid) and lipophilic components (especially alkylamides) and other phytochemicals.

Echinacea Purpurea 1:2 contains a minimum of 1.0 mg/mL of alkylamides to ensure optimal strength and quality.

Echinacea purpurea has been used traditionally in herbal preparations to:
- support healthy immune system function
- support healthy immune system response following stress
- support general health and well-being
- support normal response to environmental stressors
- promote healthy upper respiratory function
- help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants*

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.

Patented Formula: 9205121

Other ingredients: 60% alcohol and purified water.

<table>
<thead>
<tr>
<th>Content</th>
<th>Product No</th>
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</thead>
<tbody>
<tr>
<td>5 mL (1 tsp)</td>
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</tr>
</tbody>
</table>

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Educational Tools
L0806: MediHerb® Echinacea Research Handout
L0332: MediHerb® The Quality Choice for Practitioners Handout
See Echinacea Quality Information on page 41
Eleuthero 1:2

Eleuthero contains a diverse group of constituents called eleutherosides, triterpenoid saponins and other compounds. Eleuthero 1:2 is standardized to contain 0.5 mg/mL of eleutheroside E to ensure optimal strength and quality.

Eleuthero has been used in traditional herbal preparations to:

- enhance the body’s natural ability to adapt to temporary stress
- support physical and mental endurance
- help the body adapt to the changes of everyday life
- promote vitality
- restore and support immune system function
- act as a general tonic

**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.

Eyebright 1:2

Eyebright contains iridoid glycosides (especially aucubin), flavonoids and other compounds.

Eyebright has been used traditionally to:

- assist in maintaining healthy breathing passages to support free and clear breathing
- help maintain healthy mucus secretion in nasal passages
- maintain healthy eyes
- promote healthy immune system response to environmental stressors
- support healthy upper respiratory function

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.
**Ginger 1:2**

Ginger contains an essential oil (consisting of terpenoids), pungent principles (including gingerols) and other compounds.

Ginger has been used traditionally in herbal preparations to:
- ease the effects of occasional upset stomach and help relieve temporary, mild digestive disturbances
- promote healthy peripheral circulation
- support a healthy response to environmental stressors
- promote healthy digestion
- help relieve the effects of mild cramping and discomfort associated with menstruation
- assist in the relief of temporary, mild muscle discomfort following exercise or over-exertion
- support healthy joint movement

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

**Ingredients:**
- 90% alcohol and purified water.

**Content**
- Product No: 200 mL (6.8 fl oz) M7010

**Suggested Use**
Dilute 2.5 mL (approx. ½ teaspoon) in water or juice once per day, or as directed.

**Ginkgo 2:1**

*Standardized*

Ginkgo leaves contain flavonoids, terpene lactones (including ginkgolides and bilobalide) and other compounds.

Ginkgo 2:1 is standardized to contain 9.6 mg/mL of ginkgo flavonglycosides (ginkgo flavone glycosides) to ensure optimal strength and quality.

**Ginkgo can:**
- provide antioxidant activity
- support normal memory function
- promote mental clarity, concentration and cognitive performance
- maintain healthy eyes
- support the body as it ages
- support healthy peripheral nerve function
- support healthy oxygen flow to the brain and peripheral areas of the body

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

**Ingredients:**
- Purified water and 50% alcohol.

**Content**
- Product No: 200 mL (6.8 fl oz) M7020

**Suggested Use**
Dilute 1 mL (approx. 50 drops) in water or juice 3 times per day, or as directed.

**Globe Artichoke 1:2**

Globe Artichoke contains sesquiterpene lactones, caffeic acid derivatives, and flavonoids.

Globe Artichoke has been used traditionally in herbal preparations to:
- support gallbladder function
- maintain normal cholesterol levels already in a normal range
- support healthy liver function
- support normal bile production and secretion
- help relieve mild, temporary digestive discomfort
- encourage healthy fluid levels
- support healthy digestion and appetite

**Caution:** Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Ingredients:**
- Purified water and 60% alcohol.

**Content**
- Product No: 200 mL (6.8 fl oz) M7030

**Suggested Use**
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.
Golden Seal 1:3
Quantified Activity

Golden Seal contains alkaloids (especially hydrastine and berberine) and other phytochemicals.

Golden Seal 1:3 contains a minimum of 6.0 mg/mL of both hydrastine and berberine to ensure optimal strength and quality.

The substances in Golden Seal, particularly these alkaloids, have been traditionally used in herbal preparations to:

- assist in maintaining healthy breathing passages to support free and clear breathing
- help maintain healthy mucous membranes
- relieve temporary mild digestive discomfort
- help maintain healthy mucus function
- stimulate digestion
- support the normal production and flow of bile
- work as a tonic to benefit the entire body

Caution: Contraindicated in pregnancy, lactation and patients with high blood pressure.

Gotu Kola 1:1
Standardized

Gotu Kola contains pentacyclic triterpene ester saponins (especially asiaticoside).

Gotu Kola 1:1 is standardized to contain 18 mg/mL of triterpenes to ensure optimal strength and quality.

Gotu Kola has been used traditionally in Ayurvedic herbal preparations to:

- promote healthy tissue function
- promote and support healthy skin tissue
- enhance the body's natural ability to adapt to temporary stress
- be used topically to promote healthy skin
- support healthy mental clarity, cognition and memory function
- support healthy peripheral circulation

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.

Gymnema 1:1

Gymnema contains a complex mixture of saponins and other compounds. Gymnemic acids and gurmarin have anti-sweetner activities. In Ayurveda, Gymnema is known as gurmar, known as the “sugar destroyer.”

The substances in Gymnema have been used traditionally in Ayurvedic preparations to:

- inhibit sweet taste sensation
- help suppress normal cravings for sugar in the diet

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

Other ingredients: Purified water and 45% alcohol.

Content
Product No
200 mL (6.8 fl oz) M7050
Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

See Golden Seal Quality Information on page 49

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>5 mL (1 tsp)</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>10</td>
</tr>
<tr>
<td>Golden Seal root &amp; rhizome 1:3 extract from <em>Hydrastis canadensis</em> root &amp; rhizome 5 mL</td>
<td></td>
</tr>
<tr>
<td>Containing hydrastine 30 mg and berberine 40 mg</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

<table>
<thead>
<tr>
<th>Content</th>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purified water and 45% alcohol.</td>
<td></td>
</tr>
</tbody>
</table>

| Gotu Kola herb 1:1 extract from *Centella asiatica* herb 5 mL |
| Containing triterpenes 90 mg |

† Daily Value (DV) not established.

<table>
<thead>
<tr>
<th>Content</th>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purified water and 45% alcohol.</td>
<td></td>
</tr>
</tbody>
</table>

| Gymnema leaf 1:1 extract from *Gymnema sylvestre* leaf 5 mL |

† Daily Value (DV) not established.

<table>
<thead>
<tr>
<th>Content</th>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purified water and 23% alcohol.</td>
<td></td>
</tr>
</tbody>
</table>

| Gymnema leaf 1:1 extract from *Gymnema sylvestre* leaf 5 mL |

† Daily Value (DV) not established.

<table>
<thead>
<tr>
<th>Content</th>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purified water and 23% alcohol.</td>
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</tr>
</tbody>
</table>

Educational Tools
L0332: MediHerb® The Quality Choice for Practitioners Handout

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Hawthorn Leaves contain oligomeric proanthocyanidins, flavonoids and other compounds. Hawthorn leaves have been traditionally used to:
+ support the healthy functioning of the heart muscle
+ promote cardiovascular system health
+ provide antioxidant activity
+ support a healthy circulatory system*

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

Horsetail contains caffeic acid esters, flavonoids, silica and other substances. Horsetail has been traditionally used to:
+ tone the genitourinary tract
+ promote normal fluid elimination via the kidneys
+ support healthy urinary tract function
+ help support healthy fluid levels
+ support healthy bladder and urinary tract function in men and women*

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

Korean Ginseng contains a complex mixture of steroidal saponins called ginsenosides and other compounds. Korean Ginseng 1:2 is standardized to contain 10.4 mg/mL of ginsenosides (calculated as Rb1 to Rb1, is NLT 0.4 by HPLC) to ensure optimal strength and quality.

Korean Ginseng has been traditionally used in Chinese herbal preparations to:
+ promote vitality and stamina in people of any age
+ work as a tonic to benefit the entire body
+ support the body as it ages
+ maintain feelings of general well-being when experiencing temporary stress
+ help maintain proper energy
+ support the body’s natural defenses against emotional and environmental stressors
+ enhance mental clarity*

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.

Other ingredients: Purified water and 45% alcohol.

Content | Product No
--- | ---
200 mL (6.8 fl oz) | M7097

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Other ingredients: Purified water and 23% alcohol.

Content | Product No
--- | ---
200 mL (6.8 fl oz) | M7120

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Other ingredients: 60% alcohol, purified water and glucose.

Content | Product No
--- | ---
200 mL (6.8 fl oz) | M7160

Suggested Use
Dilute 2.5 mL (approx. ½ teaspoon) in water or juice once per day, or as directed.

See Korean Ginseng Quality Information on page 65

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Licorice 1:1

Licorice contains triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, sterols and other compounds.

Licorice has been used traditionally for a wide range of applications:
- promote healthy adrenal gland function
- support healthy mucous surfaces of the urinary, digestive and respiratory tract
- promote healthy oral mucosa when applied topically
- promote a healthy response to environmental stressors
- support healthy lung function
- support the body’s normal cough reflex
- facilitate the body’s natural ability to break up respiratory secretions
- support healthy gastrointestinal mucosa*

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

Licorice (Glycyrrhiza glabra)

Licorice High Grade

High quality Licorice contains triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, sterols and other compounds.

Licorice High Grade contains a higher percentage of glycyrrhizin than the regular Licorice 1:1 product and is set at a minimum of 30 mg/mL of glycyrrhizin to ensure optimal strength and quality.

The phytochemicals in Licorice, particularly the glycyrrhizin have been used traditionally for a wide range of applications:
- promote healthy adrenal gland function
- support and soothe mucous surfaces of the urinary, digestive and respiratory tract
- promote healthy oral mucosa when applied topically
- promote a healthy response to environmental stressors
- support healthy lung function
- support the body’s normal cough reflex
- facilitate the body’s natural ability to break up respiratory secretions
- support healthy gastrointestinal mucosa*

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

Licorice (Glycyrrhiza glabra)

Marshmallow Root 1:5 Glycetract

Marshmallow Root 1:5 Glycetract contains mucilage and other compounds, providing all the benefits of a marshmallow extract without the alcohol.

Marshmallow root has demulcent properties which have been traditionally used to:
- support healthy mucus function
- support healthy lung function
- support healthy urinary tract function
- support healthy mucous membranes*

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

Marshmallow (Althaea officinalis)

Supplement Facts

| Serving size: | 2.5 mL (½ tsp) |
| Servings per container: | 80, 186 |
| Amount per Serving | %DV |
| Calories | 5 |
| Licorice root extract from Glycyrrhiza glabra root 4.2 g | 2.5 mL † |

† Daily Value (DV) not established.

Other ingredients: Purified water, 20% alcohol and maltodextrin.

Content Product No
200 mL (6.8 fl oz) M7190

Suggested Use
Dilute 2.5 mL (approx. ½ teaspoon) in water or juice once per day, or as directed.
Milk Thistle 1:1

Milk Thistle contains flavanolignans (collectively known as silymarin), flavonoids and other compounds. Milk Thistle has been traditionally used in herbal preparations to:
- provide antioxidant activity
- support healthy liver function and tissue integrity
- protect liver tissue by supporting normal cellular defenses
- support the body’s normal detoxification and elimination function
- support normal bile production and secretion
- relieve temporary mild digestive discomfort
- promote normal response to environmental stressors
- support healthy digestive function*

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

Other ingredients: 69% alcohol and purified water.

Content
Product No
200 mL (6.8 fl oz) M7210

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

See Milk Thistle Quality Information on page 59

Motherwort 1:2

Motherwort contains alkaloids, flavonoids, bitter glycosides and other compounds. Motherwort has been traditionally used in herbal preparations to:
- work as a tonic for the heart, especially during occasional mild nervous tension
- soothe the nervous system
- support healthy female reproductive system health
- help relieve temporary, mild cramping and discomfort associated with menstruation
- support healthy menstrual cycling*

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional.

Other ingredients: Purified water and 23% alcohol.

Content
Product No
200 mL (6.8 fl oz) M7240

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Nettle Leaf 1:2

Nettle Leaf contains flavonol glycosides, vitamins, minerals, silicon and other compounds. Nettle Leaf has been used traditionally in herbal preparations to:
- promote healthy skin
- support healthy elimination via the kidneys
- support normal fluid levels
- support the body’s detoxification and elimination pathways
- support normal menstruation
- support normal upper respiratory tract health
- support healthy joints*

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

Other ingredients: Purified water and 23% alcohol.

Content
Product No
200 mL (6.8 fl oz) M7260

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Nettle Root 1:2

Nettle Root contains sterols and other compounds.

Nettle Root has been used traditionally in herbal preparations to:
- support healthy prostate gland function
- facilitate healthy urine flow

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. The National Institute on Aging recommends that men get regular medical checkups with a thorough prostate exam. ♦

**Supplement Facts**

<table>
<thead>
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</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
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<tr>
<td>Calories</td>
<td>5</td>
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<tr>
<td>Nettle root 1:2 extract</td>
<td>5 mL †</td>
</tr>
<tr>
<td>from <em>Urtica dioica</em> root 2.5 g</td>
<td></td>
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</table>

† Daily Value (DV) not established.

Other ingredients: Purified water and 23% alcohol.

<table>
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<th>Content</th>
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</thead>
<tbody>
<tr>
<td>200 mL (6.8 fl oz)</td>
<td>M7270</td>
</tr>
</tbody>
</table>

**Suggested Use**

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

---

Oregon Grape 1:2

Oregon Grape contains alkaloids (especially berberine and oxytocine) and other substances.

Oregon Grape has been used traditionally to:
- promote healthy liver and intestinal function
- support the body’s normal detoxification and elimination function
- support normal flushing of toxins from the body
- promote healthy skin
- act as a digestive and blood tonic for general health
- support healthy mucosa function in the gastrointestinal tract

**Caution:** Contraindicated in pregnancy and lactation. ♦

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>5 mL (1 tsp)</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>5</td>
</tr>
<tr>
<td>Oregon Grape root &amp; rhizome 1:2 extract</td>
<td>5 mL †</td>
</tr>
<tr>
<td>from <em>Berberis aquifolium</em> (<em>Mahonia aquifolium</em>) root &amp; rhizome 2.5 g</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: Purified water and 23% alcohol.

<table>
<thead>
<tr>
<th>Content</th>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 mL (6.8 fl oz)</td>
<td>M7300</td>
</tr>
</tbody>
</table>

**Suggested Use**

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

---

Poke Root 1:5

Poke Root contains triterpenoid saponins, lectins and other substances.

Poke Root has been used traditionally in herbal preparations to:
- support healthy lymphatic system function (particularly of the throat region)
- promote healthy skin
- encourage healthy immune system response
- support healthy detoxification function of the body

**Caution:** Contraindicated in lymphocytic leukemia and gastrointestinal irritation. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 mL (50 drops)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>200</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Poke Root root 1:5 extract</td>
<td>1 mL †</td>
</tr>
<tr>
<td>from <em>Phytolacca decandra</em> root 200 mg</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: Purified water and 45% alcohol.

<table>
<thead>
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<th>Content</th>
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</tr>
</thead>
<tbody>
<tr>
<td>200 mL (6.8 fl oz)</td>
<td>M7330</td>
</tr>
</tbody>
</table>

**Suggested Use**

Dilute 1 mL (approx. 50 drops) in water or juice once per day, or as directed.
Red Clover 1:2

Red Clover contains isoflavonoids, volatile oil and other substances.

Red Clover has been traditionally used in herbal preparations to:
- support healthy detoxification and elimination function
- support healthy respiratory tract function
- promote healthy skin
- support the body’s normal cough reflex
- help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants

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

Rehmannia 1:2

Rehmannia contains iridoid glycosides and other compounds.

Rehmannia has been traditionally used in herbal preparations to:
- support healthy adrenal gland function
- clear heat and cool the blood
- maintain normal body temperature

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

Sage 1:2

Sage contains an essential oil (containing monoterpenes, including thujone), phenolic compounds (such as rosmarinic acid) and other phytochemicals.

Sage 1:2 contains a minimum of 0.64 mg/mL of essential oil to ensure optimal strength and quality.

The phytochemicals in Sage, particularly the essential oil, have been used traditionally to:
- support and promote oral health as a gargle
- relieve temporary, mild digestive discomfort, including bloating and flatulence
- provide relief from discomfort associated with menopause
- maintain normal body perspiration function
- help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants.
- support upper respiratory tract health
- act as a tonic to support general health

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional.

---

Supplement Facts

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Calories | 5 |
| Amount per Serving | % DV |

Other ingredients: Purified water and 23% alcohol.

Contents

- Red Clover 1:2 extract
- Rehmannia root 1:2 extract
- Sage aerial parts 1:2 extract

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

---

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
### Saw Palmetto 1:2

Saw Palmetto contains free fatty acids, glycerides, sterols and other compounds.

Saw Palmetto has been used in Western traditional herbal preparations to:
- support healthy urinary tract and prostate gland function
- act as a nutritive tonic to the reproductive system
- support healthy bladder function*

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. The National Institute on Aging recommends that men get regular medical checkups with a thorough prostate exam.

### Schisandra 1:2

Schisandra contains dibenzocyclooctene lignans and other substances.

Schisandra has been used in traditional herbal preparations to:
- support lung and adrenal gland function
- support healthy energy and stamina
- support healthy detoxification function
- ease the effects of everyday tension and stress
- act as a kidney tonic
- support healthy memory and mental clarity
- relieve temporary mild sleeplessness
- provide antioxidant activity*

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

### Skullcap 1:2

Skullcap contains flavonoids, particularly baikalin and scutellarin and other compounds.

Skullcap has been traditionally used in herbal preparations to:
- support nervous system health
- promote relaxation and encourage sleep
- relax and soothe temporary tension associated with the menstrual cycle*

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.
**St John’s Wort 1:2**
Quantified Activity

St John’s Wort contains the naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids, phenolics and other compounds.

St John’s Wort 1:2 contains a minimum of 0.2 mg/mL of hypericins to ensure optimal strength and quality.

The phytochemicals in St John’s Wort work together and have been used traditionally to:
- calm the nerves and restore healthy mood balance
- relieve occasional, mild sleeplessness
- support the body’s natural ability to cope with the changes of everyday life
- provide a tonic for the nervous system
- ease the effects of occasional stress
- relieve mild nervousness associated with menopause*

**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.

**St John’s Wort High Grade 1:2**
Quantified Activity

High quality St John’s Wort contains the naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids, phenolics and other compounds.

St John’s Wort High Grade 1:2 contains a higher percentage of hypericins than the regular St John’s Wort product. This product contains a minimum of 0.4 mg/mL of hypericins to ensure optimal strength and quality.

The phytochemicals in St John’s Wort, particularly the naphthodianthrones, work together and have been used traditionally to:
- calm the nerves and restore healthy mood balance
- relieve occasional, mild sleeplessness
- support the body’s natural ability to cope with the changes of everyday life
- provide a tonic for the nervous system
- ease the effects of occasional stress
- relieve mild nervousness associated with menopause*

**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.

---

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Turmeric 1:1

Turmeric contains an essential oil (which contains sesquiterpenes) and yellow pigments referred to as diarylheptanoids (including curcumin).

These compounds work together to:
- provide antioxidant activity
- support healthy liver function and bile secretion
- help aid digestion
- support general detoxification function
- support healthy immunological function
- promote the body’s normal protective response to environmental stressors
- maintain and support healthy joints

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.

Supplement Facts

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Calories | 15 |
| Turmeric rhizome 1:1 extract from Curcuma longa rhizome 5.0 g Containing curcuminoids 10 mg | † |

† Daily Value (DV) not established.

Other ingredients: 69% alcohol and purified water.

Content | Product No
--- | ---
200 mL (6.8 fl oz) | M7470

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Uva Ursi 1:2

Uva Ursi contains hydroquinone glycosides (particularly arbutin), polyphenols, flavonoids and other compounds.

Uva Ursi has been used traditionally in herbal preparations to:
- encourage healthy urinary tract function
- tone and support the genitourinary tract

Caution: Contraindicated in pregnancy and lactation. Not suitable for prolonged use.

Supplement Facts

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Calories | 15 |
| Uva Ursi leaf 1:2 extract from Arctostaphylos uva-ursi leaf 2.5 g | † |

† Daily Value (DV) not established.

Other ingredients: Purified water and 45% alcohol.

Content | Product No
--- | ---
200 mL (6.8 fl oz) | M7480

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Valerian 1:2

Valerian contains iridoids (known as valepotriates), an essential oil, cyclopentane sesquiterpenes (including valerenic acid) and other compounds.

Valerian has been used traditionally in herbal preparations to:
- support nervous system health
- promote relaxation and encourage sleep
- ease the effects of temporary or occasional stress

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

Supplement Facts

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Calories | 15 |
| Valerian root 1:2 extract from Valeriana officinalis root 2.5 g | † |

† Daily Value (DV) not established.

Other ingredients: Purified water and 45% alcohol.

Content | Product No
--- | ---
200 mL (6.8 fl oz) | M7490

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

See Valerian Quality Information on page 73
**White Peony 1:2**

White Peony contains a unique monoterpene glycoside called paeoniflorin and other phytochemicals.

White Peony has been traditionally used in herbal preparations to:
- support women’s general well-being
- support normal functioning within the upper female reproductive tract
- ease temporary feelings of tension associated with the menstrual cycle
- support a regular, healthy menstrual cycle
- ease the effects of cramping associated with menstruation*

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

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**Wild Yam 1:2**

Wild Yam contains the glycosidic steroidal saponin dioscin and other compounds.

Wild Yam 1:2 contains a minimum of 15 mg/mL steroidal saponins as dioscin to ensure optimal strength and quality.

Wild Yam has been traditionally used in herbal preparations to:
- provide antispasmodic activity
- relieve occasional digestive discomfort, such as mild cramping and spasm
- relieve temporary mild discomfort associated with menstruation
- relieve temporary mild discomfort associated with menopause*

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

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**Wormwood 1:5**

Wormwood contains bitter substances (including sesquiterpene lactones such as absinthin), an essential oil which contains thujone and other compounds.

Wormwood has been traditionally used to:
- stimulate gastric juice output and appetite
- relieve temporary mild digestive discomfort, including flatulence and bloating
- support healthy digestive function and intestinal environment*

**Caution:** Contraindicated in pregnancy and lactation.

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*For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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

#### Antioxidant Activity

##### TABLETS AND CAPSULES
- Bacopa Complex
- Berberine Active
- Black Cumin Seed Forte
- Boswellia Complex
- ChelaCo
- Ganoderma & Shiitake
- Garlic Forte
- Ginkgo Forte
- Gotu Kola Complex

##### LIQUID EXTRACTS
- Ginkgo 2:1 (Standardized)
- Hawthorn Leaves 1:2
- Milk Thistle 1:1
- Sage 1:2 (QA)†
- Schisandra 1:2
- Turmeric 1:1

†(QA) = Quantified Activity Extract

#### Bowel Function

##### TABLETS AND CAPSULES
- **Primary:**
  - Artemisinin Complex
  - Berberine Active
  - Colax
  - Golden Seal 500mg
  - Gut Flora Complex
  - Myrrh Forte
  - Wormwood Complex
- **Secondary:**
  - Boswellia Complex
  - Burdock Complex
  - Coleus Forte
  - Cramphex

##### LIQUID EXTRACTS
- Calendula 1:2
- Chamomile 1:2
- Coleus 1:1
- Damiana 1:2
- Dandelion Root 1:2
- Ginger 1:2
- Globe Artichoke 1:2
- Golden Seal 1:3 (QA)†
- Licorice 1:1
- Licorice High Grade (QA)†
- Marshmallow Root 1:5 Glycetract
- Milk Thistle 1:1
- Oregon Grape 1:2
- Turmeric 1:1
- Wormwood 1:5

#### Carbohydrate Metabolism

##### TABLETS AND CAPSULES
- **Primary:**
  - Metabol Complex

#### Cardiovascular Function

##### TABLETS AND CAPSULES
- **Primary:**
  - Coleus Forte
  - Garlic Forte
  - Ginkgo Forte
  - Hawthorn
  - HerbaVital
- **Secondary:**
  - ChelaCo
  - Vitaxo®

##### LIQUID EXTRACTS
- Astragalus 1:2
- Bugleweed 1:2

#### Circulatory System

##### TABLETS AND CAPSULES
- **Primary:**
  - Bilberry 6000mg
  - Garlic Forte
  - Ginkgo Forte
  - Gotu Kola Complex
  - HerbaVital
  - Vascular Care Complex
  - Vitaxo®
- **Secondary:**
  - Ashwagandha Complex
  - Astragalus Complex
  - Boswellia Complex
  - ChelaCo

##### PHOTOSYNERGIST® LIQUIDS
- Capsella Complex Phytotherenicer®
- Fe-Max Iron Tonic Phytotherenicer®

##### LIQUID EXTRACTS
- Astragalus 1:2
- Bugleweed 1:2

Calendula 1:2
Celery Seed 1:2 (QA)†
Cinnamon Quills 1:4
Coleus 1:1 (QA)†
Dong Quai 1:2
Ginger 1:2
Ginkgo 2.1 (Standardized)
Golden Seal 1:3 (QA)†
Hawthorn Leaves 1:2
Horsebeef 1:2
Korean Ginseng 1:2 (Standardized)
Motherwort 1:2
White Peony 1:2
### Cholesterol Health

**TABLETS AND CAPSULES**
- Garlic Forte
- Milk Thistle Forte

**LIQUID EXTRACTS**
- Globe Artichoke 1:2
- Milk Thistle 1:1

### Tissue Support

**TABLETS AND CAPSULES**
- Bilberry 6000mg
- Bone Complex
- Vitanox®

**LIQUID EXTRACTS**
- Calendula 1:2
- Gotu Kola 1:1 (Standardized)
- Hawthorn Leaves 1:2
- Horsetail 1:2

### Digestive Function

**TABLETS AND CAPSULES**
**Primary:**
- Artemisinin Complex
- Berberine Active
- Black Cumin Seed Forte
- ChelaCo
- Coleus Forte
- DiGest Forte
- HiPep
- LivCo®
- Livton® Complex
- Metabol Complex
- Milk Thistle Forte
- Myrth Forte
- Turmeric Forte

**Secondary:**
- Andrographis Complex
- Burdock Complex
- Colax
- Cramplex
- DermaCo
- Golden Seal 500mg
- Gut Flora Complex
- Nevaton® Forte
- Vitanox®
- Wormwood Complex

**PHYTOSYNERGIST® LIQUIDS**
- DiGest Phytosynergist®
- Fe-Max Iron Tonic Phytosynergist®

**LIQUID EXTRACTS**
- Black Walnut Hulls 1:10
- Burdock 1:2
- Chamomile 1:2
- Cinnamon Quills 1:4
- Coleus 1.1 (QA)†
- Dandelion Root 1:2
- Ginger 1:2
- Globe Artichoke 1:2
- Golden Seal 1.3 (QA)†
- Licorice High Grade (QA)†
- Marshmallow Root 1:5 Glycetract
- Milk Thistle 1:1
- Oregon Grape 1:2
- Turmeric 1:1
- Wormwood 1:5

### Endocrine – Adrenal

**TABLETS AND CAPSULES**
**Primary:**
- Adrenal Complex
- Ashwagandha Complex
- Eleuthero
- Rhodiola & Ginseng Complex
- Rhodiola & Schisandra

**Secondary:**
- Astragalus Complex
- Kava Forte
- Nervagisc
- Rehmannia Complex
- Thyroid Complex

**PHYTOSYNERGIST® LIQUIDS**
- Adrenal Tonic Phytosynergist®

**LIQUID EXTRACTS**
- Astragalus 1:2
- Eleuthero 1.2 (Standardized)
- Gotu Kola 1:1 (Standardized)
- Korean Ginseng 1.2 (Standardized)
- Licorice 1.1
- Licorice High Grade (QA)†
- Rehmannia 1.2
- Schisandra 1.2

### Endocrine – Female

**TABLETS AND CAPSULES**
- Chaste Tree
- FemCo
- Thyroid Complex
- Tribulus
- Wild Yam Complex

**PHYTOSYNERGIST® LIQUIDS**
- Capsella Complex Phytosynergist®

**LIQUID EXTRACTS**
- Chaste Tree 1:2
- Damiana 1.2
- Dong Quai 1.2
- White Peony 1:2
- Wild Yam 1:2

### Endocrine – Thyroid

**TABLETS AND CAPSULES**
- Thyroid Complex

**LIQUID EXTRACTS**
- Bugleweed 1:2

### Essential Fatty Acid Complex

**TABLETS AND CAPSULES**
- Evening Primrose Oil

†(QA) = Quantified Activity Extract
## Female Health

**TABLETS AND CAPSULES**

**Primary:**
- Bone Complex
- Chaste Tree
- Cramplex
- Evening Primrose Oil
- FemCo
- Nevaton® Forte
- Tribulus
- Wild Yam Complex

**Secondary:**
- Ashwagandha Complex
- Kava Forte
- Nervagesic

**PHYTOSYNERGIST® LIQUIDS**
- Capsella Complex Phytosynergist®
- Fe-Max Iron Tonic Phytosynergist®

**LIQUID EXTRACTS**
- Black Cohosh 1.2 (QA)†
- Chaste Tree 1.2
- Cinnamon Quills 1.4
- Damiana 1.2
- Dong Quai 1.2
- Ginger 1.2
- Motherwort 1.2
- Poke Root 1.5
- Sage 1.2
- Saw Palmetto 1.2
- White Peony 1.2
- Wild Yam 1.2 (QA)†

---

## Fat Metabolism

**TABLETS AND CAPSULES**
- Black Cumin Seed Forte
- Metabol Complex

**Gallbladder Support**

**TABLETS AND CAPSULES**
- DiGest Forte
- Livton® Complex

**PHYTOSYNERGIST® LIQUIDS**
- DiGest Phytosynergist®

**LIQUID EXTRACTS**
- Burdock 1:2
- Dandelion Root 1.2
- Globe Artichoke 1.2

---

## Gastrointestinal Support

**TABLETS AND CAPSULES**

**Primary:**
- Artemisinin Complex
- Andrographis Complex
- Berberine Active
- Black Cumin Seed Forte
- Coleus Forte
- DiGest Forte
- Golden Seal 500mg

**Secondary:**
- Gut Flora Complex
- HiPep
- Myrrh Forte
- Turmeric Forte

**PHYTOSYNERGIST® LIQUIDS**
- DiGest Phytosynergist®

**LIQUID EXTRACTS**
- Black Walnut Hulls 1:10
- Ginger 1.2
- Golden Seal 1.3 (QA)†
- Licorice High Grade (QA)†
- Marshmallow Root 1.5 Glycetract
- Oregon Grape 1:2
- Turmeric 1:3
- Wormwood 1:5

---

## General Support – Stress

**TABLETS AND CAPSULES**

**Primary:**
- Adrenal Complex
- Ashwagandha Complex
- Bacopa Complex
- Ginkgo Forte
- Gotu Kola Complex
- Kava Forte
- Nervagesc
- Nevaton® Forte
- Rhodiola & Ginseng Complex
- Rhodiola & Schisandra
- St John’s Wort 1.8g
- Valerian Complex

**Secondary:**
- Astragalus Complex
- Eleuthero
- FemCo
- HerbaWital
- HiPep
- LivCo®
- Thyroid Complex
- Tribulus

**PHYTOSYNERGIST® LIQUIDS**
- Capsella Complex Phytosynergist®
- Fe-Max Iron Tonic Phytosynergist®

**LIQUID EXTRACTS**
- Ashwagandha 1:1 (Standardized)
- Astragalus 1.2
- Bacopa 1.2
- California Poppy 1.2
- Chamomile 1.2
- Damiana 1.2
- Eleuthero 1.2 (Standardized)
- Ginkgo 2.1 (Standardized)
- Gotu Kola 1.3 (Standardized)
- Korean Ginseng 1.2 (Standardized)
- Licorice 1:1
- Licorice High Grade (QA)†
- Motherwort 1.2
- Schisandra 1:2
- Skullcap 1.2
- St John’s Wort 1.2 (QA)†
- St John’s Wort High Grade 1.2 (QA)†
- Valerian 1.2

†(QA) = Quantified Activity Extract
## Immune System Function

<table>
<thead>
<tr>
<th>TABLETS AND CAPSULES</th>
<th>Secondary:</th>
<th>LIQUID EXTRACTS</th>
</tr>
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<tbody>
<tr>
<td><strong>Primary:</strong></td>
<td>Andrographis Complex</td>
<td>Astragalus 1:2</td>
</tr>
<tr>
<td>Andrographis Complex</td>
<td>Astragalus Complex</td>
<td>Burdock 1:2</td>
</tr>
<tr>
<td>Astragalus Complex</td>
<td>Ashwagandha Complex</td>
<td>Echinacea Premium 1:2 (QA)†</td>
</tr>
<tr>
<td>Broncraft®</td>
<td>Berberine Active</td>
<td>Eleuthero 1:2 (Standardized)</td>
</tr>
<tr>
<td>Burdock Complex</td>
<td>ChelaCo</td>
<td>Korean Ginseng 1:2 (Standardized)</td>
</tr>
<tr>
<td>Echinacea Premium</td>
<td>DiGest Forte</td>
<td>Poke Root 1:5</td>
</tr>
<tr>
<td>Eleuthero</td>
<td>Evening Primrose Oil</td>
<td>St John’s Wort 1:2 (QA)†</td>
</tr>
<tr>
<td>Ganoderma &amp; Shiitake</td>
<td>HerbaVital</td>
<td>St John’s Wort High Grade 1:2 (QA)†</td>
</tr>
<tr>
<td>Garlic Forte</td>
<td>Rhodiola &amp; Ginseng Complex</td>
<td></td>
</tr>
<tr>
<td>Golden Seal 500mg</td>
<td>Rhodiola &amp; Schisandra</td>
<td></td>
</tr>
<tr>
<td>Gut Flora Complex</td>
<td>Thyroid Complex</td>
<td></td>
</tr>
<tr>
<td>Sinus Forte</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Viranone</td>
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</tbody>
</table>

### PHOTOSYNERGIST® LIQUIDS
- Broncafect Photosynergist®
- DiGest Photosynergist®
- Herbal Throat Spray Photosynergist®
- UriCo Photosynergist®

\(^{†}(QA) = \text{Quantified Activity Extract}\)

## Kidney Function

<table>
<thead>
<tr>
<th>TABLES AND CAPSULES</th>
<th>LIQUID EXTRACTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TABLETS AND CAPSULES</strong></td>
<td>Astragalus 1:2</td>
</tr>
<tr>
<td>Boswellia Complex</td>
<td>Celery Seed 1:2 (QA)†</td>
</tr>
<tr>
<td>Cranberry Complex</td>
<td>Cleavers 1:2</td>
</tr>
<tr>
<td>DermaCo</td>
<td>Golden Seal 1:3 (QA)†</td>
</tr>
<tr>
<td>Vascular Care Complex</td>
<td></td>
</tr>
</tbody>
</table>

### PHOTOSYNERGIST® LIQUIDS
- DiGest Photosynergist®
- HerbaVital Photosynergist®

## Liver Function

<table>
<thead>
<tr>
<th>TABLETS AND CAPSULES</th>
<th>LIQUID EXTRACTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TABLETS AND CAPSULES</strong></td>
<td>Bupleurum 1:2</td>
</tr>
<tr>
<td>Andrographis Complex</td>
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<td>HerbaVital</td>
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### PHOTOSYNERGIST® LIQUIDS
- DiGest Photosynergist®
- Fe-Max Iron Tonic Photosynergist®

\(^{(QA)} = \text{Quantified Activity Extract}\)

## Lymphatic Function

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## Male Health

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<td>Nettle Root 1:2</td>
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<td>Saw Palmetto 1:2</td>
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</table>

\(^{(QA)} = \text{Quantified Activity Extract}\)
### Menopause

**TABLETS AND CAPSULES**

**Primary:**
- Bone Complex
- Herbavital
- Tribulus
- Valerian Complex
- Wild Yam Complex

**Secondary:**
- Ashwagandha Complex
- Chaste Tree
- Evening Primrose Oil

**PHYTOsynergist® LIQUIDS**
- Fe-Max Iron Tonic Phytosynergist®

**LIQUID EXTRACTS**
- Ashwagandha 1:1 (Standardized)
- Black Cohosh 1:2 (QA)†

**TABLETS AND CAPSULES**

**Primary:**
- Hawthorn
- Nevaton® Forte
- Rhodiola & Ginseng Complex
- Rhodiola & Schisandra

**Secondary:**
- Ashwagandha Complex
- Chaste Tree
- Evening Primrose Oil

### Menstruation

**TABLETS AND CAPSULES**

**Primary:**
- Chaste Tree
- Cramplex
- FemCo
- Nevaton® Forte

**Secondary:**
- Ginkgo Forte
- Kava Forte
- Nervagesic

**PHYTOsynergist® LIQUIDS**
- Capsella Complex Phytosynergist®
- Fe-Max Iron Tonic Phytosynergist®

**LIQUID EXTRACTS**
- Black Cohosh 1:2
- Calendula 1:2
- California Poppy 1:2

### Metabolism

**TABLETS AND CAPSULES**

- Metabol Complex
- Thyroid Complex

**LIQUID EXTRACTS**
- Bugleweed 1:2

### Muscle Function

**TABLETS AND CAPSULES**

**Primary:**
- Cramplex
- Kava Forte
- Nervagesic
- Saligesic

**Secondary:**
- FemCo
- Valerian Complex
- Wild Yam Complex

**LIQUID EXTRACTS**
- Black Cohosh 1:2 (QA)†
- California Poppy 1:2
- Wild Yam 1:2 (QA)†

### Musculoskeletal Function

**TABLETS AND CAPSULES**

**Primary:**
- Bone Complex
- Boswellia Complex
- Cramplex
- Kava Forte
- Nervagesic
- Saligesic
- Turmeric Forte

**Secondary:**
- Ashwagandha Complex
- Evening Primrose Oil
- Rhemannia Complex

**LIQUID EXTRACTS**
- Black Cohosh 1:2 (QA)†
- California Poppy 1:2

†(QA) = Quantified Activity Extract
### Nervous System Function

**TABLETS AND CAPSULES**  
**Primary:**  
- Ashwagandha Complex  
- Bacopa Complex  
- Ginkgo Forte  
- Kava Forte  
- Nervagebic  
- Nevaton® Forte  
- Rhodiola & Ginseng Complex  
- Rhodiola & Schisandra  
- St John's Wort 1.8g  
- Valerian Complex  

**Secondary:**  
- Astragalus Complex  
- Eleuthero  
- FemCo  
- Gotu Kola Complex  
- LivCo®  
- Thyroid Complex  

**LIQUID EXTRACTS**  
- Ashwagandha 1:1 (Standardized)  
- Astragalus 1:2  
- Bacopa 1:2  
- California Poppy 1:2  

*(QA) = Quantified Activity Extract

### Premenstrual Support

**TABLETS AND CAPSULES**  
**Primary:**  
- Chaste Tree  
- Cramplex  
- FemCo  
- Nevaton® Forte  

**Secondary:**  
- Bacopa Complex  
- Nervagebic  
- Rhodiola & Ginseng Complex  
- Rhodiola & Schisandra  
- Vascular Care Complex  

**LIQUID EXTRACTS**  
- Black Cohosh 1:2 (QA)†  
- Chaste Tree 1:2  
- Dong Quai 1:2  
- Ginkgo 2:1 (Standardized)  
- Schisandra 1:2  
- Turmeric 1:1  
- White Peony 1:2  

†(QA) = Quantified Activity Extract

### Respiratory Function – Lower

**TABLETS AND CAPSULES**  
- Adrenal Complex  
- Albizia Complex  
- Coleus Forte  
- PulmaCo  
- ResCo®  

**PHYTOSYNERGIST® LIQUIDS**  
- Broncafect Phytosynergist®  
- ResCo Phytosynergist®  

**LIQUID EXTRACTS**  
- Bupleurum 1:2  
- Coleus 1:1 (QA)†  
- Licorice 1:1  
- Licorice High Grade (QA)†  
- Marshmallow Root 1:5 Glycetract  
- Red Clover 1:2  

### Respiratory Function – Upper

**TABLETS AND CAPSULES**  
- Albizia Complex  
- Andrographis Complex  
- Astragalus Complex  
- Broncafect®  
- Echinacea Premium  
- Golden Seal 500mg  
- Myrrh Forte  
- Sinus Forte  
- Viranon  

**PHYTOSYNERGIST® LIQUIDS**  
- Broncafect Phytosynergist®  
- Herbal Throat Spray Phytosynergist®  

**LIQUID EXTRACTS**  
- Albizia 1:2  
- Astragalus 1:2  
- Echinacea Premium 1:2  
- Eyebright 1:2  
- Golden Seal 1:3 (QA)†  
- Poke Root 1:5  
- Red Clover 1:2  
- Sage 1:2  
- Schisandra 1:2
### Skin Function

**TABLETS AND CAPSULES**

**Primary:**
- Albizia Complex
- Andrographis Complex
- Chaste Tree
- Coleus Forte
- DermaCo
- Gojko Kola Complex
- Rehmannia Complex

**Secondary:**
- Burdock Complex
- Evening Primrose Oil

**LIQUID EXTRACTS**
- Albizia 1:2
- Burdock 1:2
- Calendula 1:2
- Cleavers 1:2
- Coleus 1:1 (QA)
- Dandelion Root 1:2

### Sleep and Relaxation

**TABLETS AND CAPSULES**

- Adrenal Complex
- Ashwagandha Complex
- Chaste Tree
- Kava Forte
- Nervagosic

- Nevaton Forte
- Rhodiola & Ginseng Complex
- Rhodiola & Schisandra
- Valerian Complex

**PHYTOSYNERGIST® LIQUIDS**
- Adrenal Tonic Phytosynergist®

**LIQUID EXTRACTS**
- California Poppy 1:2
- Chamomile 1:2
- Chaste Tree 1:2
- Skullcap 1:2
- St John’s Wort 1:2 (QA)
- Valerian 1:2

### Urinary System Function

**TABLETS AND CAPSULES**

**Primary:**
- Andrographis Complex
- Boswellia Complex
- Cranberry Complex
- Echinacea Premium
- ProstaCo

**PHYTOSYNERGIST® LIQUIDS**
- UriCo Phytosynergist®

**LIQUID EXTRACTS**
- Celery Seed 1:2 (QA)
- Cleavers 1:2
- Horsetail 1:2
- Licorice 1:1

- Licorice High Grade (QA)
- Marshmallow Root 1:5 Glycetract
- Nettle Leaf 1:2
- Nettle Root 1:2
- Saw Palmetto 1:2

### Water Balance

**TABLETS AND CAPSULES**

- Boswellia Complex
- Cranberry Complex
- Vascular Care Complex

**LIQUID EXTRACTS**
- Celery Seed 1:2 (QA)
- Cleavers 1:2
- Globe Artichoke 1:2

- Horsetail 1:2
- Nettle Leaf 1:2
- Saw Palmetto 1:2

\[\text{(QA)} = \text{Quantified Activity Extract. For more information regarding Quantified Activity, please see page 6}\]
## Index of Component Herbs

The Index of Component Herbs lists all herbs used in MediHerb® products in the following order: liquid extracts, single herb tablets, complex tablets or capsules and Phytosynergist® liquids.

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<td>Japanese Knotweed</td>
<td>Polygonum cuspidatum</td>
</tr>
<tr>
<td>Jujube (Ziziphus)</td>
<td>Ziziphus jujuba var. spinosa</td>
</tr>
<tr>
<td>Korean Ginseng</td>
<td>Panax ginseng</td>
</tr>
<tr>
<td>Kudzu</td>
<td>Pueraria lobata</td>
</tr>
<tr>
<td>Licorice</td>
<td>Glycyrrhiza glabra</td>
</tr>
<tr>
<td>Malabar Nut Tree (Adhatoda)</td>
<td>Justicia adhatoda</td>
</tr>
<tr>
<td>Marshmallow</td>
<td>Althaea officinalis</td>
</tr>
<tr>
<td>Meadowsweet</td>
<td>Filipendula ulmaria</td>
</tr>
<tr>
<td>Milk Thistle</td>
<td>Sillybum marianum</td>
</tr>
<tr>
<td>Motherwort</td>
<td>Leonurus cardiuca</td>
</tr>
<tr>
<td>Mullein</td>
<td>Verbascum thapsus</td>
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<tr>
<td>Myrth</td>
<td>Commiphora molmol</td>
</tr>
<tr>
<td>Nettle</td>
<td>Urtica dioica</td>
</tr>
<tr>
<td>Oregano</td>
<td>Origanum vulgare</td>
</tr>
<tr>
<td>Oregon Grape</td>
<td>Berberis aquifolium (Mahonia aquifolium)</td>
</tr>
<tr>
<td>Passion Flower</td>
<td>Passiflora incarnata</td>
</tr>
<tr>
<td>Phellodendron</td>
<td>Phellodendron amurense</td>
</tr>
<tr>
<td>Pleurisy Root</td>
<td>Asclepias tuberosa</td>
</tr>
<tr>
<td>Poke Root</td>
<td>Phytolacca decandra</td>
</tr>
<tr>
<td>Raspberry</td>
<td>Rubus idaeus</td>
</tr>
<tr>
<td>Red Clover</td>
<td>Trifolium pratense</td>
</tr>
<tr>
<td>Rehmannia</td>
<td>Rehmannia glutinosa</td>
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<tr>
<td>Reishi (Ganoderma)</td>
<td>Ganoderma lucidum</td>
</tr>
<tr>
<td>Rhodiola</td>
<td>Rhodiola rosea (Sedum roseum)</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>Rheum palmatum</td>
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<tr>
<td>Rosemary</td>
<td>Rosmarinus officinalis</td>
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<tr>
<td>Saffron</td>
<td>Crocus sativus</td>
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<tr>
<td>Sage</td>
<td>Salvia officinalis</td>
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<tr>
<td>Sarsaparilla</td>
<td>Smilax officinalis</td>
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<tr>
<td>Sarsaparilla</td>
<td>Smilax regelii</td>
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<tr>
<td>Saw Palmetto</td>
<td>Serenoa repens</td>
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<tr>
<td>Schisandra</td>
<td>Schisandra chinensis</td>
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<tr>
<td>Shatavari</td>
<td>Asparagus racemosus</td>
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<tr>
<td>Sheep Sorrel</td>
<td>Rumex acetosella</td>
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<tr>
<td>Shepherd’s Purse</td>
<td>Capsella bursa-pastoris</td>
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<tr>
<td>Shiitake</td>
<td>Lentilula edodes</td>
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<tr>
<td>Skullcap</td>
<td>Scutellaria lateriflora</td>
</tr>
<tr>
<td>Slippery Elm</td>
<td>Ulmus rubra</td>
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<tr>
<td>St John’s Wort</td>
<td>Hypericum perforatum</td>
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<tr>
<td>Sternona</td>
<td>Stemona sessilifolia</td>
</tr>
<tr>
<td>Stevia</td>
<td>Stevia rebaudiana</td>
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<tr>
<td>Sweet Wormwood</td>
<td>Artemisia annua</td>
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<tr>
<td>Tangerine (Chen Pi)</td>
<td>Citrus reticulata</td>
</tr>
<tr>
<td>Thuja</td>
<td>Thuja occidentalis</td>
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<tr>
<td>Thyme</td>
<td>Thymus vulgaris</td>
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<tr>
<td>Tribulus</td>
<td>Tribulus terrestris</td>
</tr>
<tr>
<td>Turmeric</td>
<td>Curcuma longa</td>
</tr>
<tr>
<td>Uva Ursi (Bearberry)</td>
<td>Arctostaphylos uva-ursi</td>
</tr>
<tr>
<td>Valerian</td>
<td>Valeriana officinalis</td>
</tr>
<tr>
<td>White Horehound</td>
<td>Marrubium vulgare</td>
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<tr>
<td>White Peony</td>
<td>Paeonia lactiflora</td>
</tr>
<tr>
<td>Wild Yam</td>
<td>Dioscorea villosa</td>
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<tr>
<td>Willow</td>
<td>Salix purpurea</td>
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<tr>
<td>Withania (Ashwagandha)</td>
<td>Withania somnifera</td>
</tr>
<tr>
<td>Wormwood</td>
<td>Artemisia absinthium</td>
</tr>
<tr>
<td>Yellow Dock</td>
<td>Rumex crispus</td>
</tr>
<tr>
<td>Ziziphus (Jujube)</td>
<td>Ziziphus jujuba var. spinosa</td>
</tr>
</tbody>
</table>
Calcium Hydrogen Phosphate
Calcium hydrogen phosphate is the binder or filler which actually holds the tablet together and allows it to be compressed to form a tablet. It also assists in formulation flow and resists the uptake of moisture, thus reducing the risk of poor stability.

Cellulose
Microcrystalline cellulose acts with dibasic calcium phosphate dihydrate as the binder that holds the tablet together. It also works to assist with tablet disintegration.

Silicon Dioxide
Silicon Dioxide is used as a glidant to assist with the flow properties of the tablet powder as it travels through the tablet machine. Good flow characteristics are crucial to the manufacture of tablets with consistent weight and active content. Silicon Dioxide is also used to increase the hardness of the tablets to ensure they are robust enough to handle coating, packaging and transport.

Sodium Starch Glycolate
Due to the high proportion of herb used in the MediHerb\textsuperscript{®} tablets, an aid to disintegration is required to ensure that the tablets disintegrate in less than 30 minutes. Sodium starch glycolate from potato performs this function best for the high potency tablets manufactured by MediHerb\textsuperscript{®}.

Crocarmellose Sodium
Crocarmellose sodium is also used as a disintegrant and is sometimes combined with sodium starch glycollate. Aiding disintegration ensures that a tablet will dissolve and release the active ingredient, to promote uptake in the intestinal tract.

Magnesium Stearate – Vegetable Origin
Most tablets need some form of lubrication to assist in the removal of the tablet from the tableting machine die. Magnesium stearate of vegetable origin is the most effective ingredient for this purpose.

Hypromellose (Cellulose Derivative)
Hypromellose is used as a film coating agent on most MediHerb\textsuperscript{®} tablets. It is applied as a thin inert layer and has four important actions:

1. The thin layer makes the tablet much more resistant to dust formation in the packaging.
2. When the tablet surface gets wet in the mouth a lubricant, mucilagenous layer is formed on the tablet which facilitates swallowing.
3. The inert layer acts to hide any unpleasant odors or tastes that are found in many herbal tablets.
4. It aids in enhancing the stability of the product by forming a barrier to the external environment.

Enteric Coating
Some MediHerb\textsuperscript{®} tablets and capsules have a specialized enteric coating which makes them acid resistant. This is important for some herbs which can cause gastric discomfort and for herbs that have actives which are damaged by stomach acid. Enterically coated tablets and capsules pass through the highly acidic environment of the stomach safely, then dissolve once they reach the pH neutral environment of the small intestine.

Solubility Test: Enterically coated tablets and capsules must be stable for 2 hours in dilute hydrochloric acid and then dissolve within 1 hour when placed in pH 7 buffer.

Maltodextrin
Maltodextrin is usually used as a carrier substance in the manufacture of herbal extracts used in tablets.
www.mediherb.com

The MediHerb® website is the most comprehensive site on herbal support for health care professionals providing you with a free of charge resource to enhance your herbal knowledge and clinical skills. Use your Standard Process website login to gain exclusive members only access to www.mediherb.com.

www.mediherb.com features both public and members only information.

Public Area
This area contains information on MediHerb® philosophy, outlining the history of the company and detailing the quality processes that deliver the world’s finest herbal products. There is also a link to the Standard Process website where our online product catalog details our extensive range of superior quality tablet, capsule and liquid products. Clinic tools and resources such as Patient Brochures are also available in the public section for you and your patients to download and print.

To access the Members Only area, go to www.mediherb.com and click on “Login via Standard Process”. This will direct you to the Standard Process website to register.

Members Only Area
This is where the site gets really interesting! You can go into the different areas to view comprehensive information on:

**MediHerb® Professional Library**: use the dynamic search engine to discover all the herbal information we have produced dating back to 1987. Here you can search for information by ‘herb’, ‘phytochemical’, ‘condition’, ‘topic’ or ‘activity’. The below publications are available exclusively from the MediHerb® website:

- **The Phytotherapist’s Perspective**
  This publication features technical reviews authored by Kerry Bone and Michelle Morgan and includes articles written for the Townsend Letter for Doctors and Patients, monographs detailing technical and clinical information on specific herbs and an assortment of other articles outlining herbs suitable for specific conditions.

- **Modern Phytotherapist**
  This authoritative journal of herbalism features articles by leading health care professionals from around the world. The journal discusses philosophy and methodology of herbal practice, clinical practice issues, case studies, practice management methods and also includes reports and letters to the editors.

- **Professional Review**
  The professional review is a fully-referenced presentation of the traditional and current scientific information available on individual herbs. It provides detailed information on botany, chemistry, pharmacodynamics, pharmacokinetics, toxicity, clinical studies, actions, indications and uses, dosage, adverse effects, contraindications and precautions.

**Research News**: find out about the latest research conducted by MediHerb® R&D Department as well as independent research using MediHerb® products.

**Seminars, New Products and News**: view the latest information on all aspects of what is happening at MediHerb®.
Clinic Tools and Resources

To help educate your patients and improve compliance, we have a great range of free tools available for your clinic.

Patient Brochures
Help your patients easily understand the products you recommend and improve compliance with our attractive full-color brochures written in patient friendly language.

Counter Displays
These displays are perfect for displaying product alongside our patient brochures.

Product Collection Handouts
Our informative handouts demonstrate how to use MediHerb® products as part of a complete synergistic approach for specific health areas.

Contraindications and Cautions
For a comprehensive list of contraindications and cautions for MediHerb® products, please refer to the Herb-Drug Interaction chart at the back of the catalog or on the MediHerb® website.

Product Detail Sheets
Product Detail Sheets are fully-referenced, easy-to-read information sheets describing individual MediHerb® products. Each sheet includes detailed product information including an overview of the traditional uses of the herbs in the formula, how the product works and the specialized testing and manufacturing processes specific to the product. Product Detail Sheets are available online to download, visit www.mediherb.com

New clinic tools and resources are continually being produced. Visit www.mediherb.com to download the latest materials and www.standardprocess.com to order your free materials today.

To order contact the Standard Process Customer Care Department:
Phone: 800-558-8740  |  Online: www.standardprocess.com
MediHerb® Liquid and Tablet Test Kits

Standard Process® and MediHerb® understand that each individual has unique health needs and not all products will work the same for everyone. With that in mind, we created convenient and easy-to-use test kits for the MediHerb® product line. Our test kits provide you with an efficient way to test and recommend the best supplements for each of your patients according to their individual needs.

For more information or to order a test kit, call the Standard Process Customer Care Department at 800-558-8740 or order online at www.standardprocess.com

Seminars for Qualified Health Care Professionals

MediHerb® regularly conducts professional seminars throughout the United States with experienced speakers such as Professor Kerry Bone BSc Dip Phyto., Berris Burgoyne BSc ND, and Amanda Williams ND, Dip Bot Med. These seminars combine the best of traditional knowledge with the latest scientific research.

To view the Education & Events Calendar, visit www.mediherb.com or www.standardprocess.com

A Quality Partnership

Standard Process Inc.® is extremely proud to be the exclusive United States distributor for MediHerb® line of quality herbal products.

With a mutual commitment to product quality, a strictly monitored manufacturing process and rigorous product testing, Standard Process and MediHerb® are devoted to providing new advantages to healthy living while complementing good health.

Both Standard Process and MediHerb® recognize the importance of patient education and that is why our products are available exclusively through qualified health care professionals. Standard Process and MediHerb® believe that whole food supplements and herbal products are natural complements for optimal health.*
Principles and Practice of Phytotherapy – SECOND EDITION
Modern Herbal Medicine
By Kerry Bone and Simon Mills

The first edition of Principles and Practice of Phytotherapy is well known as the leading text on herbal practice in naturopathic and herbal colleges throughout the world. The second edition brings a complete revision of the material in the first text including:

- A comprehensive update on the pharmacodynamics and pharmacokinetics of the essential herbal constituents
- Fifty fully updated, evidence-based monographs, including seven new herbs: Gotu Kola, Willow Bark, Bugleweed, Butcher’s Broom, Boswellia, Myrrh and Tribulus
- New insights on herbal management of approximately 100 modern health conditions
- An extensive herb-drug interaction chart addressing key safety issues to help the reader differentiate between false and real concerns

This valued text was exhaustively researched and carefully compiled by Kerry Bone and Simon Mills, who have more than 60 years of combined experience in clinical practice, education, manufacturing and research. This text is a must-have resource for any health care professional or student.

This text was highly recognized by industry peers and awarded the prestigious 2013 James A. Duke Excellence in Botanical Literature Award by the American Botanical Council as the recognition of the authors’ outstanding contribution to herbal knowledge.

The Essential Guide to Herbal Safety
By Kerry Bone and Simon Mills

The first accurate and comprehensive book on herbal safety – a must for all health care professionals!
This innovative book presents an extensive discussion of the principles of herbal safety and the current major issues relating to this important area. Leading international experts contribute to the book providing a wealth of information on issues such as quality, interactions, adverse reactions, toxicity, allergy, contact sensitivity and idiosyncratic reactions. In March 2006, the American Botanical Council (ABC) announced that The Essential Guide to Herbal Safety was the recipient of the James A. Duke Botanical Literature Award which honors the singular outstanding contribution by a book to the knowledge and understanding of herbal and aromatic plants.
A Clinical Guide to Blending Liquid Herbs:
Herbal Formulations for the Individual Patient
By Kerry Bone

*This highly practical guide explains in-depth how to use and blend liquid extracts for optimum results making it a must for all herbal trained clinicians and students*

Monographs of 125 popular herbs used in the form of liquid extracts provide the herbal clinician with accessible and clinically relevant information. The monographs have been specifically designed for use in the clinic with an emphasis on providing the essential information in an easy to read format and outlines traditional use and the most up-to-date pharmacological and clinical studies. This guide is comprehensively referenced and contains appendices for thorough explanations, indices of herb and herb action as well as complete glossaries and table of recommended dosages.

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Phytotherapy Essentials: Healthy Children
Optimising Children’s Health with Herbs
By Rob Santich and Kerry Bone

*The first comprehensive text on children’s health for the natural health care professional*

Healthy Children has been written with the special needs of children in mind. The benefits, risks and requirements for herbal health support in children differ from those in adults. This book outlines the key principles that govern herbal practice for this special patient group. This well-researched text, written by Rob Santich and Kerry Bone who together have more than 50 years of clinical practice, examines the common health problems encountered by children together with up-to-date medical and herbal information. Tablet and liquid protocols are also provided as well as relevant case histories. This text provides a balanced and authoritative approach to children’s health through sound, practical information based on clinical experience and evidence-based research.

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The Ultimate Herbal Compendium
A Desktop Guide for Herbal Prescribers
By Kerry Bone

*The most comprehensive, accurate and up-to-date desktop herbal prescribing reference*

The Ultimate Herbal Compendium is a reliable ready reference designed for the busy health care professional. It contains up-to-date easily found information on a wide range of herbs and conditions, including doses for herbs in tablet form as well as liquids. Careful research of all the available herbal information combined with Kerry Bone’s 30 years of clinical practice ensures that all valid herbal treatment options can be considered.

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To order contact the Standard Process Customer Care Department:

Phone: 800-558-8740 | Online: www.standardprocess.com
# Potential Herb-Drug Interactions for Commonly Used Herbs

**How to Read the Chart**

The chart is read from left to right. The information in the Basis of Concern column provides the evidence for the information in the Potential Interaction column. For example, clinical studies found that administration of St John’s wort resulted in decreased levels of cancer chemotherapeutic drugs. (Italicized words represent the information in the Herb-Drug Interaction chart below.)

More details may be provided in the Basis of Concern column. For example, in a clinical study with healthy volunteers administration of St John’s wort resulted in increased clearance of the hypoglycemic drug glimepiride, and so may reduce the drug’s efficacy, however, glucose and insulin response to glucose loading were unchanged.

A recommended action is suggested on a risk assessment of the information in the Basis of Concern. In these examples:
- It is recommended that St John’s wort is contraindicated in patients taking cancer chemotherapeutic drugs.
- In the case of glimepiride, because the trial found little effect on a clinically-relevant outcome, the potential interaction is considered low risk and a caution is recommended: the patient should be monitored, through the normal process of repeat consultations.

**For more information** on the process used to assess the herb-drug interaction research (and why some research is not included), how the risk of interaction is assessed, with worked examples from the chart: go to [www.mediherb.com](http://www.mediherb.com) and view the Herb-Drug Interaction Chart under ‘Resources’.

**Health care professionals please note:** when a patient presents using any of the drugs listed below and there is a potential interaction with the herb you intend to dispense, it is important that you or your patient discuss the potential interaction with their prescribing physician before you dispense the herb to the patient.

<table>
<thead>
<tr>
<th>Drug</th>
<th>Potential Interaction</th>
<th>Basis of Concern</th>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bilberry</strong> <em>Vaccinium myrtillus</em></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Warfarin</td>
<td>Potentiation of bleeding.</td>
<td>Herb Alone: Antiplatelet activity observed in healthy volunteers (173 mg/day of bilberry anthocyanins). Case report of postoperative bleeding (bilberry extract undefined).</td>
<td>Monitor at high doses (&gt; 100 mg/day anthocyanins, low level of risk).</td>
</tr>
<tr>
<td>Black Cohosh <em>Actaea racemosa</em> (Cimicifuga racemosa)</td>
<td>Statin drugs eg atorvastatin</td>
<td>May potentiate increase in liver enzymes, specifically ALT.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Bladderwrack <em>Fucus vesiculosus</em></td>
<td>Hypothyroid medication eg carbimazole</td>
<td>May decrease effectiveness of drug due to natural iodine content.</td>
<td>Contraindicated unless under close supervision.</td>
</tr>
<tr>
<td>Cat’s Claw <em>Uncaria tomentosa</em></td>
<td>Thyroid replacement therapies eg thyroxine</td>
<td>May add to effect of drug.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Cayenne (Chili Pepper) <em>Capsicum spp.</em> (See also Polyphenol-containing herbs)</td>
<td>HIV protease inhibitors</td>
<td>May increase drug level.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Theophylline</td>
<td>May increase absorption and drug level.</td>
<td>Clinical study (healthy volunteers, chili-spiced meal). Absorption and drug level lower than during fasting.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Drug</td>
<td>Potential Interaction</td>
<td>Basis of Concern</td>
<td>Recommended Action</td>
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</tr>
<tr>
<td><strong>Celery Seed</strong> <em>Apium graveolens</em></td>
<td>May reduce serum levels of thyroxine</td>
<td>Case reports</td>
<td>Monitor (very low level of risk)</td>
</tr>
<tr>
<td><strong>Chinese Skullcap</strong> <em>Scutellaria baicalensis</em></td>
<td>May increase drug levels</td>
<td>Clinical trial with healthy volunteers (water-based extract; dried herb equivalent: 12 g/day).</td>
<td>Monitor (low level of risk at typical doses)</td>
</tr>
<tr>
<td>Losartan</td>
<td>May increase drug levels</td>
<td>Clinical study with healthy volunteers using 150 mg/day of isolated constituent (baicalin).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Rosuvastatin</td>
<td>May decrease drug levels</td>
<td>May increase drug levels. Clinical study with healthy volunteers using 150 mg/day of isolated constituent (baicalin).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>Coleus</strong> <em>Coleus forskohlii</em></td>
<td>May alter response to drug</td>
<td>Theoretical concern initially based on in vitro antiplatelet activity of active constituent forskolin, and in vivo antiplatelet activity in an animal model (oral doses; standardized Coleus extract and forskolin).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Hypotensive medication</td>
<td>May potentiate effects of drug</td>
<td>Theoretical concern based on ability of high doses of forskolin and standardized Coleus extract to lower blood pressure in normotensive and hypertensive animals.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Prescribed medication</td>
<td>May potentiate effects of drug</td>
<td>Theoretical concern based on ability of forskolin to activate increased intracellular cyclic AMP in vitro.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>Cranberry</strong> <em>Vaccinium macrocarpon</em></td>
<td>May increase drug levels</td>
<td>Clinical trials with healthy volunteers: effect on drug levels conflicting – increased (double-strength juice, 240 mL tds; defined as a weak interaction) and no effect (cranberry juice, 200 mL tds).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Midazolam</td>
<td>May increase side effects of drug</td>
<td>Case report (355–473 mL/day cranberry juice drink (7% juice), rated as ‘possible’ interaction).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Simvastatin</td>
<td>May increase drug levels</td>
<td>Case reports (where reported the dosage was often high: up to 2000 mL/day, juice strength undefined; 1.5–2 quarts (1420–1893 mL)/day of cranberry juice cocktail, 113 g/day, cranberry sauce).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Warfarin</td>
<td>May alter INR (most frequently increase)</td>
<td>Case reports (where reported the dosage was often high: up to 2000 mL/day, juice strength undefined; 1.5–2 quarts (1420–1893 mL)/day of cranberry juice cocktail, 113 g/day, cranberry sauce).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Dong Quai <em>Angelica sinensis, Angelica polymorpha</em></td>
<td>May potentiate effect of drug</td>
<td>Case reports: increased INR and PT; increased INR and widespread bruising.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>Echinacea</strong> <em>(Echinacea angustifolia, Echinacea purpurea)</em></td>
<td>May alter drug levels</td>
<td>Clinical trial (E. purpurea root; HIV-infected patients): no effect overall, but large interindividual variability occurred (from near 25% decreases to up to 50% increases in drug concentrations). All maintained an undetectable viral load.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>HIV protease inhibitors</td>
<td>May decrease drug levels</td>
<td>Clinical trial (E. purpurea root; HIV-infected patients): no effect overall, but some patients showed a decrease by as much as 40%. All maintained an undetectable viral load. (Patients were also taking a low dose of ritonavir.).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>Immunosuppressant medication</strong></td>
<td>May decrease effectiveness of drug</td>
<td>Theoretical concern based on immune-enhancing activity of Echinacea. No cases reported.</td>
<td>Contraindicated</td>
</tr>
<tr>
<td>Midazolam</td>
<td>Decreases drug levels when drug administered intravenously</td>
<td>Clinical study (E. purpurea root, 1.6 g/day).</td>
<td>Monitor (medium level of risk when drug administered intravenously).</td>
</tr>
<tr>
<td><strong>Eleuthero (Siberian Ginseng)</strong> <em>Eleutherococcus senticosus</em></td>
<td>May increase plasma drug levels</td>
<td>Case report: apparent increase in plasma level, but herb probably interfered with digoxin assay (patient had unchanged ECG despite apparent digoxin concentration of 5.2 nmol/L). In a later clinical trial no effect observed on plasma concentration.</td>
<td>Monitor (very low level of risk).</td>
</tr>
<tr>
<td><strong>Digoxin</strong></td>
<td>May increase plasma drug levels</td>
<td>Case report: apparent increase in plasma level, but herb probably interfered with digoxin assay (patient had unchanged ECG despite apparent digoxin concentration of 5.2 nmol/L). In a later clinical trial no effect observed on plasma concentration.</td>
<td>Monitor (very low level of risk).</td>
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<td>Drug</td>
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<td>-------------------------------------------</td>
</tr>
<tr>
<td><strong>Evening Primrose Oil  <em>Oenothera biennis</em></strong></td>
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</tr>
</tbody>
</table>
| **Phenothiazines**                | May decrease effectiveness of drug.                                                  | Reports of worsening epilepsy in schizophrenics. No causal association demonstrated and no effect observed in later trials.  
48                                                                                          | Monitor (very low level of risk)                                                |
| **Garlic  *Allium sativum* (See also Hypoglycemic herbs)** |                                                                                |                                                                                  |                                           |
| **Antiplatlet and anticoagulant drugs** | Aspirin: May increase bleeding time.                                                  | Case reports of increased bleeding tendency with high garlic intake. In three of the four cases the bleeding occurred after surgery.  
32,33                                                                                      | Monitor at doses equivalent to ≥ 3 g/day fresh garlic (low level of risk).  
Stop taking at least one week before surgery                                               |
|                                                                                           | Clopidogrel: May potentiate effect of drug.                                          | Concern may be overstated, as antiplatelet/anticoagulant drugs are often conadministered eg aspirin and warfarin.  
Herb Alone                                                                                   | Monitor at doses equivalent to < 4 g/day dried ginger (very low level of risk).  
Contraindicated unless under close supervision at doses equivalent to > 4 g/day dried ginger. |
|                                                                                           | Warfarin: May potentiate effect of drug. Large doses could increase bleeding tendency. | Case reports of increased bleeding tendency with high garlic intake. In three of the four cases the bleeding occurred after surgery.  
32,33                                                                                      | Monitor at doses equivalent to < 4 g/day dried ginger (very low level of risk).  
Contraindicated unless under close supervision at doses equivalent to > 4 g/day dried ginger. |
| **HIV protease inhibitors**        | Decreases drug level.                                                                  | Saquinavir: Two clinical studies (garlic extract, standardized for allicin content) with healthy volunteers  
65,66 – large variability (in one study, decrease (15%) was not significant).  
Ritonavir-boosted atazanavir: Case report (6 stir-fried garlic cloves three times per week)  
77                                                                                          | Monitor (medium level of risk).                                                   |
| **Ginger  *Zingiber officinale***   |                                                                                |                                                                                  |                                           |
| **Antacids**                       | May decrease effectiveness of drug.                                                  | Theoretical concern since ginger increases gastric secretory activity in vivo (animals).  
44                                                                                          | Monitor (low level of risk).                                                    |
| **Antiplatlet and anticoagulant drugs** | Phenoicooumon: May increase effectiveness of drug.                                   | Case report (dosage undefined): increased INR.  
78                                                                                          | Monitor at doses equivalent to < 4 g/day dried ginger (low level of risk).  
Stop taking at least one week before surgery                                               |
|                                                                                           | Warfarin: Increased risk of spontaneous bleeding.                                    | Concern based on antiplatelet activity and potential to inhibit thromboxane synthetase.  
Herb Alone                                                                                   | Monitor at doses equivalent to < 4 g/day dried ginger (very low level of risk).  
Contraindicated unless under close supervision at doses equivalent to > 4 g/day dried ginger. |
|                                                                                           | Case report (dosage undefined)  
77                                                                                          | No pharmocokinetic or pharmodynamic effect demonstrated in a clinical trial with healthy volunteers (3 g/day, dried ginger).  
77                                                                                          |                                                                                   |
| **Nifedipine**                     | May produce a synergistic antiplatelet effect.                                        | Clinical study (1 g/day, dried ginger) in healthy volunteers and hypertensive patients.  
76                                                                                          | Contraindicated                                                                   |
<table>
<thead>
<tr>
<th>Drug</th>
<th>Potential Interaction</th>
<th>Basis of Concern</th>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ginkgo</strong> Ginkgo biloba</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Anticonvulsant medication</td>
<td>May decrease the effectiveness of drug</td>
<td>Case reports, two with well-controlled epilepsy; others anecdotal and uncertain; Monitor (medium level of risk). Increasing the intake of vitamin B6 may be advisable for patients taking anticonvulsants.</td>
<td></td>
</tr>
<tr>
<td>eg carbamazepine, sodium valproate</td>
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</tr>
<tr>
<td>Antiplatelet and anticoagulant drugs</td>
<td>Prolongation of bleeding and/or increased bleeding tendency</td>
<td>Concern based on antiplatelet activity</td>
<td>Monitor (low level of risk)</td>
</tr>
<tr>
<td>Antiplatelet and anticoagulant drugs</td>
<td></td>
<td>Bleeding events associated with Ginkgo alone or in combination with these and other drugs have been reported. A causal relationship was not established conclusively. Although a retrospective population-based study showed risk of hemorrhage was associated with elderly patients (65 years or older) who were taking Ginkgo alone.</td>
<td></td>
</tr>
<tr>
<td>Antiplatelet and anticoagulant drugs</td>
<td></td>
<td>Meta-analysis of randomized, placebo-controlled trials (healthy volunteers and patients). Results indicate standardized Ginkgo extract does not increase the risk of bleeding. Randomized, 5-year trial (elderly participants, Ginkgo 50:1 extract, 240 mg/day): no significant difference in incidence of hemorrhagic events.</td>
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<tr>
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<td></td>
<td>Treatment of hypertension with Ginkgo alone. Rare case reports of bleeding.</td>
<td></td>
</tr>
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<td>Antiplatelet and anticoagulant drugs</td>
<td></td>
<td>Treatment of hypertension with Ginkgo alone. Rare case reports of bleeding.</td>
<td></td>
</tr>
<tr>
<td>Antipsychotic medication</td>
<td>May potentiate the efficiency of drug in patients with schizophrenia.</td>
<td>Randomized, controlled trials (Ginkgo 50:1 extract: 120–360 mg/day)</td>
<td>Prescribe cautiously. Reduce drug if necessary in conjunction with prescribing physician.</td>
</tr>
<tr>
<td>eg haloperidol, olanzapine, clozapine</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Antiretroviral drugs</td>
<td>HIV integrase inhibitors eg raltegravir: May alter drug levels</td>
<td>Clinical study with healthy volunteers (Ginkgo 50:1 extract: 240 mg/day) found an increase in plasma levels, due to large interindividual variability, not considered to be of clinical importance. (The drug's pharmacokinetics are known for considerable intra- and interindividual variability.)</td>
<td>Monitor (low level of risk)</td>
</tr>
<tr>
<td>HIV non-nucleoside transcriptase inhibitors eg efavirenz</td>
<td>May decrease drug levels.</td>
<td></td>
<td>Monitor (medium level of risk)</td>
</tr>
<tr>
<td>Atorvastatin – See Statin drugs below</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Benzodiazepines</td>
<td>May alter drug level.</td>
<td></td>
<td>Monitor (low level of risk)</td>
</tr>
<tr>
<td>eg alprazolam, diazepam,midazolam, zopiclone</td>
<td></td>
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<td></td>
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<tr>
<td><strong>Hypoglycemic drugs</strong></td>
<td>Glipizide: May cause hypoglycemia.</td>
<td>Observation from aborted trial: hypoglycemia occurred in volunteers with normal glucose tolerance within 60 minutes. Glipizide 50:1 extract was administered as a single dose of 120 mg.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Metformin: May enhance effectiveness of drug</td>
<td>Clinical trial elimination half-life was increased at doses of metformin 850 mg, three times a day. Effect not significant at doses to 500 mg, twice a day. Glipizide 50:1 extract was administered as a single dose of 120 mg.</td>
<td>Monitor at doses of metformin &gt; 1 g/day (medium level of risk). Reduce drug if necessary in conjunction with prescribing physician.</td>
<td></td>
</tr>
<tr>
<td>Pioglitazone: May increase drug level</td>
<td>Clinical trial with healthy volunteers (Ginkgo 50:1 extract: 120 mg/day). Monitoring recommended.</td>
<td>Monitor (low level of risk).</td>
<td></td>
</tr>
<tr>
<td>Nifedipine</td>
<td>May increase drug levels or side effects</td>
<td>Clinical studies: mixed results found for mean plasma drug level – increase (120 mg/day) and no effect (240 mg/day). However, at the higher dose, maximal plasma drug level and heart rate was increased with adverse drug reactions for participants with highest plasma drug levels (headache, dizziness, hot flashes).</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td>Omeprazole</td>
<td>May decrease drug levels</td>
<td>Clinical trial with healthy volunteers found conflicting results on drug levels: decreased (Ginkgo 50:1 extract: 280 mg/day) and no effect (Ginkgo 50:1 extract: 240 mg/day).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Statin drugs</td>
<td>May decrease drug levels</td>
<td>Atorvastatin: Clinical study with healthy volunteers (Ginkgo 50:1 extract: 360 mg/day): no pharmacodynamic effect was observed. Pioglitazone: Clinical study with healthy volunteers (Ginkgo 50:1 extract: 240 mg/day) – drug levels decreased, but active metabolite drug levels not affected. Pharmacodynamics (cholesterol lowering) of the drug not significantly affected, although trend towards lowering of LDL-cholesterol efficacy observed.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Talinolol</td>
<td>May increase drug levels</td>
<td>Clinical trial with healthy volunteers.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>Golden Seal</strong>  <em>Hydrastis canadensis</em></td>
<td>Drugs which displace the protein binding of bilirubin: eg phenylbutazone</td>
<td>May potentiate effect of drug on displacing bilirubin.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>Herb-Drug Interaction Chart</strong></td>
<td><strong>Herb Alone</strong></td>
<td>May potentiate effect of drug on displacing bilirubin.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>Midazolam</strong></td>
<td>May increase drug level</td>
<td>Clinical trial (defined as a weak interaction).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>Green Tea</strong>  <em>Camellia sinensis</em> (See also Polyphenol-containing herbs and Tannin-containing herbs)</td>
<td>Boronic acid-based protease inhibitors eg bortezomib</td>
<td>May decrease efficacy of drug.</td>
<td>Contraindicated at high doses (around 600 mg/day EGCG or 1 g/day green tea catechins). More information required for doses below this level.</td>
</tr>
<tr>
<td></td>
<td>Folate</td>
<td>May decrease absorption.</td>
<td>If taken simultaneously, may need to increase dose of folate. The effect may be relatively small – more information is required.</td>
</tr>
<tr>
<td></td>
<td>Immunosuppressives</td>
<td>May increase drug levels.</td>
<td>Case report (patient was a CYP3A4 poor metabolizer).</td>
</tr>
<tr>
<td></td>
<td>Sildenafil</td>
<td>May increase bioavailability of drug</td>
<td>Clinical study with healthy volunteers (2 g, single dose, green tea powder containing 60 mg catechins). Blood pressure and electrocardiogram were unchanged.</td>
</tr>
<tr>
<td></td>
<td>Statin drugs eg simvastatin</td>
<td>May increase plasma level and side effect of drug</td>
<td>One case reported of muscle pain (side effect). Pharmacokinetic evaluation indicated green tea (1 cup) increased the bioavailability of simvastatin in this patient.</td>
</tr>
<tr>
<td></td>
<td>Sunitinib</td>
<td>May reduce bioavailability of drug</td>
<td>Case report (effect appeared dose-dependent). Considering the pharmacokinetic data (interaction in mice), the authors recommended avoiding green tea intake or leaving an interval of 4 hours between beverage and drug intake.</td>
</tr>
<tr>
<td></td>
<td>Warfarin</td>
<td>May inhibit effect of drug: decreased INR</td>
<td>Case report (brewed green tea: 0.5-1 gallon/day).</td>
</tr>
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<td>Drug</td>
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<tr>
<td><strong>Hawthorn</strong> <em>Crataegus monogyna, Crataegus laevigata (C. oxyacantha)</em> (See also Tannin-containing herbs)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Digoxin</strong></td>
<td>May increase effectiveness of drug</td>
<td>Clinical studies indicate a (beneficial) synergistic effect. Pharmacokinetics not affected in a clinical study (healthy volunteers).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>Hypotensive drugs</strong></td>
<td>May increase effectiveness of drug</td>
<td>Controlled trials where drugs known to be taken by all or many heart disease patients: blood pressure decreased significantly (2 trials). Decreased nonsignificantly (1 trial) and was unchanged (1 trial). Significant decrease in blood pressure observed in diabetics taking hypotensive drugs (1 trial).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>Hypoglycemic herbs</strong> eg <em>Gymnema sylvestre</em> (See also Ginkgo, Korean Ginseng, Milk Thistle, St John’s Wort)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hypoglycemic drugs</strong> including insulin</td>
<td>May potentiate hypoglycemic activity of drug</td>
<td>In uncontrolled trials, high dose, long-term administration of <em>Gymnema</em> extract (equivalent to 10-13 g/day dried leaf) reduced insulin and hypoglycemic drug requirements in diabetics. Several trials have found no effect for garlic on blood glucose in type 2 diabetes, although in a double-blind, placebo-controlled trial (using enteric-coated tablets), a reduction in the dosage of oral hypoglycemic drugs was required (these patients had fasting blood glucose above 8.0 mmol/l (144 mg/dl)).</td>
<td>Prescribe cautiously and monitor blood sugar regularly. Warn patient about possible hypoglycemic effects. Reduce hypoglycemic effects.</td>
</tr>
<tr>
<td><strong>Kava</strong> <em>Piper methysticum</em></td>
<td></td>
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</tr>
<tr>
<td><strong>CNS depressants</strong> eg alcohol, barbiturates, benzodiazepines</td>
<td>Potentiation of drug effects.</td>
<td>Theoretical concern based on deliberations of German Commission E and the anxiolytic activity of kava. Two apparent case reports (kava + benzodiazepines (alprazolam, flunitrazepam)). Clinical trials with healthy volunteers: no additional side effects observed for kava (extract containing 240 mg/day of kava lactones) + benzodiazepam (flurazepam), and kava (extract containing 2.10 mg/day of kava lactones) + alcohol. Clinical study with healthy volunteers: no effect on pharmacokinetic parameters of midazolam (extract provided 2.53 mg/day of kava lactones).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>L-dopa and other Parkinson’s disease treatments</strong></td>
<td>Possible dopamine antagonist effects.</td>
<td>Case reports. Although, kava is unlikely to be responsible for central dopaminergic antagonism unless under close treatment (experimental model) and kava reduced parkinsonism induced by neuroleptic drugs (observational study, psychiatric patients).</td>
<td>Contraindicated unless under close supervision.</td>
</tr>
<tr>
<td><strong>Korean Ginseng</strong> <em>Panax ginseng</em></td>
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</tr>
<tr>
<td><strong>Antihypertensive medications</strong> including nifedipine</td>
<td>May decrease effectiveness of drug</td>
<td>Theoretical concern since hypertension is a feature of GAS. Clinical significance unclear. Assessment of 316 hospital patients found Korean ginseng to have a counter effect only in a very small percentage: blood pressure increase in 5% of hypertensives, decrease in 3% and decrease in 2% of normotensives; decrease in 6% of hypertensives. No information on concurrent medications.</td>
<td>Monitor (very low level of risk).</td>
</tr>
<tr>
<td><strong>Antiplatelet and anticoagulant drugs</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CNS stimulants</strong></td>
<td>May potentiate effects of drug</td>
<td>Theoretical concern since CNS stimulation is a feature of GAS. Clinical significance unclear.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>HIV integrase inhibitors</strong> eg raltegravir</td>
<td>May potentiate adverse effect possibly by altered metabolism</td>
<td>Case report (elevated liver enzymes: probable causality, dosage unknown).</td>
<td>Monitor (low level of risk).</td>
</tr>
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</tr>
<tr>
<td>Hypoglycemic drugs including insulin</td>
<td>May potentiate hypoglycemic activity of drug</td>
<td>Theoretical concern based on clinically observed hypoglycemic activity of ginseng in newly diagnosed type 2 diabetics. No effect on insulin sensitivity or beta-cell function after very high doses in newly diagnosed type 2 diabetics or those with impaired glucose tolerance. Korean red ginseng (2.7 g/day) reduced the requirement for insulin in about 40% of diabetics in a small uncontrolled trial. No adverse effects in three trials of type 2 diabetics well controlled with diet and/or oral hypoglycemic drugs.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>MAO inhibitors e.g. phenelzine</td>
<td>May cause side effects such as headache, sleeplessness, tremor.</td>
<td>Case reports.</td>
<td>Contraindicated.</td>
</tr>
<tr>
<td>Midazolam</td>
<td>May decrease drug level.</td>
<td>Clinical study with healthy volunteers (extract providing about 45 mg/day of ginsenosides).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Sildenafil</td>
<td>Potentiation of drug possible.</td>
<td>Theoretical concern based on in vitro studies which show ginseng increases nitric oxide release from corpus cavernosum tissue.</td>
<td>Monitor (very low level of risk).</td>
</tr>
<tr>
<td>Laxative (anthraquinone-containing) herbs e.g. cascara (Frangula purshiana, Rhamnus purshianus), yellow dock (Rumex crispus)</td>
<td></td>
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<tr>
<td>Antiarhythmic agents</td>
<td>May affect activity if potassium deficiency resulting from long-term laxative abuse is present.</td>
<td>German Commission E and ESCOP recommendation.</td>
<td>Avoid excessive doses of laxatives. Maintain patients on a high potassium diet.</td>
</tr>
<tr>
<td>Cardiac glycosides</td>
<td>May potentiate activity if potassium deficiency resulting from long-term laxative abuse is present.</td>
<td>German Commission E and ESCOP recommendation.</td>
<td>Monitor (low level of risk at normal doses).</td>
</tr>
<tr>
<td>Potassium-depleting agents e.g. thiazide diuretics, corticosteroids, licorice root (Glycyrrhiza glabra)</td>
<td>May increase potassium depletion.</td>
<td>German Commission E and ESCOP recommendation.</td>
<td>Avoid excessive doses of laxatives. Maintain patients on a high potassium diet.</td>
</tr>
</tbody>
</table>

**Herb-Drug Interaction Chart: General Prescribing Guidelines**

- Exercise great caution when prescribing herbs for patients taking drugs with a narrow therapeutic window. These drugs may become dangerously toxic or ineffective with only relatively small changes in their blood concentrations. Examples include digoxin, warfarin, antirejection (immunosuppressive) drugs, many anti-HIV drugs, theophylline, phenytoin and phenobarbital. These patients need to be monitored on a frequent, regular basis.
- Exercise great caution when prescribing herbs for patients taking drugs:
  - if heart, liver, or kidney function is impaired,
  - in elderly patients,
  - in pregnant women,
  - in those who have received an organ transplant,
  - in those with a genetic disorder that disturbs normal biochemical functions. These patients need to be monitored on a frequent, regular basis.
- Care should be exercised with patients who exhibit long-term use of laxative herbs or potassium-losing diuretics.
- Critical drugs should be taken at different times of the day from herbs (and food) to reduce chemical or pharmacokinetic interactions. They should be separated by at least 1 hour, preferably more.
- Stop all herbs approximately 1 week before surgery. Milk thistle may help reduce the toxic after-effects of anesthetic drugs, so it can be taken up to the day before, and then again, after surgery.
- Carefully monitor the effects of drugs such as antihypertensives and antidiabetic drugs when combining with herbal remedies. The herbs may make them more or less effective. In the ideal situation the dose of the drug could be adjusted.
- Interactions may be dose related for the herb and the drug, for example, St John’s wort and digoxin.

<table>
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<th>Basis of Concern</th>
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<td><strong>Licorice Glycyrrhiza glabra</strong></td>
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</tr>
<tr>
<td><strong>Antihypertensive medications other than diuretics</strong></td>
<td>General: May decrease effectiveness of drug. Several case reports have suggested that licorice consumption may lead to pseudoaldosteronism and high blood pressure. Potential adverse effects include hypertension, hypokalemia, and increased blood pressure.</td>
<td>When consumed in high doses, licorice can cause pseudoaldosteronism and high blood pressure. When combined with diuretics, hypertension can be severe.</td>
<td>Avoid long-term use at doses &gt; 100 mg/day glycyrrhizin unless under close supervision. Place patients on a high potassium diet.</td>
</tr>
<tr>
<td><strong>ACE inhibitor</strong></td>
<td>May mask the development of pseudoaldosteronism.</td>
<td>Case reports (licorice tea, 3 L/day; patient still hypertensive despite treatment with drugs).</td>
<td>Avoid long-term use at doses &gt; 100 mg/day glycyrrhizin unless under close supervision.</td>
</tr>
<tr>
<td><strong>Cilostazol</strong></td>
<td>May cause hypokalemia, which can potentiate the toxicity of the drug.</td>
<td>Case report (patient consuming licorice herbal medicine (200-240 mg/day glycyrrhizin)). Drug dosage was reduced, leading to pseudoaldosteronism.</td>
<td>Monitor (medium level of risk). Place patients on a high potassium diet.</td>
</tr>
<tr>
<td><strong>Corticosteroids</strong></td>
<td>Cortisol: May potentiate the action of corticosteroids.</td>
<td>Inhibition of the enzyme 11beta-HSD2 by glycyrrhizin leads to an increased level of cortisol in the kidney. This does not happen in the liver. The plasma half-life of cortisol may be prolonged when licorice is consumed.</td>
<td>Monitor (very low level of risk at normal doses).</td>
</tr>
<tr>
<td><strong>Herb or Constituent Alone</strong></td>
<td>Hypertension demonstrated in case reports, usually from long-term intake and/or very high dose. Hypokalemic paralysis reported (184 mg/day of glycyrrhizin for 2 months), although hypertension was mild, possibly due to coexisting sodium wasting related to uraemia from prostate cancer.</td>
<td>Other studies show variation of effects on blood pressure (see note T)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Clinical studies (up to 200 mg/day of licorice): dose-dependent relationship found between licorice and increase in blood pressure, more pronounced effect in hypertensive patients than in normotensive volunteers, adverse effect greater in women, and effect shown for dose as low as 50 g/day of licorice (75 mg/day of glycyrrhetinic acid = 130 mg/day of glycyrrhizin) taken for 2 weeks.</td>
<td>Other studies show variation of effects on blood pressure (see note T) – renal function may be a factor.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hypertension demonstrated in case reports, usually from long-term intake and/or very high dose.</td>
<td>Other studies show variation of effects on blood pressure (see note T) – renal function may be a factor.</td>
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</tr>
<tr>
<td></td>
<td>General: May decrease effectiveness of drug. Hypertension demonstrated in case reports, usually from long-term intake and/or very high dose. Hypokalemic paralysis reported (184 mg/day of glycyrrhizin for 2 months), although hypertension was mild, possibly due to coexisting sodium wasting related to uraemia from prostate cancer.</td>
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<td>Other studies show variation of effects on blood pressure (see note T) – renal function may be a factor.</td>
<td></td>
</tr>
</tbody>
</table>

*Note: Additional references and studies are omitted for brevity.*
<table>
<thead>
<tr>
<th>Drug</th>
<th>Potential Interaction</th>
<th>Basis of Concern</th>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Digoxin</td>
<td>May cause hypokalemia which can potentiate the toxicity of the drug.</td>
<td>Herb Alone</td>
<td>Avoid long-term use at doses &gt; 100 mg/day glycyrrhizin unless under close supervision. Place patients on a high potassium diet.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hypokalemia demonstrated in case reports and clinical studies, usually from long-term intake and/or very high dose; however effect has been demonstrated in sensitive individuals at low doses (licorice containing 100 mg/day of glycyrrhizin). Side effects would be common at 400 mg/day of glycyrrhizin.</td>
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<tr>
<td></td>
<td></td>
<td>Herb and Drug</td>
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<tr>
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<td></td>
<td>Case report (patient taking herbal laxative containing licorice (1.2 g/day) and rhubarb (Rheum spp., 4.8 g/day)). In addition to digoxin, patient was also taking a potassium-depleting diuretic.</td>
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<tr>
<td></td>
<td></td>
<td>Thiazide and loop (potassium-depleting) diuretics. The combined effect of licorice and the drug could result in excessive potassium loss.</td>
<td></td>
</tr>
<tr>
<td>Diuretics</td>
<td>Spondylolchn (potassium-sparing diuretic): Reduce side effects of drug.</td>
<td>Herb or Constituent Alone</td>
<td>Contain the toxicity of diuretics.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hypokalemia demonstrated in case reports and clinical studies, usually from long-term intake and/or very high dose; however effect has been demonstrated in patients for ongoing treatment with herbal medicines containing glycyrrhizin at doses of 80–240 mg/day.</td>
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<tr>
<td></td>
<td></td>
<td>Herb and Drug</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Case reports, usually from long-term intake and/or very high dose; however effect has been demonstrated for ongoing treatment of glycyrrhizin as low as 80 mg/day.</td>
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<tr>
<td></td>
<td></td>
<td>Clinical study: in women with PCOS addition of licorice extract (containing about 463 mg/day glycyrrhizin) reduced side effects related to the diuretic activity of drug.</td>
<td></td>
</tr>
<tr>
<td>Immunosuppressives eg sirolimus</td>
<td>May decrease drug clearance.</td>
<td>Population pharmacokinetic study with 112 Chinese adult renal transplant recipients: clearance of sirolimus decreased in those patients with abnormal ALT values who were taking herbal formulations containing glycyrrhizin (route and dosage unknown).</td>
<td>Monitor (medium level of risk in hepatically-impaired patients).</td>
</tr>
<tr>
<td>Midazolam</td>
<td>May decrease drug level.</td>
<td>Clinical study with healthy volunteers (potassium salt of glycyrrhizin, equivalent to 287 mg/day of glycyrrhizin).</td>
<td>Monitor (low level of risk at normal doses).</td>
</tr>
<tr>
<td>Omeprazole</td>
<td>May decrease drug level.</td>
<td>Clinical study with healthy volunteers (potassium salt of glycyrrhizin, equivalent to 287 mg/day of glycyrrhizin).</td>
<td>Monitor (low level of risk at normal doses).</td>
</tr>
<tr>
<td>Potassium-depleting drugs other than thiazide and loop diuretics eg corticosteroids, stimulant laxatives</td>
<td>May result in excessive potassium loss.</td>
<td>Herb Alone</td>
<td>Avoid long-term use at doses &gt; 100 mg/day glycyrrhizin unless under close supervision. Place patients on a high potassium diet.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hypokalemia demonstrated in case reports and clinical studies, usually from long-term intake and/or very high dose; however effect has been demonstrated in sensitive individuals at low doses (licorice containing 100 mg/day of glycyrrhizin). Side effects would be common at 400 mg/day of glycyrrhizin.</td>
<td></td>
</tr>
<tr>
<td>Marshmallow Root Althaea officinalis</td>
<td>Prescribed medication May slow or reduce absorption of drugs.</td>
<td>Theoretical concern based on absorbent properties of marshmallow root.</td>
<td>Take at least 2 hours away from medication.</td>
</tr>
<tr>
<td>Meadowsweet Filipendula ulmaria (See also Tannin-containing herbs)</td>
<td>May slow or reduce absorption of drugs.</td>
<td>Theoretical concern based on in vivo animal study demonstrating anticoagulant activity (dosage unavailable).</td>
<td>Monitor (very low level of risk).</td>
</tr>
<tr>
<td>Warfarin</td>
<td>May potentiate effects of drug.</td>
<td>Theoretical concern based on in vivo animal study demonstrating anticoagulant activity (dosage unavailable).</td>
<td>Monitor (very low level of risk).</td>
</tr>
<tr>
<td>Milk Thistle Silybum marianum (See also Polyphenol-containing herbs)</td>
<td>Hypoglycemic drugs including insulin May improve insulin sensitivity.</td>
<td>Controlled trials: improved glycemic control and reduced insulin requirements in patients with type 2 diabetes and cirrhosis (silymarin: 600 mg/day).24 although insulin requirements unchanged in another trial (silymarin: 200 mg/day).24 Improved glycemic control in diabetics treated with hypoglycemic drugs (silymarin: 200 and 600 mg/day).26,27 Improved blood glucose, blood insulin and insulin resistance in PCOS patients treated with metformin (silymarin: 750 mg/day).28,29 but no effect on glucose metabolism in NASH patients including those with insulin resistance (silymarin: 280 and 600 mg/day).30,31</td>
<td>Prescribe cautiously and monitor blood sugar regularly. Warn patient about possible hypoglycemic effects. Reduce dosage if necessary in conjunction with prescribing physician.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Immunosuppressives eg sirolimus May decrease drug clearance.</td>
<td>Monitor (medium level of risk) in hepatically-impaired patients.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Population pharmacokinetic study with 112 Chinese adult renal transplant recipients: clearance of sirolimus decreased in those patients with abnormal ALT values who were taking silymarin formulations (route and dosage unknown).26</td>
<td></td>
</tr>
<tr>
<td>Losartan</td>
<td>May reduce efficacy of drug by inhibiting metabolism.</td>
<td>Clinical study (healthy volunteers, clinical significance unclear): inhibited metabolism of drug; the inhibition was greater in those of a particular CYP2C9 genotype (silymarin: -200 mg/day).32 See note Y.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Metronidazole</td>
<td>May decrease absorption of drug, by increasing clearance.</td>
<td>Clinical study with healthy volunteers (silymarin: 140 mg/day).26</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td>Nifedipine</td>
<td>May delay the absorption rate of drug.</td>
<td>Clinical study with healthy volunteers (silymarin: 280 mg/day), but bioavailability unchanged.33</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Osimetazol</td>
<td>May increase drug levels.</td>
<td>Clinical study with healthy volunteers (silymarin: 140 mg/day).26</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td>Talinol</td>
<td>May increase drug levels.</td>
<td>Clinical study with healthy volunteers (silymarin: -200 mg/day).26</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Drug</td>
<td>Potential Interaction</td>
<td>Basis of Concern</td>
<td>Recommended Action</td>
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<tr>
<td><strong>Phellodendron</strong> (Phellodendron amurense)</td>
<td>Drugs that displace the protein binding of bilirubin</td>
<td>Herb Alone</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td></td>
<td>May potentiate effect of drug on displacing bilirubin.</td>
<td>Theoretical concern based on in vivo data (displaced bilirubin from albumin) and in animals with high dose of berberine by injection (reduced bilirubin serum protein binding).</td>
<td></td>
</tr>
<tr>
<td><strong>Polyphenol-containing or Flavonoid-containing herbs</strong></td>
<td>Polyphenol-containing or flavonoid-containing herbs (especially cayenne (Capsicum annuum), chamomile (Matricaria chamomilla (Matricaria recutita)), green tea (Camellia sinensis), lime flowers (Tilia cordata), milk thistle (Silybum marianum), rosemary (Rosmarinus officinalis)). See also Tannin-containing herbs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Immunosuppressives (eg cyclosporin)</td>
<td>Decreases drug levels, due to impaired absorption or increased metabolism.</td>
<td>Three case reports, in transplant patients (2 L/day of herbal tea; 1-1.5 L/day of chamomile tea; 'large quantities' of fruit tea containing hibiscus extract, and a drink containing black tea). Confirmed by rechallenge in one case, but no signs of rejection.</td>
<td>Monitor (medium level of risk). Also advisable not to take simultaneously in anaemia and where iron supplementation is required, do not take simultaneously with meals or iron supplements.</td>
</tr>
<tr>
<td>Iron</td>
<td>Inhibition of non-heme iron absorption. Clinical study (included herb teas (German chamomile, vervain, lime flower, peppermint; all 3 g/300 mL), beverages (eg black tea, coffee, cocoa): effect dependent on polyphenol content (per serving: 20-400 mg)).</td>
<td>See also note RR. Timing of intake may be important. See also note CC. Epidemiological study (United States): 1 cup/week of coffee associated with 1% lower serum ferritin in the elderly.</td>
<td></td>
</tr>
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<td>Immunosuppressives (eg cyclosporin)</td>
<td>Decreases drug levels, due to impaired absorption or increased metabolism.</td>
<td>Three case reports, in transplant patients (2 L/day of herbal tea; 1-1.5 L/day of chamomile tea; 'large quantities' of fruit tea containing hibiscus extract, and a drink containing black tea). Confirmed by rechallenge in one case, but no signs of rejection.</td>
<td>Monitor (medium level of risk). Also advisable not to take simultaneously in anaemia and where iron supplementation is required, do not take simultaneously with meals or iron supplements.</td>
</tr>
<tr>
<td>Saw Palmetto (Serenoa repens)</td>
<td>Antplatelet and anticoagulant drugs</td>
<td>May potentiate effect of drug.</td>
<td>Monitor (very low level of risk).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Herb Alone</td>
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<tr>
<td></td>
<td>Case report (hormatosis during surgery).</td>
<td>Clinical trials: reduced intraoperative bleeding from transurethral resection of the prostate procedure with preoperative use of liposterolic extract (2 trials); blood loss not different when compared with drug treatment (1 trial).</td>
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<tr>
<td></td>
<td></td>
<td>Heel and Drug</td>
<td>Clinical trials: reduced intraoperative bleeding from transurethral resection of the prostate procedure with preoperative use of liposterolic extract (2 trials); blood loss not different when compared with drug treatment (1 trial).</td>
</tr>
<tr>
<td>Schisandra (Schisandra chinensis)</td>
<td>Schisandra</td>
<td>May increase drug levels.</td>
<td>Monitor (low level of risk at normal doses).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Simultaneous observations in some liver transplanted recipients. Clinical study: markedly increased drug levels in healthy volunteers given S. sphenanthera extract, providing 67.5 mg/day of deoxyschisandrin.</td>
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<tr>
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<td>Tacrolimus: Observations in some liver transplanted recipients. Clinical studies: markedly increased drug levels in healthy volunteers given S. sphenanthera extract, providing 67.5 mg/day of deoxyschisandrin.</td>
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<td></td>
<td></td>
<td>Midazolam: May increase drug levels.</td>
<td>Increase in sleeping time and increase in mild to moderate adverse effects found in healthy volunteers, given S. chinensis extract, providing 22.5 mg/day of deoxyschisandrin.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Prescribed medication: May accelerate clearance from the body.</td>
<td>Theoretical concern based on in vivo animal studies demonstrating enhanced phase I/II hepatic metabolism.</td>
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<tr>
<td></td>
<td></td>
<td>Talinolol: May increase drug levels.</td>
<td>Increased drug level and decreased clearance found in healthy volunteers, given S. chinensis extract, providing 33.75 mg/day of deoxyschisandrin.</td>
</tr>
<tr>
<td>Drug</td>
<td>Potential Interaction</td>
<td>Basis of Concern</td>
<td>Recommended Action</td>
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<tr>
<td><strong>Slippery Elm Bark</strong> <em>Ulmus rubra</em></td>
<td>Prescribed medication</td>
<td>May slow or reduce absorption of drugs.</td>
<td>Theoretical concern based on absorbent properties of slippery elm. <strong>Take at least 2 hours away from medication.</strong></td>
</tr>
<tr>
<td><strong>St John’s Wort</strong> <em>Hypericum perforatum</em> (See also Tannin-containing herbs)</td>
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<tr>
<td>** Amitriptyline**</td>
<td>Decreases drug levels.</td>
<td>Clinical study.</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td><strong>Anticonvulsants e.g. carbamazepine, mephenytoin, phenobarbital, phenytoin</strong></td>
<td>May decrease drug levels via CYP induction.</td>
<td><strong>Theoretical concern. An open clinical trial demonstrated no effect on carbamazepine pharmacokinetics in healthy volunteers.</strong></td>
<td><strong>Monitor (low level of risk).</strong></td>
</tr>
<tr>
<td><strong>Antihistamine e.g. fexofenadine</strong></td>
<td>Decreases drug levels.</td>
<td>Clinical studies.</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td><strong>Antiplatelet and anticoagulant drugs</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>Clonidine:</strong> May potentiate effects of drug.</td>
<td>Clinical studies: increased responsiveness (decreased platelet aggregation or improved residual platelet reactivity) in hyporesponsive volunteers and patients, possibly via the formation of the active metabolite (CYP3A4 activity was increased), thus providing a beneficial effect in these patients. This is a complex situation, with the meaning of clonidine resistance/hyporesponsiveness debated.</td>
<td><strong>In patients with known clonidine resistance:</strong> Monitor (medium level of risk). <strong>In other patients:</strong> Monitor (risk is unknown).</td>
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</tr>
<tr>
<td><strong>Phenprocoumon:</strong> Decreases plasma drug levels.</td>
<td>Clinical study.</td>
<td><strong>Contraindicated.</strong></td>
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</tr>
<tr>
<td><strong>Warfarin:</strong> Decreases drug levels and INR.</td>
<td>Case reports (decreased INR (nine cases), increased INR (three cases)). Clinical study with healthy volunteers (decreased drug level and INR).</td>
<td><strong>Contraindicated.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Benzodiazepines</strong></td>
<td>Decreases drug levels, and is probably dependent upon the hyperforin content.</td>
<td>Alprazolam: Mixed results for drug levels in two clinical studies (similarly low amount of hyperforin, ~4 mg/day); no effect (dried herb equivalent: 1.1 g/day)282 and decrease.</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td></td>
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<td>Midazolam: Clinical studies, effect not regarded as clinically relevant for low (&lt; 1 mg/day) hyperforin extracts.270,280,283,284</td>
<td><strong>Hyperforin-rich extracts:</strong> Monitor (medium level of risk). <strong>Low hyperforin extracts:</strong> Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>Quazepam:</strong> Decreased drug levels, but no effect on pharmacodynamics (sedation).</td>
<td>Monitor (low level of risk).</td>
<td></td>
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</tr>
<tr>
<td><strong>Calcium channel antagonists</strong></td>
<td>Decreases drug levels.</td>
<td>Nifedipine: Clinical studies.</td>
<td><strong>Contraindicated.</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Verapamil: Clinical study.</td>
<td><strong>Contraindicated.</strong></td>
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<tr>
<td><strong>Cancer chemotherapeutic drugs e.g. irinotecan, imatinib</strong></td>
<td>Decreases drug levels.</td>
<td>Clinical studies.</td>
<td><strong>Contraindicated.</strong></td>
</tr>
<tr>
<td><strong>Clazapine</strong></td>
<td>Decreases drug levels.</td>
<td>Case report.</td>
<td><strong>Contraindicated.</strong></td>
</tr>
<tr>
<td><strong>Digoxin</strong></td>
<td>Decreases drug levels.</td>
<td>Clinical studies (several studies showed decrease, one study showed no effect) but effect is dependent upon dose of herb and the hyperforin content.</td>
<td><strong>Contraindicated at doses equivalent to &gt; 1 g/day dried herb, especially for high hyperforin extracts.</strong></td>
</tr>
<tr>
<td><strong>Docetaxel</strong> (intravenous)</td>
<td>May decrease effectiveness of drug.</td>
<td>Clinical study with cancer patients: effect on pharmacokinetics probably not clinically relevant (eg plasma levels decreased by only 6%), side effects were also reduced.</td>
<td><strong>Contraindicated.</strong></td>
</tr>
<tr>
<td><strong>Finasteride</strong></td>
<td>May decrease drug levels.</td>
<td>Clinical study with healthy volunteers: Case report: PSA level elevated (due to decreased efficacy of drug) in patient with benign prostate hyperplasia.</td>
<td><strong>Contraindicated.</strong></td>
</tr>
<tr>
<td><strong>HIV non-nucleoside transcriptase inhibitors e.g. nevirapine</strong></td>
<td>Decreases drug levels.</td>
<td>Case report.</td>
<td><strong>Contraindicated.</strong></td>
</tr>
<tr>
<td><strong>HIV protease inhibitors e.g. indinavir</strong></td>
<td>Decreases drug levels.</td>
<td>Clinical study.</td>
<td><strong>Contraindicated.</strong></td>
</tr>
</tbody>
</table>
### Drug Interactions

<table>
<thead>
<tr>
<th>Drug Type</th>
<th>Commonly Interacting Drugs</th>
<th>Basis of Concern</th>
<th>Potential Interaction</th>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hypoglycemic drugs</strong></td>
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<tr>
<td></td>
<td>Gliclazide</td>
<td>May reduce efficacy of drug by increased clearance.</td>
<td>Monitor</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Repaglinide</td>
<td>May affect metabolism of drug.</td>
<td>Monitor</td>
<td></td>
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<tr>
<td></td>
<td>Tolbutamide</td>
<td>May affect blood glucose.</td>
<td>Monitor</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Immunosuppressives</td>
<td>Decreases drug levels.</td>
<td>Monitor</td>
<td></td>
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<tr>
<td></td>
<td>S-Ketamine (oral)</td>
<td>May decrease drug levels.</td>
<td>Monitor</td>
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</tr>
<tr>
<td></td>
<td>Morphine (oral)</td>
<td>May potentiate effects of drug.</td>
<td>Monitor</td>
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<td></td>
<td>Omeprazole</td>
<td>May decrease drug levels.</td>
<td>Monitor</td>
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<tr>
<td><strong>Endothelial drugs</strong></td>
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<td></td>
<td>Oxycodone</td>
<td>May decrease drug levels.</td>
<td>Monitor</td>
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<tr>
<td><strong>Immunosuppressives</strong></td>
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</tr>
<tr>
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<td>S-Ketamine (oral)</td>
<td>May decrease drug levels.</td>
<td>Monitor</td>
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<tr>
<td></td>
<td>Morphine (oral)</td>
<td>May decrease drug levels.</td>
<td>Monitor</td>
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<tr>
<td><strong>Statin drugs</strong></td>
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<tr>
<td></td>
<td>Atorvastatin</td>
<td>May decrease effect and/or drug levels.</td>
<td>Monitor</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pravastatin</td>
<td>May decrease drug levels.</td>
<td>Monitor</td>
<td></td>
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<tr>
<td></td>
<td>Rosuvastatin</td>
<td>May decrease drug levels.</td>
<td>Monitor</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Simvastatin</td>
<td>May decrease drug levels.</td>
<td>Monitor</td>
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<tr>
<td><strong>Opioids</strong></td>
<td></td>
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<tr>
<td></td>
<td>Talinolol</td>
<td>May decrease drug levels.</td>
<td>Monitor</td>
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<tr>
<td><strong>Anti-inflammatory agents</strong></td>
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<tr>
<td></td>
<td>Zoflimed</td>
<td>May decrease drug levels.</td>
<td>Monitor</td>
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<tr>
<td><strong>Antidepressants</strong></td>
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<tr>
<td></td>
<td>SSRIs** (eg paroxetine, trazodone, sertraline and other serotonergic agents)</td>
<td>Potentiation effects possible in regard to serotonin levels.</td>
<td>Monitor</td>
<td></td>
</tr>
</tbody>
</table>

**Notes:**
- **monitor** indicates continued monitoring of the patient with an increased level of concern.
- **contraindicated** indicates that the use of the herbal medicine cannot be recommended.
- **case reports** indicate case reports that are used to support the interaction, but clinical significance is uncertain.
- **clinical studies** indicate clinical studies that are used to support the interaction, but clinical significance is uncertain.
- **oral contraceptives** may increase metabolism and reduce effectiveness of drug.
- **Voriconazole** decreases drug levels.
- **Zolpidem** may decrease drug levels (but with wide interindividual variability).
- **Talinolol** decreases drug levels.
- **Theophylline** decreases drug levels.
- **Opioids** may decrease drug levels.
- **SSRIs** may potentiate effects of drug.
- **Antidepressants** may decrease drug levels.
- **Antioxidants** may decrease drug levels.
- **No interactions noted.**
## Herb-Drug Interaction Chart

### Drug Potential Interaction Basis of Concern Recommended Action

<table>
<thead>
<tr>
<th>Tannin-containing or OPC-containing herbs</th>
<th>eg grape seed extract (<em>Vitis vinifera</em>), green tea (<em>Camellia sinensis</em>), hawthorn (<em>Crataegus</em> spp.), meadowsweet (<em>Filipendula ulmaria</em>), pine bark (<em>Pinus massoniana</em>), raspberry leaf (<em>Rubus idaeus</em>), sage (<em>Salvia fruticosa</em>), St John’s wort (<em>Hypericum perforatum</em>), uva ursi (<em>Arctostaphylos uva-ursi</em>), willow bark (<em>Salix</em> spp.) (See also Polyphenol-containing herbs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minerals especially iron</td>
<td>Iron: May reduce absorption of non-heme iron(^a) from food.</td>
</tr>
<tr>
<td>Zinc: May reduce absorption from food.</td>
<td>Clinical studies with healthy volunteers, results conflicting for effect on zinc (undefined tea,(^{245}) black tea consumed at or immediately after food).</td>
</tr>
</tbody>
</table>

### Turmeric\(^a\) *Curcuma longa*

| Talinolol | May decrease drug levels. | Clinical study with healthy volunteers (300 mg/day of curcuminoids).\(^{256}\) | Monitor at high doses (≥ 300 mg/day curcumin, low level of risk). | 

### Valerian *Valeriana officinalis*

| CNS depressants or alcohol | May potentiate effects of drug. | Theoretical concern expressed by US Pharmacopeial Convention.\(^{146}\) However a clinical study found no potentiation with alcohol.\(^{267}\) Case report of adverse effect with benzodiazepine drug (lorazepam).\(^{366}\) Herb dosage undefined but likely high (tablet contained valerian and passionflower (*Passiflora incarnata*)). | 

### Willow Bark *Salix alba, Salix daphnoides, Salix purpurea, Salix fragilis* (See also Tannin-containing herbs)

| Warfarin | May potentiate effects of drug. | Herb Alone | Clinical study observed very mild but statistically significant antiplatelet activity (extract containing 240 mg/day of salicin).\(^{368}\) | Monitor (low level of risk). | 

### CODE FOR RECOMMENDED ACTION

**Contraindicated:** Do not prescribe the indicated herb.

**Monitor:** Can prescribe the indicated herb but maintain close contact and review the patient’s status on a regular basis. Note that where the risk is assessed as medium, self-prescription of the herb in conjunction with the drug is not advisable.

### ABBREVIATIONS

- **ACE:** angiotensin-converting enzyme
- **ALT:** alanine transaminase, also known as glutamic pyruvic transaminase (GPT)
- **AMP:** adenosine monophosphate
- **APTT:** activated partial thromboplastin time
- **AUC:** area under the plasma/serum concentration-time curve (measures extent of absorption)
- **CNS:** central nervous system
- **CYP:** cytochrome P450
- **EGG:** electrocardiogram/graph
- **EGGS:** equilibrated gall bladder
- **GAS:** ginseng abuse syndrome
- **HIV:** human immunodeficiency virus
- **11beta-HSD2:** 11beta-hydroxysteroid dehydrogenase type 2
- **IDA:** iron deficiency anemia
- **INR:** international normalized ratio
- **LDL:** low density lipoprotein
- **NAFLD:** nonalcoholic fatty liver disease
- **OPC:** oligomeric procyanidin
- **PCOS:** polycystic ovary syndrome
- **PSA:** prostate specific antigen
- **PT:** prothrombin time
- **SSRI:** selective serotonin reuptake inhibitors
- **tds:** three times per day
- \(>\): greater than
- \(\geq\): greater than or equal to
- \(<\): less than

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Health care professionals please note: when a patient presents using any of the drugs listed and there is a potential interaction with the herb you intend to dispense, it is important that you or your patient discuss the potential interaction with their prescribing physician before you dispense the herb to the patient.
convulsions arising from ingestion of Ginkgo seed have been documented in Japan (infants are particularly vulnerable). Ginkgotoxin is known to inhibit vitamin B6 phosphorylation, which may lead to increased neuronal excitability.376 Poisoning by ginkgotoxin can be counteracted by vitamin B6,376 in cases of poisoning it is administered by intravenous injection.377,378 Ginkgotoxin is present in very small amounts in standardized ginkgo leaf extracts,379 but is below the detection limits in human plasma after oral doses (240 mg of 50:1 extract, equivalent to 12 g of dried leaf).380 According to the manufacturer, despite the extensive use of this special extract (more than 150 million daily doses per year for more than two decades) no cases of epileptic seizure have been attributed to this extract.380 (Ginkgo preparations associated with the above case reports were undefined.) Strictly speaking this is a potential adverse effect (rather than a herb-drug interaction) as there is no pharmacokinetic data indicating an interaction for coadministration of Ginkgo and anticonvulsants in humans. An interaction is suggested though, because Ginkgo has been found to induce CYP2C19 activity (see entry for omeprazole), an enzyme involved in the metabolism of some anticonvulsants.

M. Analysis of over 320,000 patients in a German adverse drug reaction reporting system (1999-2002) found no increase in prevalence of bleeding during Ginkgo intake compared to periods without Ginkgo in those taking anticoagulant or antiplatelet medication.381 In a trial involving 3069 healthy volunteers treated for an average of 6.1 years, there were no statistically significant differences between placebo and Ginkgo in the rate of major bleeding or the incidence of bleeding in individuals taking aspirin. (Compliance during the trial was however low (at the end of the trial, about 60% were taking Ginkgo/placebo).)382 In Korea, Ginkgo extract is administered with ticlopidine for the prevention of ischemic stroke or acute coronary syndrome.383 Information is provided for herbs containing standard levels of active constituents. See elsewhere for information on extracts containing very high levels of active constituents such as berberine and curcumin.

P. The in vitro reduction by EGCG was overcame when the concentration of the drug was increased (to a level expected clinically ie in plasma from the standard drug dose).384 A further in vivo study found no reduction in the activity of the drug (when EGCG administered by injection to achieve plasma levels of 11–16 microM).382

Q. The in vitro study found a pronounced reduction in the cytotoxic effect of the drug for a concentration of 2.5–5 microM of EGCG, and when applied as green tea polyphenols a very substantial effect occurred at a EGCG concentration of 1 microM (the other polyphenols may contribute to the activity).382 A pharmacokinetic study with healthy volunteers found a EGCG plasma concentration of 0.7 microM after a dose of 580 mg of EGCG, and a EGCG plasma concentration of 0.5 microM after a dose of 1 g of green tea polyphenols.385

R. A better design would have volunteers take warfarin alone for a period long enough to allow the drug to reach its maximum effect (about 3–5 days) before adding the herb.

S. Glycyrrhetinic acid, is the aglycone of glycyrrhizin. Glycyrrhizin, is the glycoside and contains the aglycone (glycyrrhetic acid) and a sugar unit.
BB. At an identical concentration of total polyphenols, black tea was more inhibitory than all the herb teas excluding peppermint. Black tea was of equal inhibition to peppermint tea. The type of polyphenols present, as well as the concentration, may affect iron absorption.

CC. Another clinical study also found a dose-dependent effect, and the reduced absorption was most marked when coffee was taken with the meal or one hour later. No decrease in iron absorption occurred when coffee was consumed one hour before the meal.

DD. Administered in freeze-dried form (4.2 g), which would be expected to have a lower inhibitory effect than with the use of fresh chili, as freeze drying probably decreased the ascorbic acid content (ascorbic acid enhances iron absorption).

EE. The different results for cayenne and turmeric under the same experimental conditions, suggest it is not only the quantity of polyphenol present that determines the inhibition, but also for example, the structure of the polyphenol (and hence mechanism of iron binding).

FF. Fructus Schisandra is defined as the fruit of Schisandra chinensis or Schisandra sphenanthera or St John's wort preparation, as well as the dosage of herb, affects the extent of the interaction. All types of preparations can contain herbes, and Tannin-containing or OPC-containing herbs.

GG. As noted for several drugs, the hyperforin content of the St John's wort preparation, as well as the dosage of herb, affects the extent of the interaction. All types of preparations can contain hyperforin, including dry extracts used in tablets and capsules. Hyperforin is however, unstable – particularly when in solution. Tinctures and liquid extracts made using a standard ethanol content (45%) contain negligible amounts of hyperforin. Liquid extracts using a higher ethanol content (such as 60%) will contain a higher initial amount of hyperforin than standard liquid extracts. Over time the hyperforin content is substantially reduced and after a few months tinctures and liquid extracts contain no hyperforin.

HH. Genetic polymorphisms are important in determining differences in the response to drugs, and may influence interactions. There are many genetic variants of the CYP genes, including the CYP2C19 gene. Phenotypes of CYP2C19 have been classified functionally as extensive metabolizers and poor metabolizers, the latter having a deficiency of CYP2C19 activity.

JJ. Two of the 10 patients with the highest hyperforin levels prior to drug administration showed the greatest decrease in the AUC of docetaxel, for the other patients, no apparent correlation between hyperforin levels and the docetaxel AUC was observed.

KK. Of the 14 volunteers, in three, a small increase in AUC was observed after administration of St John’s wort.

LL. Sorghum also contains phytate. Both phytate and polyphenol inhibit nutrients such as iron.