Supporting Male & Female Health

Essential products for your dispensary
Nurturing the Body and Mind

MediHerb® products are developed by experts and leaders in the field of herbalism. Using the latest scientific evidence, coupled with centuries of traditional knowledge, MediHerb® brings you products that are expertly formulated and of the highest quality.

This guide features the core MediHerb® tablet and liquid formulations that support all aspects of male and female endocrine health to promote vitality and well-being at all stages of life.*

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Tribulus

Supplement Facts
Serving size: 1 tablet
Servings per container: 40
Amount per Serving %DV
Calcium 74 mg 6%
Tribulus herb (aerial parts) 55:1 extract
- from Tribulus terrestris herb (aerial parts) 13.5 g
- Containing furostanol saponins
  as protodioscin 100 mg
  245.45 mg †
† Daily Value (DV) not established.

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

Why Use Tribulus?
- Unique formulation with high-quality Tribulus herb extract standardized to contain 300 mg a day of protodioscin, the important active constituent known for its endocrine activity
- Helps support normal reproductive function and hormone production in both men and women
- Supports physical endurance*

Male Health
Tribulus leaf extract containing protodioscin may gently stimulate the normal production of luteinizing hormone (LH) from the pituitary. This may lead the body to maintain testosterone at healthy levels which as a result may help with normal male sexual function.1

Liver Support
The liver is our largest internal organ and understood to be responsible for up to 500 separate functions. Due to modern life, Phase 1 of the liver detoxification process is being induced continually, and many patients need help to support the important Phase 2 detoxification. MediHerb’s LivCo® combines the protective effect of silymarin complex extracted from Milk Thistle seeds with other detoxifying herbs to assist the liver with this important process, and support the organ in its amazing ability to heal itself.*

LivCo®

Supplement Facts
Serving size: 1 tablet
Servings per container: 40, 120
Amount per Serving %DV
Calcium 30 mg 2%
Schisandra fruit 6:1 extract
- from Schisandra chinensis fruit 1.0 g
- 167 mg †
Rosemary leaf 5:1 extract
- from Rosmarinus officinalis leaf 500 mg
- 100 mg †
Milk Thistle seed 70:1 extract
- from Silybum marianum seed 2.38 g
- Containing flavanolignans calc. as silybin 24 mg
- 34 mg †
† Daily Value (DV) not established.

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

Why Use LivCo®?
- Aids in the elimination of naturally occurring toxins and cleanses the liver
- Supports healthy liver function and liver tissue integrity
- Protects liver tissue by supporting normal cellular defenses by combining the silymarin complex extracted from Milk Thistle seeds*

Suggested Use
Adults: 1 tablet 3-4 times daily, or as directed.

Figure 1: Testosterone Chart

Male Testosterone Production with Age

20 30 40 50 60 70 80
Testosterone Level

1 Zarkova S. Tribestan: Experimental and Clinical Investigations. Chemical Pharmaceutical Research Institute, Sofia, Bulgaria

Figure 2: Phase I and II Liver Detoxification

Supporting Male & Female Health
Stress & Energy Support

As health care professionals, we have many herbs to help patients cope with the effects of everyday stress. Below is a summary of the key herbal products that help improve tone, vigor and function of the whole body.*

Rhodiola & Ginseng Complex

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Amount per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serves: 1 tablet</td>
<td>1 tablet</td>
</tr>
<tr>
<td>Serving size: 5 tablets</td>
<td>5 tablets</td>
</tr>
<tr>
<td>Serving size: 30 tablets</td>
<td>30 tablets</td>
</tr>
<tr>
<td>Serving size: 60 tablets</td>
<td>60 tablets</td>
</tr>
</tbody>
</table>

**Suggested Use**

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

**Why Use Rhodiola & Ginseng Complex?**

- Promotes vitality and stamina
- Supports and maintains the body as it ages
- Helps maintain proper energy and feelings of general well-being when experiencing temporary stress*

**Withania Complex**

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 capsule</th>
<th>Amount per serving</th>
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</thead>
<tbody>
<tr>
<td>Serving size: 5 capsules</td>
<td>5 capsules</td>
</tr>
<tr>
<td>Serving size: 30 capsules</td>
<td>30 capsules</td>
</tr>
<tr>
<td>Serving size: 60 capsules</td>
<td>60 capsules</td>
</tr>
</tbody>
</table>

**Suggested Use**

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

**ProstaCo**

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 capsule</th>
<th>Amount per serving</th>
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</thead>
<tbody>
<tr>
<td>Serving size: 5 capsules</td>
<td>5 capsules</td>
</tr>
<tr>
<td>Serving size: 30 capsules</td>
<td>30 capsules</td>
</tr>
</tbody>
</table>

**Suggested Use**

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

**Why Use ProstaCo?**

- Supports quality of life in mature men
- Supports healthy bladder function
- Supports healthy urinary tract and prostate gland function*

**UriCo Phytosynergist®**

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 5 mL (approx. 1 teaspoon)</th>
<th>Amount per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size: 30 mL (approx. 6 teaspoons)</td>
<td>30 mL</td>
</tr>
<tr>
<td>Serving size: 60 mL (approx. 12 teaspoons)</td>
<td>60 mL</td>
</tr>
</tbody>
</table>

**Suggested Use**

Adults: 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

**Why Use UriCo Phytosynergist®?**

- Supports healthy mucous membranes within the urinary tract
- Supports healthy urinary tract function and maintains healthy urinary tract tissue
- Supports healthy prostate tissue*

Reduced endocrine performance and function is common for men as they age and can be a challenging period in their lives, both physiologically and emotionally. It’s important to support healthy bladder tissue and function and prostate health in mature male patients.

Writing Correctives

*Other ingredients: Stearic acid, calcium pantothenate, microcrystalline cellulose, silicon dioxide, gelatin, and natural colors.
††Daily Value (DV) not established.
‡‡From St John’s wort, sales (soy), maltodextrin, silica, silicon dioxide and natural colors.

Supporting Male & Female Health

As health care professionals, we have many herbs to help patients cope with the effects of everyday stress. Below is a summary of the key herbal products that help improve tone, vigor and function of the whole body.*

Why Use UriCo Phytosynergist®?

- Supports healthy mucous membranes within the urinary tract
- Supports healthy urinary tract function and maintains healthy urinary tract tissue
- Supports healthy prostate tissue*

Two statistical analyses conducted in 2004 of controlled clinical trials found that liposterolic extract of Saw Palmetto supported prostate health in older men.* Results from these clinical studies suggest it may help by:

- supporting processes that encourage normal, healthy prostate cells5
- supporting healthy functioning of the glandular tissue and stroma5
- encouraging healthy levels of hormones in prostate tissue6

Why Use ProstaCo?

- Supports quality of life in mature men
- Supports healthy bladder function
- Supports healthy urinary tract and prostate gland function*

Why Use UriCo Phytosynergist®?

- Supports healthy mucous membranes within the urinary tract
- Supports healthy urinary tract function and maintains healthy urinary tract tissue
- Supports healthy prostate tissue*
FemCo

**Supplement Facts**

- **Serving Size:** 1 tablet
- **Serving per container:** 40
- **Amount per tablet:**
  - **Iron (from iron amino acid chelate):** 10 mg
  - **Calcium:** 74 mg
  - **Sodium:** 1 mg
  - **Magnesium:** 5 mg
  - **Zinc:** 7 mg
  - **Manganese:** 2 mg
  - **Copper:** 1 mg
  - **Folic Acid:** 100 mcg
  - **Vitamin B12 (Cyanocobalamin):** 1.5 mcg
  - **Vitamin B6 (Pyridoxine hydrochloride):** 2.5 mg
  - **Vitamin B2 (Riboflavin):** 2.5 mg
  - **Vitamin C:** 10 mg
  - **Vitamin D3:** 10 mcg
  - **Vitamin B1 (Thiamin):** 1 mg
  - **Potassium:** 1 mg
  - **Biotin:** 100 mcg

**Why Use FemCo?**
- Supports normal reproductive function in women
- Supports women’s general well-being and vitality
- Encourages healthy menstrual cycles

**Suggested Use**
- Adults: 1 tablet 1-4 times daily, or as directed.

**Fe-Max Iron Tonic Phytosynergist®**

**Supplement Facts**

- **Serving Size:** 5 mL (1 tsp)
- **Serving per container:** 40
- **Amount per spoonful:**
  - **Iron (from iron amino acid chelate):** 5 mg
  - **Calcium:** 5 mg
  - **Sodium:** 1 mg
  - **Magnesium:** 1 mg
  - **Zinc:** 3 mg
  - **Manganese:** 1 mg
  - **Copper:** 1 mg
  - **Folic Acid:** 100 mcg
  - **Vitamin B12 (Cyanocobalamin):** 1.5 mcg
  - **Vitamin B6 (Pyridoxine hydrochloride):** 2.5 mg
  - **Vitamin B2 (Riboflavin):** 2.5 mg
  - **Vitamin C:** 10 mg
  - **Vitamin D3:** 10 mcg
  - **Vitamin B1 (Thiamin):** 1 mg
  - **Potassium:** 1 mg
  - **Biotin:** 100 mcg

**Why Use Fe-Max Iron Tonic Phytosynergist®?**
- Promotes and supports normal blood production
- Stimulates healthy circulation
- Supports good nutrition and promotes vitality and overall well-being

**Suggested Use**
- Adults: Dilute 5 mL (approx. 1 teaspoon) in water or juice 2-3 times daily, or as directed.

**Chaste Tree**

**Supplement Facts**

- **Serving Size:** 1 tablet
- **Serving per container:** 40
- **Amount per tablet:**
  - **Calcium:** 87 mg
  - **Sodium:** 3.3 mg
  - **Phytosterols:** 0.5 mg
  - **Vitamin B12 (Cyanocobalamin):** 100 mcg
  - **Vitamin B6 (Pyridoxine hydrochloride):** 2.5 mg
  - **Vitamin B2 (Riboflavin):** 2.5 mg

**Why Use Chaste Tree?**
- Supports healthy prolactin and progesterone levels in the body
- Supports normal reproductive function in women

**Suggested Use**
- Adults: 1 tablet 1-4 times daily, or as directed.

**Supplement Facts**

- **Serving Size:** 5 mL (1 tsp)
- **Serving per container:** 40
- **Amount per spoonful:**
  - **Iron (from iron amino acid chelate):** 5 mg
  - **Calcium:** 5 mg
  - **Sodium:** 1 mg
  - **Magnesium:** 1 mg
  - **Zinc:** 3 mg
  - **Manganese:** 1 mg
  - **Copper:** 1 mg
  - **Folic Acid:** 100 mcg
  - **Vitamin B12 (Cyanocobalamin):** 1.5 mcg
  - **Vitamin B6 (Pyridoxine hydrochloride):** 2.5 mg
  - **Vitamin B2 (Riboflavin):** 2.5 mg
  - **Vitamin C:** 10 mg
  - **Vitamin D3:** 10 mcg
  - **Vitamin B1 (Thiamin):** 1 mg
  - **Potassium:** 1 mg
  - **Biotin:** 100 mcg

**Why Use Fe-Max Iron Tonic Phytosynergist®?**
- Promotes and supports normal blood production
- Stimulates healthy circulation
- Supports good nutrition and promotes vitality and overall well-being

**Suggested Use**
- Adults: Dilute 5 mL (approx. 1 teaspoon) in water or juice 2-3 times daily, or as directed.

**Chaste Tree helps keep the body’s hormones balanced by interacting with a certain dopamine receptor (the D2 receptor). Constituents in Chaste tree called iraptenes combine with D2 receptors leading to balanced prolactin release.** A normal prolactin release has a series of effects, some of which include maintaining the healthy functioning of the ovaries and promoting healthy progesterone levels. One result of this is a normal menstrual cycle.

**Fe-Max Iron Tonic Phytosynergist® helps enhance iron absorption, maintains healthy blood, and improves vital and overall well-being.**

**Chaste Tree helps maintain healthy prolactin and progesterone levels in the body, while Fe-Max Iron Tonic Phytosynergist® helps maintain healthy iron levels.**

**Menstruation Support**

Puberty and early adulthood are times when hormones begin to make major changes to the female body which can be challenging both physically and emotionally. It's important to support normal hormonal balance and encourage healthy menstrual cycling in young female patients.
**Menstruation Support**

**Capsella Complex Phytosynergist®**

- **Why Use Capsella Complex Phytosynergist®?**
  - Provides antispasmodic activity to ease occasional spasms of smooth muscle including those associated with the menstrual cycle.
  - Provides relief from mild discomfort associated with menstruation.
  - Supports female reproductive system health.

**Suggested Use**

Adults: 2 tablets 3-4 times daily, or as directed.

**Wild Yam Complex**

- **Why Use Wild Yam Complex?**
  - Provides relief from mild discomfort associated with menopause.
  - Calms the nerves and restores balance in temporary mild mood swings.
  - Maintains feelings of general well-being.

**Suggested Use**

Adults: 1 tablet 3-4 times daily, or as directed.

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**Menopause Support**

Menopause is a natural change in every woman’s life. This transition may result in uncomfortable hot flashes, mood swings, difficulty sleeping and general irritability. Supporting female endocrine and nervous system function becomes very important when addressing the needs of a menopausal patient.

**Wild Yam Complex**

- **Suggested Use**
  - **Menopause Postmenopause Perimenopause**

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**Capsella Complex Phytosynergist®**

- **Why Use Capsella Complex Phytosynergist®?**
  - Promotes healthy female reproductive system function.
  - Maintains normal menstrual flow and relieves menstrual discomfort.
  - Supports healthy blood production and circulation.

**Suggested Use**

Adults: Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

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**Cramplex**

- **Why Use Cramplex?**
  - Provides antispasmodic activity to ease occasional spasms of smooth muscle including those associated with the menstrual cycle.
  - Provides relief from mild discomfort associated with menstruation.
  - Supports healthy blood production and circulation.

**Suggested Use**

Adults: 2 tablets 3-4 times daily, or as directed.

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**MediHerb**

Supporting Male & Female Health
### Contraindications & Cautions

<table>
<thead>
<tr>
<th>Mediherb® Product</th>
<th>Contraindications &amp; Cautions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Capsella Complex Phytosynergist®</td>
<td>Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional.</td>
</tr>
<tr>
<td>Chaste Tree</td>
<td>Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.</td>
</tr>
<tr>
<td>Complex</td>
<td>Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.</td>
</tr>
<tr>
<td>Fe-Max Iron Tonic Phytosynergist®</td>
<td>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.</td>
</tr>
<tr>
<td>FemCo</td>
<td>Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.</td>
</tr>
<tr>
<td>LivCo®</td>
<td>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.</td>
</tr>
<tr>
<td>ProstaCo</td>
<td>Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. The National Institute of Aging recommends that men get regular medical checkups with a thorough prostate exam.</td>
</tr>
<tr>
<td>Rhodiola &amp; Ginseng Complex</td>
<td>Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.</td>
</tr>
<tr>
<td>Tribulus</td>
<td>Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.</td>
</tr>
<tr>
<td>UriCo Phytosynergist®</td>
<td>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.</td>
</tr>
<tr>
<td>Wild Yam Complex</td>
<td>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 (e.g. sunlight, tanning) when using this product.</td>
</tr>
<tr>
<td>Withania Complex</td>
<td>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.</td>
</tr>
</tbody>
</table>
The Quality Choice for Practitioners

🌿 Over 30 years of experience in natural health care

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

🔍 Manufactured to pharmaceutical GMP standards

All MediHerb® products are manufactured under pharmaceutical GMP and subject to our rigorous and specialized testing to ensure they contain what is on the label for suitable clinical results batch after batch. We’ve invested in our own state-of-the-art laboratories featuring the latest technological equipment for precision, accuracy and quality control. Our testing occurs at various stages of production and follows strict criteria, so you can be sure every MediHerb® product is of the highest quality and consistent potency.

💡 Results-driven formulations

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

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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.