Supporting Musculoskeletal Health

High-quality products for your dispensary
Herbal Solutions for Musculoskeletal Health

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.

A healthy musculoskeletal system is vital for the body’s normal function. Musculoskeletal discomfort can limit mobility, cause additional stress and affect quality of life. This guide features the core MediHerb® tablet and liquid formulations that support musculoskeletal health to promote vitality and well-being at all stages of life.*
Table of Contents

Bone Support .............................................................................................................4
Bone Complex .............................................................................................................4

Joint Support .............................................................................................................5
Boswellia Complex .....................................................................................................5
Celery Seed 1:2 .............................................................................................................6
Ginger 1:2 .....................................................................................................................6
Saligesic .......................................................................................................................7
Turmeric Forte .............................................................................................................8
Turmeric 1:1 ..................................................................................................................9

Muscle Support .........................................................................................................10
Kava Forte ..................................................................................................................10
Nervagesic ..................................................................................................................11

Vascular System Support .........................................................................................12
Gotu Kola Complex ..................................................................................................12
Vascular Care Complex .............................................................................................12

Contraindications & Cautions ..................................................................................13
Bone Complex

**Supplement Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>43 mg</td>
<td>4%</td>
</tr>
<tr>
<td>Epimedium herb top 12:1 extract</td>
<td>200 mg</td>
<td></td>
</tr>
<tr>
<td>from <em>Epimedium sagittatum</em> herb top 2.4 g containing icariin 20 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Red Clover herb flowering top 5:1 extract</td>
<td>100 mg</td>
<td></td>
</tr>
<tr>
<td>from <em>Trifolium pratense</em> herb flowering top 500 mg containing isoflavones 8 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kudzu root 10:1 extract</td>
<td>70 mg</td>
<td></td>
</tr>
<tr>
<td>from <em>Pueraria lobata</em> root 700 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>containing puerariae isoflavones calculated as daidzin, puerarin, daidzein 28 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black Cohosh root 5:1 extract</td>
<td>16 mg</td>
<td></td>
</tr>
<tr>
<td>from <em>Actaea racemosa</em> root 80 mg</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

**Why Use Bone Complex?**

- A distinct formula combining Epimedium and Black Cohosh with isoflavone containing Red Clover and Kudzu. Research may support clinical use of isoflavone supplementation for maintaining strong and healthy bones.
- Supports healthy bone tissue, particularly in mature women (in conjunction with weight-bearing exercise and a healthy diet containing food sources of calcium and vitamin D).
- Beneficial in supporting and maintaining bone density and influencing normal bone remodeling.*

**Suggested Use**

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

**Bone Density With Age**

Bone tissue is in a constant state of renewal and needs ongoing support to maintain its strength and density. Supporting skeletal health is particularly important for postmenopausal women and aging men to help promote bone development and remodeling. As the population ages, health care professionals are increasingly called upon to help support the integrity of patients’ muscles, bones and joints.

Bone density with age decreases with age. Peak bone mass is achieved at different times for males and females. Bone loss due to menopause is also significant. Bone density is important for maintaining strong and healthy bones.
Joint Support

Joints and cartilage are exposed to immense pressure every day. With age, they may become susceptible to daily wear and tear that ultimately affects function. To maintain healthy mobility, it’s important to provide targeted support for healthy joint function, support the body’s normal processes for tissue repair and promote natural anti-inflammatory response to periodic challenges like exercise.

Boswellia Complex

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving size:</strong></td>
</tr>
<tr>
<td><strong>Servings per container:</strong></td>
</tr>
<tr>
<td><strong>Calories</strong></td>
</tr>
<tr>
<td><strong>Amount per Serving</strong></td>
</tr>
<tr>
<td>Boswellia gum oleoresin 7:1 extract from <em>Boswellia serrata</em> gum oleoresin 1.9 g containing boswellic acids 180 mg</td>
</tr>
<tr>
<td>Celery Seed fruit 6:1 extract from <em>Apium graveolens</em> fruit 1.0 g</td>
</tr>
<tr>
<td>Ginger rhizome 5:1 extract from <em>Zingiber officinale</em> rhizome 300 mg</td>
</tr>
<tr>
<td>Turmeric rhizome 25:1 extract from <em>Curcuma longa</em> rhizome 2.0 g containing curcuminoids 70.4 mg</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

Suggested Use

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

M1152 40 Tablets  M1157 120 Tablets

LEARN MORE

Why Use Boswellia Complex?

✓ Contains extract of Boswellia oleoresin with boswellic acids to help maintain and support healthy joints.
✓ Supports healthy circulation.
✓ Contains Turmeric rhizome which provides antioxidant activity.*
**Celery Seed 1:2**

### Supplement Facts

<table>
<thead>
<tr>
<th></th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>5 mL (1 tsp)</td>
<td></td>
</tr>
<tr>
<td>Servings per container:</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>15</td>
<td></td>
</tr>
</tbody>
</table>

- **Celery Seed fruit 1:2 extract**: from *Apium graveolens* fruit 2.5 g Containing phthalides as butylphthalide and sedanenolide 50 mg

Other Ingredients: Purified water and 60% alcohol.

### Suggested Use

**Adults:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**M6800 200 mL**

### Why Use Celery Seed 1:2?

- Traditionally used in Western herbal preparations to maintain and support healthy joints – Celery Seed is thought to do this by supporting the normal function of the organs of elimination to encourage clearing of natural waste products.
- Healthy immunological system support.
- Supports healthy urinary system function.*

**LEARN MORE**

---

**Ginger 1:2**

### Supplement Facts

<table>
<thead>
<tr>
<th></th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>2.5 mL</td>
<td></td>
</tr>
<tr>
<td>Servings per container:</td>
<td>80</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>10</td>
<td></td>
</tr>
</tbody>
</table>

- **Ginger rhizome 1:2 extract**: from *Zingiber officinale* rhizome 1.25 g

Other Ingredients: 90% alcohol and purified water.

### Suggested Use

**Adults:** Dilute 2.5 mL (approx. ½ teaspoon) in water or juice once per day, or as directed.

**M7010 200 mL**

### Why Use Ginger 1:2?

- Supports healthy joints.
- Promotes a healthy immunological system response and healthy circulation.
- Supports a healthy response to environmental stressors.*

**LEARN MORE**
Saligesic

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>Amount per Serving 32 mg</td>
</tr>
<tr>
<td>Willow stem bark 20:1 extract from <em>Salix purpurea</em> stem bark 8.0 g</td>
<td>400 mg †</td>
</tr>
<tr>
<td>Containing salicin 60 mg</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

**Why Use Saligesic?**

- Contains a high quality extract of Willow Bark standardized for its salicin content.
- Supports musculoskeletal system health and helps maintain healthy joints.
- Eases the temporary discomfort caused by exercise-related mild aches, specifically in providing lower back support.*

**Suggested Use**

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

**LEARN MORE**

**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-acetylsalicortin, 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.

---

Turmeric Forte – Standardized for Bioavailable Curcumin

**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> &amp; <strong>%DV</strong></td>
<td></td>
</tr>
<tr>
<td>Fenugreek seed 5.5:1 extract from Trigonella foenum-graecum seed</td>
<td>133 mg †</td>
</tr>
<tr>
<td>Turmeric rhizome 55:1 extract from Curcuma longa rhizome 6.44 g Containing curcuminoids 101.3 mg Containing curcumin 82.5 mg</td>
<td>117 mg †</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

**Why Use Turmeric Forte?**

- Contains clinically tested active ingredient (formulation of curcumin with Fenugreek dietary fiber) which has shown that the relative absorption of curcuminoids had 24.8 times the bioavailability of an equivalent amount of unformulated curcuminoids.2
- Standardized for bioavailable curcumin which is known to down-regulate numerous inflammatory mediators and exhibits antioxidant activity as well.
- Supports a healthy inflammation response after exercise and is used traditionally to maintain and support healthy joints.*

**Suggested Use**

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

**In a clinical study, the curcumin-fenugreek fiber extracted formulation had 24.8 TIMES the bioavailability of an equivalent amount of unformulated curcuminoids.**

**What does this mean?**

This means that by taking curcuminoids in the form where it is combined with the Fenugreek fiber, more curcuminoids make it into the blood. Often, this allows for a smaller dose of curcuminoids to be taken.*

Traditional curcumin is known to have low bioavailability.1 Low bioavailability is partly due to poor absorption, rapid metabolism and rapid clearance from the body.1 This means when non-bioavailable curcumin is swallowed, either as Turmeric rhizome or isolated (unformulated) curcumin, a lot of it is not used by the body.*

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

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

Turmeric 1:1

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
</tbody>
</table>

Turmeric rhizome 1:1 extract from Curcuma longa rhizome 5.0 g
Containing curcuminoids 10 mg

† Daily Value (DV) not established.

Other Ingredients: Purified water and 69% alcohol.

Why Use Turmeric 1:1?

- Multi-action support extract providing antioxidant activity and support for healthy joints.
- Promotes healthy liver function and bile secretion, while supporting the normal breakdown of dietary fats.
- As a liquid, provides health care professionals with the flexibility to customize formulations for individual patients, while also allowing for flexible dosing for different conditions and patient requirements.*

Suggested Use

Adults: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

M7470 200 mL

LEARN MORE

Occasional discomfort related to exercise or overdoing physical exertion is common in people who lead active lifestyles.

Active bodies need to be well supported to promote recovery and the continuation of optimal function. The following MediHerb® products can be prescribed to support patients prone to mild exercise-related discomfort:

- Boswellia Complex
- Saligesic
- Turmeric Forte*
Kava Forte

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kava root 7:1 water extract from <em>Piper methysticum</em> root 3.2 g Containing kavalactones 50 mg</td>
<td>455 mg †</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

**Why Use Kava Forte?**

- **Supports muscle relaxation and eases the effects of temporary nervous tension.**
- **Water Extract – MediHerb®** Kava Forte contains Kava root extracted with 100% water to provide a full spectrum of the important kavalactone compounds. To ensure optimal strength and quality, each tablet is standardized to contain 50 mg of kavalactones.
- **Research – the traditional Kava preparation and usage is validated by research.** MediHerb® invested in analytical research on the *in vitro* bioavailability of water versus 96% ethanol extract of Kava using the Caco-2 monolayer model. This was published in a peer-reviewed scientific journal, so practitioners could have peace of mind in prescribing the water-based extract.†

**Suggested Use**

**Adults:** 1 tablet 2-3 times daily, or as directed.

![40 Tablets](image)

**LEARN MORE**

**Premium Quality Kava – Backed By Research**

**Study Findings:**

- The kavalactones including 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 is similar to that of an ethanol extract in this model. Therefore, the clinical effect of the water extract of Kava is likely to be similar to that of an ethanol extract, with fewer hepatotoxicity concerns.

Supporting Musculoskeletal Health

Nervagesic

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>2 tablets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>20</td>
</tr>
<tr>
<td>Calories</td>
<td>6</td>
</tr>
</tbody>
</table>
| %DV | 1%

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>California Poppy herb flowering 4:1 extract from <em>Eschscholzia californica</em></td>
<td>400 mg</td>
</tr>
<tr>
<td>Jamaican Dogwood stem bark 4:1 extract from <em>Piscidia piscipula</em> stem bark</td>
<td>200 mg</td>
</tr>
<tr>
<td>Corydalis yanhusuo tuber 10:1 extract from <em>Corydalis yanhusuo</em> tuber</td>
<td>160 mg</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

### Suggested Use

**Adults:** 2 tablets 2 times daily, or as directed.

M1379 40 Tablets

**LEARN MORE**

### Why Use Nervagesic?

- Combines high-quality extracts of Corydalis, Jamaican Dogwood and California Poppy, which contain many important compounds including alkaloids, isoflavonoids and other flavonoids for optimal quality.
- Promotes relaxation of the muscles by providing relief of temporary mild muscular cramps and spasms.
- Provides support during occasional nervous system discomfort and relief from occasional sleeplessness.*
Healthy circulation is crucial to our overall well-being. It is also an important part of our innate natural repair process: blood carries vital nutrients and clears away wastes, giving tissues the best opportunity to regenerate. As health care professionals, it is important to keep patients’ vascular system in good condition and promote normal blood circulation.

Gotu Kola Complex

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 tablet</th>
<th>Servings per container:</th>
<th>40, 120</th>
</tr>
</thead>
</table>
| Calcium      | Amount per Serving | %DV  

Gotu Kola leaf 10:1 extract from *Centella asiatica* leaf 2.5 g Containing triterpenes 50 mg

Grape seed 120:1 extract from *Vitis vinifera* seed 3.6 g Containing proanthocyanidins 25.5 mg

Ginkgo leaf 50:1 extract from *Ginkgo biloba* leaf 1.0 g Containing Ginkgo flavonglycosides 4.8 mg Containing Ginkgolides & bilobalide 1.2 mg

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

**Why Use Gotu Kola Complex?**

- Supports healthy blood circulation in tissue.
- Supports healthy capillaries.
- Contains antioxidant activity properties that can support the body during times of increased stress.*

**Suggested Use**

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

**Vascular Care Complex**

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 tablet</th>
<th>Servings per container:</th>
<th>40</th>
</tr>
</thead>
</table>
| Butcher’s Broom root & rhizome 4:1 extract from *Ruscus aculeatus* root & rhizome 800 mg Containing ruscogenin 20 mg
| Horsechestnut seed 6:1 extract from *Aesculus hippocastanum* seed 1.2 g Containing escin 36 mg
| Ginkgo leaf 50:1 extract from *Ginkgo biloba* leaf 1.5 g Containing Ginkgo flavonglycosides 7.3 mg

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.

**Why Use Vascular Care Complex?**

- Assists in the maintenance of healthy peripheral circulation.
- Promotes vein integrity and normal blood vessel tone.
- Supports and maintains healthy tissue fluid levels, including in the legs.*

**Suggested Use**

Adults: 1 tablet 2-3 times daily, or as directed.
### Contraindications & Cautions

<table>
<thead>
<tr>
<th>MediHerb® Product</th>
<th>Contraindications &amp; Cautions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone Complex</td>
<td>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.</td>
</tr>
<tr>
<td>Boswellia Complex</td>
<td>Not to be used during pregnancy and lactation.</td>
</tr>
<tr>
<td>Celery Seed 1:2</td>
<td>Caution in kidney disorders. Not to be used during pregnancy and lactation.</td>
</tr>
<tr>
<td>Ginger 1:2</td>
<td>Not to be used during pregnancy and lactation.</td>
</tr>
<tr>
<td>Gotu Kola Complex</td>
<td>Contraindicated in known allergy to Gotu Kola. Not to be used during pregnancy and lactation.</td>
</tr>
<tr>
<td>Kava Forte</td>
<td>USFDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Health care professional discretion required before use in patients who have liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use if patients develop symptoms that may signal liver problems (eg unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair ability to operate a vehicle or dangerous equipment. Not for prolonged use. Do not exceed recommended dose.</td>
</tr>
<tr>
<td>Nervagesic</td>
<td>Contraindicated in pregnancy and lactation.</td>
</tr>
<tr>
<td>Saligesic</td>
<td>Contraindicated in known allergy or sensitivity to salicylates. Not to be used during pregnancy and lactation.</td>
</tr>
<tr>
<td>Turmeric Forte</td>
<td>Not to be used during pregnancy and lactation.</td>
</tr>
<tr>
<td>Vascular Care Complex</td>
<td>Not to be used during pregnancy and lactation.</td>
</tr>
</tbody>
</table>
The Quality Choice for Practitioners

.stem

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.

* 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.