



WHOLE FOOD NUTRIENT SOLUTIONS

The Top 6 Synergistic NUTRITIONAL-HERBAL PRODUCT PAIRINGS



Introduction

Depending on what type of practitioner you are and what types of patients you treat, there are many potential nutritional-herbal supplement combinations.

These Standard Process and MediHerb® product pairings are a great way to introduce your patients to the cooperative synergy of nutritional and herbal supplements.

This Top Six Synergistic Product Pairings guide highlights product combinations that stand out as favorites among health care practitioners. These pairings address common health challenges by supporting:

- » Immune system health
- » Adrenal health
- » Musculoskeletal health
- » Digestive health
- » Blood sugar
- » Memory and brain health*

Over the course of many years, 87 to be exact, we've developed wonderful relationships with our customers, a group that includes chiropractors, acupuncturists, herbalists, and naturopaths. The top six pairings featured in this guide are recommended and used by many of these customers, as well as the practitioners who work here at Standard Process.

These pairings provide opportunities for health care professionals to introduce patients to the supportive benefits of our products.

*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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IMMUNE SYSTEM SUPPORT

Congaplex and Andrographis Complex



“There are several mechanisms to offer immune support. I think adding a supplemental product like Congaplex and herbal product like Andrographis covers many of these mechanisms.”

—Lynn Lafferty, Pharm-D, CNC, ND

CONGAPLEX® is used for short-term support of the immune system. This formula supports the thymus gland and contains ribonucleic acid, which helps the body build new cells.*

Congaplex contains a combination of key ingredients from [Cataplex® A-C](#), [Thymex®](#), [Calcium Lactate](#), and [Ribonucleic Acid \(RNA\)](#).*

- » Supports healthy immune system function
- » Provides ingredients with antioxidant activity
- » Contains ribonucleic acid, which the body uses to build new cells
- » Good source of antioxidant vitamin C*



MediHerb's **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 cynarin), alkylamides, essential oil (rich in monoterpenes and sesquiterpenes, typically eugenol), and polyphenols.*

The andrographis component is standardized to contain 10 mg of andrographolide per tablet to ensure optimal strength and quality. This herbal formulation works to:

- » Enhance immune system function
- » Support healthy respiratory system function
- » Support and maintain normal body temperature already within a normal range
- » Support a healthy immune system response following stress and sudden changes in weather or temperature
- » Encourage an adaptive response to occasional everyday stress
- » Promote healthy liver function*



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ADRENAL HEALTH SUPPORT

Drenamin and Adrenal Complex



*“Together, these products act to fight the chronic stress response, allowing patients to have better energy, focus, and vitality to enjoy life to the fullest.”**

—Martha E. Hall, DAOM, ACN

DRENAMIN® supports adrenal function and helps maintain emotional balance. This formula contains a unique blend of ingredients to maintain energy production, support a balanced mood, and support immune system function while also being a good source of vitamin C.*



- » Promotes healthy adrenal gland function
- » Encourages a healthy response to everyday environmental stresses and supports immune system 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®*

MediHerb's **ADRENAL COMPLEX** combines licorice root and rehmannia rhizome, two powerful adrenal tonics that help the body restore adrenal function to reduce the effects of stress on the body and help combat fatigue.*



The licorice component is standardized to contain 25 mg of glycyrrhizin per tablet to ensure optimal strength and quality. Together these herbs and the substances within them combine to:

- » Restore adrenal function
- » Support adrenal gland health
- » Help the body adapt to the challenges of everyday life
- » Soothe temporary mild exercise-related inflammation*

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MUSCULOSKELETAL HEALTH SUPPORT

Ligaplex II and Boswellia Complex

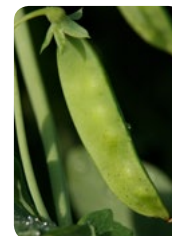


“Ligaplex® II and Boswellia Complex are a great pairing to assist in helping patients achieve better joint health. These products are a wonderful adjunct to your practice to help you achieve better outcomes. I use both of them nearly every day in my practice.”

—Jeff Lavell, DC

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

- » Nutritional compounds for support of proper formation and maintenance of skeletal tissues
- » Involved in maintenance of healthy fluid levels
- » Provides the foundation to feed the musculoskeletal system and facilitate freedom of movement
- » 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*



MediHerb's **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).*



Boswellia Complex tablets contain 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 work together to:

- » Support the normal function of the kidneys
- » Maintain and support healthy joints
- » Support healthy circulation
- » Provide antioxidant activity*

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DIGESTIVE HEALTH SUPPORT

Zypan and DiGest Forte



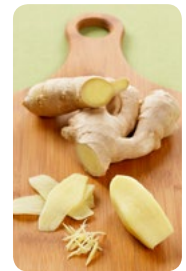
“Zypan supports the pH and environment of the GI tract. It also provides enzymatic support for protein digestion, which seems to be an issue in today’s diets. DiGest Forte helps not only with cleansing the liver but has the calming herbs that aid in digestion and appetite.”

—Bill Hemmer, DC

ZYPAN® combines pancreatin, pepsin, and betaine hydrochloride to facilitate healthy digestion. This formula supports the stomach by encouraging protein breakdown and mineral absorption.*

- » Supports gastrointestinal pH
- » Supports the environment of the gastrointestinal tract
- » Provides enzymatic support for protein digestion
- » Includes stearic acid to coat the pancreatin, helping it to be digested in the correct area of the digestive tract*

MediHerb’s **DiGEST FORTE** contains gentian, ginger, tangerine (fruit peel and cold-pressed essential oil), wormwood, and feverfew. This combination contains many compounds, including secoiridoid bitter glycosides (including gentiopicroin and amarogentin), pungent principles (including gingerols), sesquiterpene lactones (including absinthin and parthenolide), flavonoids, and monoterpenes. This formulation and the compounds within it help:



- » Stimulate gastric juice output and appetite
- » Support healthy digestion and intestinal function
- » Promote healthy gastrointestinal tone
- » Increase bile flow as a cholagogue
- » Cleanse the liver
- » Promote a normal response to environmental stresses*

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BLOOD SUGAR HEALTH SUPPORT

Diaplex and Gymnema



"I like to combine the key glucose tolerance factors from Diaplex with the pancreatic support of Gymnema. They are a terrific pairing to support blood sugar health."

—Emily Glasser, L.Ac., ACN

DIAPLEX® supports healthy sugar handling to help maintain blood sugar levels already within 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®*



MediHerb's **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 to:

- » Help reduce sweet cravings
- » Help suppress/inhibit sweet taste sensation*



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MEMORY AND BRAIN HEALTH SUPPORT

OPC Synergy and Bacopa Complex



“When looking to support a patient’s mental clarity and overall cognitive function, I reach for OPC Synergy and Bacopa Complex. Along with a whole food diet, these supplements can help to support brain health by nourishing and protecting the cerebral tissue. Two of my favorite products in practice!”

—Jen Franco, CN

OPC SYNERGY® provides a synergistic blend that exhibits antioxidant activity and supports cell functioning.*

- » Provides 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
- » Maintains capillary integrity*



MediHerb’s **BACOPA COMPLEX** is a complex formula developed to enhance mental clarity and support cognitive and normal memory functions. Bacopa Complex combines the herbs bacopa, schisandra, and eleuthero with essential oil of rosemary. These herbs contribute key phytochemicals to the blend, such as dammarane saponins, other saponins, flavonoids, sterols, dibenzocyclooctene lignans, a diverse group of constituents called eleutherosides, monoterpenes, and sesquiterpenes.*



Bacopa Complex tablets contain 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 eleutheroside E per tablet. This formulation and the many compounds within it combine 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 environmental stress
- » Help as a brain tonic support, healthy memory, and concentration*

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MASQUELIER’S® OPCs is a registered trademark of International Nutrition Company BV, Loosdrecht, the Netherlands.

A QUALITY PARTNERSHIP STANDARD PROCESS AND MEDIHERB

Standard Process

Standard Process supplements made with whole food and other ingredients provide the body with nutrients that are found in nature but aren't always found in the average American diet. These supplements supply vitamins, minerals, trace minerals, and phytonutrients in a form as close as possible to how nature intended, providing whole food nutrient solutions that support the body.*

MediHerb

Standard Process is the exclusive U.S. distributor of MediHerb herbal products. Co-founded by Kerry Bone, world-renowned phytotherapist, MediHerb is fueled by an unwavering commitment to delivering premium-quality, efficacious herbal solutions. In his words, "Our passion at MediHerb is to unlock the healing power of plants by combining the time-honored wisdom of traditional knowledge with sound clinical experience and the rigor of scientific research."*

Together, Standard Process and MediHerb strive to uphold the mutual belief that whole food supplements and herbal products are natural complements for optimal health.

To learn more about the products featured in these pairings and all Standard Process and MediHerb products, visit standardprocess.com. To open an account and place an order, call 1-800-558-8740 or visit www.standardprocess.com/register.

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We're Committed to Being a Leader

Sustainability and environmental stewardship have always been important at Standard Process. Our decision to use environmentally safe farming, manufacturing, and business practices underscores our interest in the health of the planet. Visit www.standardprocess.com/sustainability to learn more.

In our efforts to be more energy efficient and create less waste, we have created this e-book. We encourage our health care professional customers and their patients to read it digitally.



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