

Gut Flora Complex

Herbs & Essential Oils to Support a Healthy Digestive Environment & Digestive Function*

Gut Flora Complex contains Oregano essential oil, Anise (fruit) essential oil, Andrographis and Phellodendron. These herbs and essential oils are used traditionally to:

- ✓ Encourage a **healthy intestinal environment***
- ✓ Support a **healthy immune system***
- ✓ **Promote regularity** of bowel function*
- ✓ Relieve occasional mild **gastrointestinal discomfort**, including **bloating and flatulence***

MediHerb® Gut Flora Complex is a unique combination of Andrographis and Phellodendron extracts, with Oregano and Anise (also called Aniseed) essential oils. This formulation contains many compounds including, diterpenoid lactones (active component andrographolide) and alkaloids of the isoquinoline type (active component berberine). Each capsule is standardized to contain 10 mg/dose of andrographolide and 38 mg/dose of berberine to ensure optimal strength and quality.

Gut Flora Complex comes in the form of a delayed release capsule, which helps the active compounds to stay intact until delivered to the intestine, where they help to maintain a healthy intestinal balance.

Importance of a Healthy Intestinal Environment

The human gastrointestinal tract (mainly the large bowel) is the natural habitat for a large and diverse population of microorganisms known collectively as the intestinal microbiome. Adequate digestive function is required to maintain a healthy microbiome and intestinal environment. Digestive secretions inhibit undesirable microflora and promote an environment that favors the colonization of beneficial microbiota.^{1,2} In turn, these microbiota benefit the host by supporting digestive function (i.e. metabolizing nutrients for energy), helps in reducing undesirable microflora, and by producing short-chain fatty acids (SCFAs) and other metabolites that help to maintain intestinal health and balance.³



ENCOURAGES
HEALTHY
INTESTINAL
ENVIRONMENT*

SUPPORTS
IMMUNITY*

RELIEVES
GIT SYMPTOMS &
PROMOTES BOWEL
REGULARITY*

M1319 60 Softgels

Suggested Use:

1 softgel 3 – 6 times daily, or as directed. Do not break or crush.

Supplement Facts

Serving size:	1 Softgel	
Servings per container:	60	
	Amount per Serving	%DV
Calories	5	
Anise (<i>Pimpinella anisum</i>) fruit essential oil	125 mg	†
Andrographis aerial parts 10:1 extract from <i>Andrographis paniculata</i> aerial parts 1.0 g Containing andrographolide 10 mg	100 mg	†
Phellodendron stem bark 20:1 extract from <i>Phellodendron amurense</i> stem bark 1.6 g Containing berberine 38 mg	80 mg	†
Oregano (<i>Origanum vulgare</i>) leaf essential oil	75 mg	†
Chlorophyllin-copper complex	7 mg	†
† Daily Value (DV) not established.		

Other Ingredients: Gelatin, rice bran oil, glycerol, sorbitol, pectin, lecithin (soy), beeswax and purified water.

Caution: Contraindicated in pregnancy and lactation.

A healthy microbiome also supports immune function via the immune-related tissues of the intestine such as the intestinal lymph tissue.

If this balance is disrupted – commonly due to poor diet, gastrointestinal upsets or stress⁴ – the intestinal environment and subsequent function can become unbalanced. This results in gastrointestinal symptoms such as intestinal bloating, flatulence and discomfort.⁵ As such, rebalancing the intestinal environment may help to reduce these symptoms, promote a healthy microbiome and restore optimal digestive function.

How Gut Flora Complex Supports Your Health:



Encourages a Healthy Intestinal Environment*

Andrographis has traditionally been used for its bitter action and to support digestion. Oregano essential oil (orally), Phellodendron and Andrographis have been used traditionally to cleanse the lower gastrointestinal tract,⁶ which helps promote the natural colonization of beneficial intestinal microbiota. Phellodendron contains the important constituent, berberine, which supports cleansing of the lower gastrointestinal tract.



Supports Immune System Health*

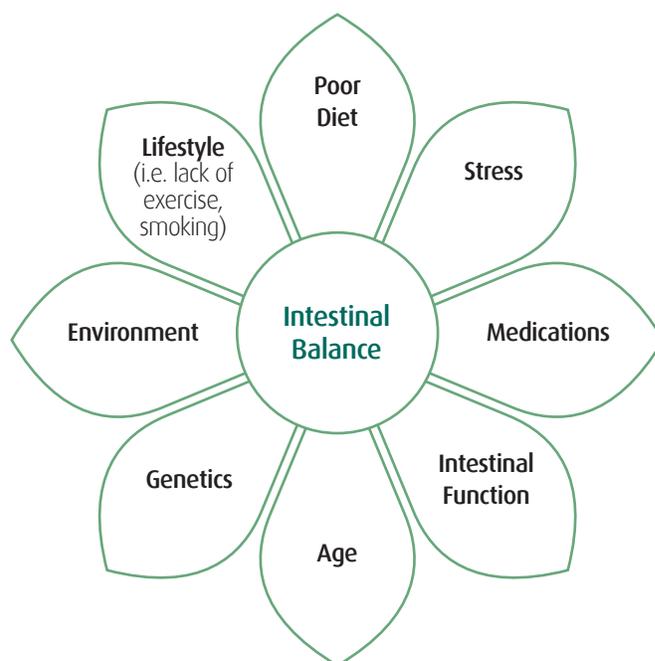
While intestinal health is important for immune function, a healthy immune system also helps the body keep a healthy balance of intestinal flora. Andrographis has been used traditionally to support a healthy immune system.⁷



Relieves GIT Symptoms & Promotes Bowel Regularity*

Traditionally, Aniseed essential oil is used in Western herbal medicine to help relieve occasional mild gastrointestinal discomfort, due to its carminative actions. Phellodendron is also used traditionally in Chinese medicine to support bowel regularity, with its TCM cooling dry qualities.^{9,10*}

Figure 1: Factors Impacting the Health of the Intestinal Environment



References

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