

Andrographis Complex

Sacred & Trusted: The Herbs for Healthy Short-Term Immunity*



SUPPORTS HEALTHY RESPIRATORY SYSTEM FUNCTION*

10 MG ANDROGRAPHALIDES PER TABLET*

SUPPORTS HEALTHY IMMUNE FUNCTION*

M1110	40 Tablets
M1115	120 Tablets

Andrographis is traditionally used in herbal preparations to:

- ✓ Support a healthy immune system and healthy immune function
- ✓ Support healthy respiratory system function
- ✓ Support a healthy immune response during seasonal stressors
- ✓ Support and maintain already normal body temperature within a normal range
- ✓ Promote healthy liver function*

Echinacea is traditionally used in herbal preparations to:

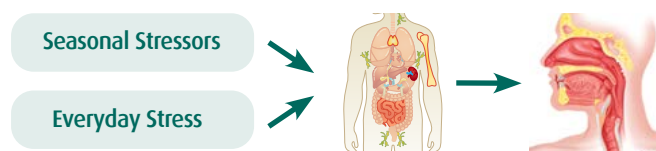
- ✓ Help improve a healthy immune system and healthy immune function
- ✓ Support healthy respiratory system function
- ✓ Support a healthy immune response during seasonal stressors*

Holy Basil is traditionally used in herbal preparations to/as:

- ✓ Support healthy respiratory system function
- ✓ Support and maintain already normal body temperature within a normal range
- ✓ An adaptogenic for everyday stress support*

MediHerb® Andrographis Complex is a unique formulation of Andrographis, Holy Basil and Echinacea; with Andrographis providing a specific amount of its key constituents: the andrographolides. All are highly regarded and trusted 'immune herbs' in their respective Ayurvedic and Western traditions. Combined, they also support the respiratory system and other immune-related functions, such as the body's ability to maintain its temperature within the normal range, and the body's ability to better adapt to everyday stress. This makes Andrographis Complex the ideal go-to formulation to support our health during the colder seasons.*

Figure 1: Flow on Effects of Seasonal Stressors and Everyday Stress on Immune and Respiratory Function



Suggested Use:

1 tablet 2 – 4 times daily, or as directed.

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 <i>Echinacea angustifolia</i> root 500 mg	125 mg	†
Holy Basil herb 5:1 extract from <i>Ocimum tenuiflorum</i> herb 500 mg	100 mg	†
Andrographis herb 10:1 extract from <i>Andrographis paniculata</i> herb 1.0 mg Containing andrographolide 10 mg	100 mg	†
Holy Basil (<i>Ocimum tenuiflorum</i>) herb essential oil	10 mg	†
† Daily Value (DV) not established.		

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

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

The Interconnection Between Respiratory and Immune Health and External Stressors

The health of the respiratory system is intricately linked to that of the immune system. Together, the two systems provide an effective internal defense mechanism against foreign substances or seasonal stressors in the external environment. The mucus cell lining of the airways create a physical barrier, while specialized immune cells embedded in the mucus lining provide a functional barrier.¹ However, our well-being and resilience can sometimes be dampened a little by the everyday stresses of life. This, consequently, has a flow on effect on the immune system and – hence – the respiratory system (see Figure 1).

How Andrographis Complex Supports Your Health:

Andrographis Complex can be used for shorter periods of time, e.g. during the colder months or seasons when both the immune and respiratory system may need a little boost, and when the body's internal temperature may need to be kept within a normal healthy range. The complex is especially useful where the stresses of everyday life further impact normal immune and respiratory functions.*



Andrographis

The 'hero' ingredient in Andrographis Complex is an important traditional herb in Ayurveda. It is highly valued for its immune-enhancing properties and its ability to keep the body's internal body temperature already within a normal range.^{2,3,4} It is also traditionally used to promote healthy liver function.^{5*}



Echinacea

Echinacea is probably one of the best-known traditional herbs with immune-enhancing qualities in the Western world. Already widely used and treasured by Native American Indians, its reputation has largely remained strong throughout history.^{2,6,7} To this day, Echinacea remains a highly popular traditional herb to promote healthy immune function,^{2,8} and support upper respiratory tract function.^{2,9-11} It may also strengthen the immune response to seasonal stressors in the environment.^{2*}



Holy Basil

Also known as 'Tulsi', is considered a sacred herb in Ayurveda.^{4,5} It is commonly planted near Hindu temples and used in religious ceremonies.¹² The herb is traditionally used to help maintain healthy respiratory tract function,^{4,5} maintain an already normal body temperature,^{4,5} and as an adaptogen to support our response to everyday stress.^{12,13*}

References

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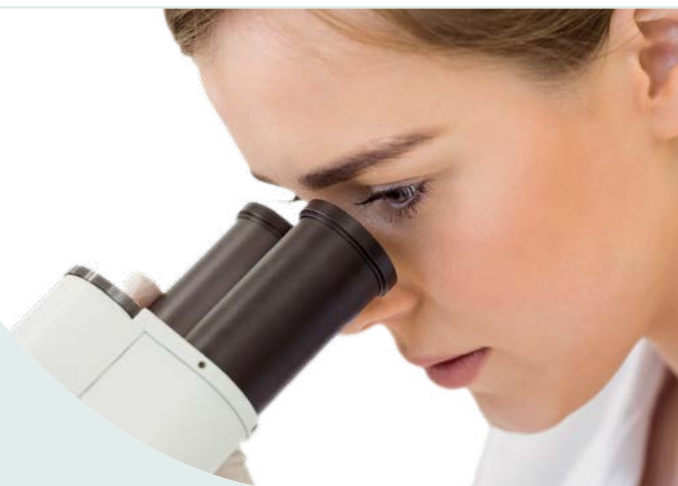
MediHerb Quality Choice

Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing ingredients to bottling to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.



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

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