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Product Selection Guide by Body Systems and Functions

Products are listed in order of significance with respect to the target body systems and functions. Often products are used in combinations. For more specific recommendations, contact your local Standard Process representative or distributor.

Adrenal
See Endocrine

Antioxidant Activity
OPC Synergy®
Cellular Vitality
Cruciferous Complete™
SP Green Food®
Cataplex® A
Cataplex® C
Collagen C™
Cataplex® A-C
Cataplex® E
Sesame Seed Oil

Blood Sugar Metabolism
10-Day Blood Sugar Support Kits
Cataplex® GTF
Cataplex® B
Cataplex® B-GF
A-F Betafood®
Gastro-Fiber®
Whole Food Fiber
Paraplex®
Inositol
Zinc Chelate™
Fen-Gre®

Bone Building/Bone Health
See Musculoskeletal Function

Brain Support
Olprima™ EPAIDHA
Olprima™ DHA
OPC Synergy®
Neuroplex®
Calamari Omega-3 Liquid
Tuna Omega-3 Oil
Tuna Omega-3 Chewable
Cod Liver Oil
Garlic
Chlorophyll Complex™
Ferrofood®
Folic Acid B12
Cataplex® B12
OPC Synergy®
Cyruta® Plus

Cardiovascular Function
General Support
Calamari Omega-3 Liquid
Tuna Omega-3 Oil
Tuna Omega-3 Chewable
Cod Liver Oil
Garlic
Chlorophyll Complex™
Ferrofood®
Folic Acid B12
Cataplex® B12
OPC Synergy®
Cyruta® Plus

Cardiovascular Support
Olprima™ EPAIDHA
Olprima™ DHA
Cardio-Plus®
Cardio-Plus® GF
Magnesium Lactate
Cardiotrophin PMG®

Cholesterol-Metabolism Support
Cyruta®
Soybean Lecithin
A-F Betafood®
Gastro-Fiber®
Whole Food Fiber
Livaplex®

Detoxification
Whole Body
Purification Product Kits
SP Detox Balance Kits
SP Detox Balance Oil

Convenience Packs
Adrenal Health
Bone Health
General Female Endocrine
General Health
Sports Performance
Sports Recovery

Cytosol™ Extracts
Listed in alphabetical order
Hypothalmex®
Orchex®
Ovex®
Ovex® P
Prost-X™
Thymex®

Dental Health
Bio-Dent®
Biost®
Cataplex® A-C-P
Calcifood®
Calcifood® Powder

Detoxification
Whole Body
Purification Product Kits
SP Detox Balance Kits
SP Detox Balance Oil

Blood
Spleen PMG®
Chlorophyll Complex™
Antronex®

Colon
Whole Food Fiber
Gastro-Fiber®
Zymex® Capsules
Zymex® II
Spanish Black Radish
Fen-Chol®
Okra Pepsin E3

Kidney
Arginex®
Renafood®
Albaplex®

Calcium Supplements
See Minerals

Calcium Utilization
See Musculoskeletal Function

Carbohydrate Metabolism
See Blood Sugar Metabolism
See Digestion: Middle Gastrointestinal (GI)—Functional Support

Chewable Supplements
Listed in alphabetical order
Calcifood®
Catalyn® Chewable
Congaplex® Chewable
Cyro-Yeast®
Lactic Acid Yeast™
Tuna Omega-3 Chewable
Zymex® Wafers

*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.
**Liver**
- Hepatrophin PMG®
- Livaplex®
- Betaloc®
- A-F Betafood®
- Spanish Black Radish
- Garlic
- SP Green Food®
- Cruciferous Complete™
- Sesame Seed Oil

**Digestion**
Listed in alphabetical order

**General Digestion Support**
- A-F Betafood®
- Betafood®
- Betaine Hydrochloride
- Chlorophyll Complex™
- Cholacol®
- Collinsonia Root
- Disodium Phosphate
- Drenatrophin PMG®
- Enzycore
- Gastrex®
- Gastro-Fiber®
- GI Stability™
- Lact-Enz®
- Lactic Acid Yeast™
- Livaplex®
- Multizyme®
- Okra Pepsin E3
- Parotid PMG®
- Pituitrophin PMG®
- Prebiotic Inulin
- ProSynbiotic
- Spanish Black Radish
- Whole Food Fiber
- Zinc Chelate™
- Zymex® Capsules
- Zymex® Wafers
- Zypan®

**Prebiotics, Probiotics, and Enzymes**
- Enzycore
- GI Stability™
- Multizyme®
- Prebiotic Inulin
- ProSynbiotic
- Zypan®

**Endocannabinoid System**
- Hemp Oil
- Hemp Oil Complex™

**Endocrine**

**General Support**
- General Female Endocrine Support
  - Daily Fundamentals
  - Paraplex®
  - Symplex® F
  - Symplex® M

**Adrenal**
- Adrenal Health Daily Fundamentals
  - Drenamin®
  - Drenamin PMG®
  - Adrenal Desiccated
  - Cataplex® B
  - Cataplex® B-GF
  - Cataplex® C
  - Cellular Vitality

**Hypothalamus**
- Hypothalamus PMG®
- Hypothalmex®
- Neuroplex

**Mammary**
- Mammary PMG®
- Fen-Gre®

**Ovary**
- Ovatrophin PMG®
- Ovex®
- Ovex® P
- Symplex® F

**Pancreas**
- Pancreatrophin PMG®
- Paraplex®
- Cataplex® GTF
- Diaplex®

**Parathyroid**
- Cal-Ma Plus®

**Pineal**
- Hypothalamus PMG®
- Hypothalmex®
- Neuroplex®

**Pituitary**
- Pituitrophin PMG®
- Neuroplex®
- Neurotrophin PMG®

**Placenta**
- Utrophin PMG®

**Testes**
- Orchic PMG®
- Symplex® M
- Chezyn®
- Zinc Chelate™

**Thyroid**
- Thytrophin PMG®
- Chezyn®
- Trace Minerals-B₁₂™
- Cataplex® F Tablets
- Iodomere®
- Prolamine Iodine Plus
- Prolamine Iodine
- Cataplex® E

**Uterus**
- Utrophin PMG®

**Essential Fatty Acid Complex**
- Super-EFF™
- Linum B₆
- Cataplex® F Softgels
- Cataplex® F Tablets

**DHA/EPA**
- Olprima™ EPA/DHA
- Olprima™ DHA
- Olprima™ EPA
- Calamari Omega-3 Liquid
- Tuna Omega-3 Oil
- Tuna Omega-3 Chewable
- Cod Liver Oil

**Gamma-Linolenic Acid**
- Olprima™ DHA
- Black Currant Seed Oil

**Eye Health**
- Iplex®
- Oculotrophin PMG®
- Cruciferous Complete™
- OPC Synergy®

**Fat Metabolism**
- A-F Betafood®
- Cholacol®
- Livaplex®

**Female Hormonal Health**
- For-Til B₁₂®
- Symplex® F
- Ovex®
- Ovex® P
- Utrophin PMG®
- Drenamin®
- Livaplex®
- Black Currant Seed Oil

**Foundational Support**

**Children**
- Catalyn®
- Catalyn® Chewable
- Catalyn® GF
- SP Green Food®
- Cyrofood® Powder
- Calamari Omega-3 Liquid
- Tuna Omega-3 Chewable

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Adult
General Health Daily Fundamentals
Catalyn®
Catalyn® GF
Cellular Vitality
Calamari Omega-3 Liquid
Tuna Omega-3 Oil
Cod Liver Oil
Trace Minerals-B₁₂™
Cyrofood®
SP Green Food®
OPC Synergy®
Cataplex® BCore
e-Poise®

Geriatric
General Health Daily Fundamentals
Catalyn®
Catalyn® GF
Senaplex®
Cyrofood®
Cyro-Yeast®
Calamari Omega-3 Liquid
Tuna Omega-3 Oil
Cod Liver Oil

Gallbladder Support
A-F Betafood®
Betaxo®
Cholaco®
Choline

Gluten-Free
Note: Chlorophyll Complex Ointment™ and USF Ointment® do not affect the digestive tract so are exempt from testing. Listed in alphabetical order
A-C Carbamide®
Adrenal Desiccated
A-F Betafood®
Antronex®
Arginex®
Bi-Niacinamide
Betacol®
Betafood®
Betaine Hydrochloride
Biset®
Black Currant Seed Oil
Calamari Omega-3 Liquid
Cal-A-Mino®
Calcium Lactate
Calcium Lactate Powder
Cal-Ma Plus®
Calsitol®
Cardio-Plus® GF
Cardiotrophin PMG®
Catalyn®
Cataplex® BGF
Cataplex® B₁₂
Cataplex® D
Cataplex® E
Cataplex® F Softgels
Cataplex® GTF

*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.
<table>
<thead>
<tr>
<th>Cataplex® F Tablets</th>
<th>Whole Food Nutrient Solutions</th>
<th>standardprocess.com</th>
<th>800-558-8740</th>
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<tbody>
<tr>
<td>Cataplex® A-C-P</td>
<td></td>
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<tr>
<td>Spleen Desiccated</td>
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<tr>
<td>Echinacea-C™</td>
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<td></td>
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<tr>
<td>Cal-Amo®</td>
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</table>

**Long-Term Support**

- Immuplex®
- Epimune Complex
- Spleen PMG®
- Thymus PMG®
- ProSynbiotic
- Chezyn®
- Zinc Chelate™
- Sesame Seed Oil

**Gland-Specific Support**

- Listed in alphabetical order

- Biost®
- Cardiotrophin PMG®
- Dermatrophin PMG®
- Drenatrophin PMG®
- Hepatrophin PMG®
- Hypothalamus PMG®
- Mammary PMG®
- Myotrophin PMG®
- Neurotrophin PMG®
- Oculotrophin PMG®
- Orchie PMG®
- Ostrophin PMG®
- Ovatrophin PMG®
- Pancreatrophin PMG®
- Paraplex®
- Parotid PMG®
- Pituitrophin PMG®
- Pneumotrophin PMG®
- Prostate PMG®
- Renatrophin PMG®
- Spleen PMG®
- Symplex® F
- Symplex® M
- Thymus PMG®
- Thyrophin PMG®
- Utrophin PMG®

**Iron**

- See Minerals

**Joint Health and Lubrication Support**

- See Musculoskeletal Function

**Kidney Function**

- Renafod®
- Renatrophin PMG®
- Albaplex®
- Arginex®
- A-C Carbamide®

**Liver Function**

- Livaplex®
- Spanish Black Radish®
- Betacol®
- Hepatrophin PMG®

**Musculoskeletal Function**

- **Acute Support**
  - Short Term
    - Cataplex® A-C-P
    - Ligaplex® I
    - Calamari Omega-3 Liquid
    - Tuna Omega-3 Oil
    - Tuna Omega-3 Chewable
    - Cod Liver Oil

- **Bone Building/Bone Health**
  - Bone Health Daily Fundamentals
    - Biost®
    - Calcifood®
    - Calcifood® Powder
    - Ostrophin PMG®
    - Cataplex® C
    - Cruciferous Complete™
    - Protefood®
    - Manganese B12™
    - Bio-Dent®

- **Calcium Utilization**
  - Cal-Ma Plus®
  - Calcifood®
  - Calcifood® Powder
  - Calcium Lactate
  - Calcium Lactate Powder
  - Cataplex® D
  - Cod Liver Oil
  - Cataplex® F Tablets

**Joint Health and Lubrication Support**

- Glucosamine Synergy®
- Calamari Omega-3 Liquid
- Tuna Omega-3 Oil
- Tuna Omega-3 Chewable
- Cod Liver Oil
- Protefood®
- Betacol®
- Rumaplex®
- Ostarplex®

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**Ligament/Tendon Support**  
- Ligaplex® I  
- Ligaplex® II  
- Calamari Omega-3 Liquid  
- Tuna Omega-3 Oil  
- Tuna Omega-3 Chewable  
- Cod Liver Oil  
- Manganese B₁₂  
- Cardio-Plus®  
- Cardio-Plus® GF

**Muscle Support**  
- Cardio-Plus®  
- Cardio-Plus® GF  
- Cardio-Plus® GF  
- Mio-Plus®  
- Mio-Plus® B-GF  
- Myotrophin PMG®  
- Whey Pro Complete

**Nerve Function**  
- Neuraplex®  
- Neuraplex® PMG®  
- Super-EFF®  
- Choline  
- Cataplex® G  
- Cataplex® B  
- Cataplex® B-GF  
- Nicotinamide B₆  
- St. John’s Wort-IMT™

**Omega-3 and Omega-6**  
See Essential Fatty Acid Complex

**Organic, USDA Certified**  
- E-Z Mg™  
- Organically Bound Minerals  
- Veg-E Complete Pro™ Chocolate  
- Veg-E Complete Pro™ Vanilla

**pH Balance**  
Systemic:  
- Acidifiers  
  - Cal-Amo®  
  - Phosfood® Liquid  
- Alkalizers  
  - Organically Bound Minerals  
  - Chlorophyll Complex™  
  - Magnesium Lactate

**Powder Supplements**  
Listed in alphabetical order  
- CalciFood® Powder  
- Calcium Lactate Powder  
- Cyrofood® Powder  
- E-Z Mg™  
- Inositol Powder  
- Prebiotic Inulin  
- SP Complete®  
- SP Complete® Chocolate  
- SP Complete® Dairy Free  
- SP Complete® Vanilla  
- SP Detox Balance™

**Prebiotic**  
See Digestion: Lower GI—Functional Support/Flora

**Prenatal Support**  
- Catalyn®  
- Catalyn® GF  
- Folic Acid B₁₂  
- Calcium Lactate  
- Calcium Lactate Powder  
- CalciFood®  
- CalciFood® Powder  
- Calamari Omega-3 Liquid  
- Tuna Omega-3 Oil  
- Tuna Omega-3 Chewable  
- FerroFood®

**Probiotic**  
See Digestion: Lower GI—Functional Support/Flora

**Protein Metabolism**  
See also Digestion: Upper GI—Functional Support  
See also Digestion: Middle GI—Functional Support  
- ProteFood®  
- Nutrimere®

**Protein Supplements**  
- Veg-E Complete Pro™ Chocolate  
- Veg-E Complete Pro™ Vanilla  
- Whey Pro Complete  
- SP Complete®  
- SP Complete® Chocolate  
- SP Complete® Dairy Free  
- SP Complete® Vanilla

**Protomorphogen™ Extracts**  
Listed in alphabetical order  
- Biost®  
- Cardiotrophin PMG®  
- Dermatrophin PMG®  
- Drenatrophin PMG®  
- Hepatrophin PMG®  
- Hypothalamus PMG®  
- Mammary PMG®  
- Myotrophin PMG®  
- Neurotrophin PMG®  
- Oculotrophin PMG®  
- Ovotrophin PMG®  
- Pancreatrophin PMG®  
- Paraplex®  
- Parotid PMG®  
- Pituotrophin PMG®  
- Pneumotrophin PMG®  
- Prostate PMG®  
- Renatrophin PMG®

**Spleen PMG®**  
**Symplex® F**  
**Symplex® M**  
**Thymus PMG®**  
**Thyrophin PMG®**  
**Utrophin PMG®**

**Respiratory Function**  
**General**  
- Allerplex®  
- Emphaplex®  
- Pneumotrophin PMG®

**Seasonal and Environmental Support**  
- Allerplex®  
- Antronex®  
- Cal-Amo®  
- Drenamin®  
- Fen-Gre®

**Skin and Hair Health**  
- Regeneplex®  
- Dermatrophin PMG®  
- Linum B₆  
- Cal-Amo® F Softgels  
- Calamari Omega-3 Liquid  
- Tuna Omega-3 Oil  
- Tuna Omega-3 Chewable  
- Cod Liver Oil  
- Wheat Germ Oil  
- Chlorophyll Complex™  
- USF Ointment®  
- Chlorophyll Complex Ointment™

**Sports Health**  
- Sports Performance Kits  
- Sports Performance Packs  
- Sports Recovery Kits  
- Sports Recovery Packs  
- Ligaplex® I  
- Ligaplex® II  
- Cardio-Plus®  
- Cardio-Plus® GF  
- Catalyn® E2  
- Catalyn® B  
- Catalyn® B-GF  
- Glucosamine Synergy®  
- Wheat Germ Oil  
- SP Complete®  
- SP Complete® Chocolate  
- SP Complete® Dairy Free  
- SP Complete® Vanilla  
- Whey Pro Complete

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**StandardBars**

Listed in alphabetical order

**High Protein**
- Berry StandardBar®
- Cocoa Cherry StandardBar®
- Cocoa Crisp StandardBar®
- Peanut Butter StandardBar®
- Soy Almond Crunch StandardBar®

**Thyroid**
See Endocrine

**Vegan**
- Betrafood®
- Cal-Amo®
- Calcium Lactate
- Calcium Lactate Powder
- Calsol®
- Cayenne Pepper
- Cellular Vitality
- Choline
- Echinacea-C
- Enzycore
- Epimune Complex
- E-Z Mg™
- Gastro-Fiber®
- Ginkgo Synergy®
- GI Stability™
- Hemp Oil
- Inositol
- Inositol Powder
- Min-Tran®
- Organically Bound Minerals
- Phosfood Liquid
- Prebiotic Inulin
- Prolamine Iodine
- Prolamine Iodine Plus
- Purification Product Kits:
  - SP Complete® Dairy Free and Whole Food Fiber
  - SP Complete® Dairy Free and Gastro-Fiber®
  - SP Detox Balance™
  - SP Cleanse®
  - SP Complete® Dairy Free
  - SP Green Food®
- Soy Almond Crunch Standard Bar®
- Whole Food Fiber
- Zinc Test

**Vegetarian**

Listed in alphabetical order
*Cellulose capsules—plant source
- Betafood®
- Cal-Amo®
- Calcium Lactate
- Calcium Lactate Powder
- Calsol®
- Cataplex® D
- Cayenne Pepper
- Cellular Vitality
- Choline
- Echinacea-C
- Enzycore
- Epimune Complex
- E-Z Mg™
- Gastro-Fiber®
- Ginkgo Synergy®
- GI Stability™
- Hemp Oil
- Inositol
- Inositol Powder
- Lactic Acid Yeast™
- Min-Tran®
- Organically Bound Minerals
- Phosfood Liquid
- Prebiotic Inulin
- Prolamine Iodine
- Prolamine Iodine Plus
- ProSynbiotic
- Purification Product Kits
  - Ribonucleic Acid (RNA)
- SP Cleanse®
- SP Complete®
- SP Complete® Dairy Free
- SP Detox Balance™
- SP Green Food®
- Spanish Black Radish

**Water Balance**

- A-C Carbamide®
- Arginex®
- Renafood®
- Be-Niacinamide

**Weight-Management Adjuncts**

- Purification Product Kits
- Whey Pro Complete

**Whole Desiccates**

Listed in alphabetical order
- Adrenal Desiccated
- Spleen Desiccated

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Buckwheat on the Standard Process certified organic farm
Many of today’s patients eat what is considered the Standard American Diet, which contains large amounts of refined and processed foods—some of which have limited nutritional value. Patients aren’t eating enough fresh foods that are naturally high in nutrients like vitamins, minerals, and phytonutrients that help the body thrive and maintain health. Most of these patients can benefit from supplementing their diets in order to bridge this nutritional gap.

“*The best sources of vitamins and minerals are found in whole foods.*”

—Dr. Royal Lee, founder of Standard Process

Your patients come to see you for many reasons: stress, fatigue, digestion issues, and hormone health, just to name a few. They may not realize it, but many of their complaints may have a nutritional component. That’s where you and Standard Process come in.

Clinical nutrition, and the relationship between food and a healthy body are more important than ever. Knowing how nutrients are digested, absorbed, transported, metabolized, stored, and eliminated by the body helps you communicate nutrition’s significant role in many health challenges. This knowledge also helps you to explain how the complexity of whole food and other ingredients in our supplements can support your patients.*

Buckwheat field on the Standard Process certified organic farm

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The Standard Process Difference

There are a lot of supplement companies in the marketplace. What makes Standard Process supplements, which are made with whole foods and other ingredients, so unique? Here are just a few reasons.

**Whole Foods and the Whole Food Philosophy**

Since 1929, Standard Process has been the visionary leader in whole food nutrient solutions. We are dedicated to creating quality supplements based on the whole food philosophy introduced by Standard Process founder, Dr. Royal Lee. Dr. Lee’s goal was to provide nutrients as they are found in nature, where he believed their natural potency and efficacy would be realized. Our goal is to carry on his mission, creating holistic formulas by incorporating whole food ingredients along with targeted vitamins and minerals.

**Starting With Whole Foods**

Following this philosophy, we start with whole foods—foods you might find in the grocery store—like peas, radishes, and beets. Then, like any good cook, we prepare these ingredients in a way that safeguards their nutritional value. The resulting whole food ingredient is then added to a complex formula that may include whole food concentrates; animal tissue extracts and concentrates; botanicals; whole food isolates; and synthetic ingredients as required to meet our high formula standards.

**Why are whole food nutrient complexes important?**

The nutrient complexes found in whole foods are valuable and essential to good health. Standard Process founder Dr. Royal Lee referred to these complexes as “the life element,” and they can be produced only through biological processes. That is why we start with the highest-quality whole food ingredients when making our supplements.

These ingredients contain complex structures that combine a variety of elements that work together to support healthy balance in the body. We add additional targeted ingredients to formulas as needed to support specific systems in the body.*

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Our Focus Is on Quality, Not Quantity
When we take supplements, we often think that more is better. This common misperception can lead to megadosing, or taking vitamins that contain amounts of certain nutrients that exponentially exceed daily recommendations.

Quality is far more important than quantity when evaluating and choosing nutritional supplements. Supplements that contain only synthetic vitamins have just a fraction of the beneficial compounds that are found in foods. Those supplements may only focus on certain challenges in the body. Supplements that include whole food ingredients are more complex, as they contain a mix of constituents that can be used to address a wider range of the body’s needs.*

High-Quality Ingredients
As in any recipe, the quality of ingredients affects the quality of the final product. Manufacturers who grow their own ingredients have control over them, which is why Standard Process owns a 623-acre certified organic farm. The farm—located just a mile down the road from company headquarters in Palmyra, Wisconsin—harvests 7.4 million pounds of vegetables every year. A great majority of the raw plant ingredients used in our products are grown on our farm.

We promptly process our farm-harvested crops to minimize the loss of phytonutrients and deliver those nutrient complexes that are so integral to Dr. Lee’s vision.

For items we can’t grow, Standard Process has an extensive, rigorous system of supplier auditing and validation. This allows us to provide patients with a product that has been controlled, tested, and verified from beginning to end.

Some types of processing can destroy enzymes and phytonutrients. Our manufacturing process is designed to minimize the loss of vital nutrients from each ingredient.

*Buckwheat
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<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Natural Sources</th>
<th>Physiological Support</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calcium</strong></td>
<td>Tofu, sardines, sesame seeds, dairy (yogurt, milk), greens (collards, turnip</td>
<td>Blood, skeletal, cardiovascular, musculoskeletal, and nervous systems</td>
</tr>
<tr>
<td></td>
<td>greens, mustard, beet greens), spinach, kale, cheese, bone meal, cabbages,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>bok choy</td>
<td></td>
</tr>
<tr>
<td><strong>Choline</strong></td>
<td>Eggs, seafood (shrimp, scallops, tuna, cod, salmon), poultry, beef, lentils,</td>
<td>Cell membranes, nervous and hepatic systems</td>
</tr>
<tr>
<td></td>
<td>greens (collards, Swiss chard), broccoli, Brussels sprouts, peas, cauliflowers,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>mushrooms (shiitake, crimini)</td>
<td></td>
</tr>
<tr>
<td><strong>Chromium</strong></td>
<td>Broccoli, barley, oats, green beans, tomatoes, romaine lettuce, black pepper,</td>
<td>Endocrine system</td>
</tr>
<tr>
<td></td>
<td>garlic, potatoes (Also, there are trace amounts of chromium in many other</td>
<td></td>
</tr>
<tr>
<td></td>
<td>foods, including vegetables, fruits, grains, legumes, seafood, meats, and</td>
<td></td>
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<tr>
<td></td>
<td>dairy.)</td>
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</tr>
<tr>
<td><strong>Coenzyme Q&lt;sub&gt;10&lt;/sub&gt;</strong> (CoQ&lt;sub&gt;10&lt;/sub&gt;)</td>
<td>Liver, beef, fish (trout, herring), chicken, sesame seeds, pistachio nuts,</td>
<td>Metabolic and immune systems</td>
</tr>
<tr>
<td></td>
<td>spinach, broccoli, cauliflower, rice bran, strawberries, eggs</td>
<td></td>
</tr>
<tr>
<td><strong>Copper</strong></td>
<td>Liver, mollusks, lobster, seeds (sesame, sunflower), nuts (cashews, walnuts,</td>
<td>Immune, musculoskeletal, metabolic, and vascular systems</td>
</tr>
<tr>
<td></td>
<td>pine, hazelnuts), beans (soybeans, chickpeas, lima beans, kidney beans),</td>
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<tr>
<td></td>
<td>mushrooms (shiitake), tempeh, lentils, buckwheat, radishes</td>
<td></td>
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<tr>
<td><strong>Essential</strong></td>
<td>Flaxseeds, chia seeds, walnuts, fatty fish (sardines, salmon, tuna, shrimp,</td>
<td>Brain; visual; endocrine, cardiovascular, nervous, and</td>
</tr>
<tr>
<td><strong>Fatty Acids</strong></td>
<td>halibut, scallops, cod), beef, wheat germ, black currant seed oil, evening</td>
<td>integumentary systems</td>
</tr>
<tr>
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<td>primrose oil, cauliflowers, Brussels sprouts</td>
<td></td>
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<tr>
<td><strong>Folate/ Folic Acid</strong></td>
<td>Beans (pinto beans, chickpeas, navy beans, black beans, kidney beans),</td>
<td>Energy production; blood; nervous, cardiovascular, and</td>
</tr>
<tr>
<td></td>
<td>lentils, asparagus, spinach, greens (beet greens, collards, turnip greens),</td>
<td>reproductive systems</td>
</tr>
<tr>
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<td>broccoli, beets, romaine lettuce, citrus fruits, Brussels sprouts, liver,</td>
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<td>nutritional/baker's yeast</td>
<td></td>
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<tr>
<td><strong>Inositol</strong></td>
<td>Cantaloupes, citrus fruits (oranges, grapefruits, limes), beans (Great</td>
<td>Cell membranes</td>
</tr>
<tr>
<td></td>
<td>Northwestern, kidney, lima, navy, green, pole, wax), peas, whole grains (wheat),</td>
<td></td>
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<tr>
<td></td>
<td>artichokes, nuts, and seeds</td>
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<tr>
<td><strong>Iron</strong></td>
<td>Sea vegetables, seafood (scallops, cod, shrimp, sardines, salmon, tuna),</td>
<td>Endocrine, nervous, metabolic, and reproductive systems</td>
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<tr>
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<td>dairy (yogurt, milk), eggs, turkey, navy beans, potatoes</td>
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</tr>
<tr>
<td></td>
<td>Beef, lamb, pork, mollusks, spinach, greens (Swiss chard, beet greens,</td>
<td>Blood; metabolic, nervous, immune, and reproductive systems</td>
</tr>
<tr>
<td></td>
<td>collards, mustard, turnip greens), seeds (sesame, pumpkin), beans (chickpeas,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>lima beans, navy beans, green beans, black beans, kidney beans), lentils,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>artichokes, beets</td>
<td></td>
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**See Primary Ingredient Cross Reference for additional products**
### Functions

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>Essential for strong bone structure, teeth, and muscle tissue; nerve function and muscle cell contraction; and balanced blood pH. Calcium aids in blood clotting function, supports contraction and dilation of vascular tissues, and facilitates cell signaling.</td>
</tr>
<tr>
<td>Choline</td>
<td>A key component of two phospholipids that serve as building blocks of the cell membrane; a precursor to acetylcholine, a neurotransmitter that supports nervous system function of the brain, heart, muscles, and intestines; an important factor in methylation; and essential in activities such as building DNA, exchanging signals in the brain, homocysteine metabolism, and liver detoxification.</td>
</tr>
<tr>
<td>Chromium</td>
<td>Provides healthy blood glucose by enhancing insulin function.</td>
</tr>
<tr>
<td>CoQ10</td>
<td>A cofactor in the electron transport chain for energy production and acts as an antioxidant. Due to its vital role in energy production, CoQ10 has an effect on all systems within the body.</td>
</tr>
<tr>
<td>Copper</td>
<td>An essential cofactor in oxidation/reduction enzymes such as superoxide dismutase, an antioxidant enzyme; critical for the incorporation of iron into red blood cells; involved in the catabolism of carbohydrates for energy production cells; and required for synthesis of collagen, the main structural protein in blood vessels, connective tissue, and bone.</td>
</tr>
<tr>
<td>Essential fatty acids</td>
<td>Precursors for synthesis of certain hormones, such as eicosanoids; necessary for brain and visual development and function; involved in healthy neuronal transmissions; building blocks of cell membranes; a source of energy; and essential for skin integrity and structural function. Essential fatty acids have anti-inflammatory and antioxidant effects and support normal heart rate and coronary blood flow.</td>
</tr>
<tr>
<td>Folate and folate acid</td>
<td>Transfer single carbon units, which are critical in the metabolism of nucleic acids and amino acids. Folate and folic acid are essential for brain development and function as well as fetal development and reproductive health. They support overall growth and development; blood cell formation and platelet function; and homocysteine metabolism, an indicator of cardiovascular health.</td>
</tr>
<tr>
<td>Inositol</td>
<td>Not yet demonstrated to be an essential nutrient; however, inositol is a component of cell membrane phospholipids and may play an important role in cell physiology.</td>
</tr>
<tr>
<td>Iodine</td>
<td>Essential for the thyroid gland and its associated hormones. Due to iodine’s essential role in thyroid metabolism, iodine is critical for function of the brain, nervous system, normal growth and development, metabolism, and reproductive function.</td>
</tr>
<tr>
<td>Iron</td>
<td>Vital in oxygen transport and energy metabolism via hemoglobin production; assists in formation and function of numerous enzymes; is part of the cellular antioxidant system, protecting cells from excess free radicals; and is involved in enzyme systems that produce and repair DNA, supporting growth, reproduction, healing, and immune system function.</td>
</tr>
</tbody>
</table>

### Supplements Containing Named Nutrient**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>Calcifood®, Calcifood® Powder, Calcium Lactate Powder, Cyrofood® Powder</td>
</tr>
<tr>
<td>Choline</td>
<td>Cardio-Plus®, Cardio-Plus® GF, Choline, Myo-Plus®</td>
</tr>
<tr>
<td>Chromium</td>
<td>Cataplex® GTF, Diaplex®, Immuplex®</td>
</tr>
<tr>
<td>CoQ10</td>
<td>Cellular Vitality</td>
</tr>
<tr>
<td>Copper</td>
<td>Chezyn®, Immuplex®, Neuroplex®</td>
</tr>
<tr>
<td>Iodine</td>
<td>Black Currant Seed Oil, Calamari Omega-3 Liquid, Cod Liver Oil, Sesame Seed Oil, Soybean Lecithin</td>
</tr>
<tr>
<td>Folate and folate acid</td>
<td>Cellular Vitality, Folic Acid B12, Immuplex®</td>
</tr>
<tr>
<td>Inositol</td>
<td>Cyruta®, Inositol, Inositol Powder</td>
</tr>
<tr>
<td>Iodine</td>
<td>A-F Betafood®, Cataplex® F Tablets, Iodomere®, Min-Chex®, Min-Tran®</td>
</tr>
<tr>
<td>Iron</td>
<td>Chezyn®, Ferrofood®, Immuplex®, Livaplex®, Neuroplex®</td>
</tr>
</tbody>
</table>

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**See Primary Ingredient Cross Reference for additional products**
<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Natural Sources</th>
<th>Physiological Support</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Magnesium</strong></td>
<td>Spinach, artichokes, greens (Swiss chard, beet greens, turnip greens), seeds (sesame, pumpkin, sunflower), quinoa, beans (black beans, navy beans, pinto beans, lima beans, kidney beans, green beans, soybeans), nuts (cashews, almonds, walnuts, Brazil nuts, pine nuts), broccoli, buckwheat, tomatoes</td>
<td>Musculoskeletal, metabolic, nervous, endocrine, and cardiovascular systems</td>
</tr>
<tr>
<td><strong>Manganese</strong></td>
<td>Beef (liver), grains (oats, brown rice, rye, barley), beans (chickpeas, soybeans, lima beans, navy beans), chickpeas, lentils, green peas, wheat germ, spinach, pineapples, seeds (pumpkins, sunflower), tempeh, tofu, quinoa, nuts (almonds, walnuts, cashews, pecans, hazelnuts)</td>
<td>Musculoskeletal, integumentary, metabolic, and nervous systems</td>
</tr>
<tr>
<td><strong>Phosphorus</strong></td>
<td>Seafood (scallops, sardines, cod, tuna, salmon, shrimp), seeds (pumpkin, sesame, sunflower), lentils, poultry (meat, liver), dairy (yogurt, milk), nuts (cashews, almonds), flaxseeds, beans (chickpeas, navy beans, pinto beans, kidney beans, black beans, lima beans), quinoa, beef (meat, liver)</td>
<td>Cell membranes; musculoskeletal, integumentary, metabolic, and renal systems</td>
</tr>
<tr>
<td><strong>Potassium</strong></td>
<td>Greens (beet greens, Swiss chard), beans (lima, pinto, black, kidney), lentils, sweet potatoes, potatoes, spinach, avocados, bok choy, Brussels sprouts, beets, tomatoes, cantaloupes, oranges, prunes, papayas, peaches, bananas, kale</td>
<td>Electrolytes; blood; cardiovascular, nervous, musculoskeletal, renal, and metabolic systems</td>
</tr>
<tr>
<td><strong>Selenium</strong></td>
<td>Brazil nuts, seafood (tuna, shrimp, sardines, salmon, cod, lobster), poultry (meat, organ), barley, pork, beef (meat, organ), lamb, mushrooms (crimini, shiitake), wheat germ</td>
<td>Endocrine, immune, and metabolic systems</td>
</tr>
<tr>
<td><strong>Vitamin A</strong></td>
<td>Retinol source (animal): liver, shrimp, eggs, cow's milk, cheese, yogurt, salmon, sardines, chicken, turkey Beta carotene (plant): sweet potatoes, carrots, spinach, kale, greens (mustard, collards, turnip greens), winter squash, romaine lettuce, bok choy, cantaloupes, bell peppers</td>
<td>Visual; endocrine, immune, integumentary, and reproductive systems</td>
</tr>
<tr>
<td><strong>Vitamin B₁</strong></td>
<td>Sunflower seeds, beans (navy, black, pinto, lima), lentils, whole grains (oats, wheat, barley), peas, mushrooms, sweet potatoes, flaxseeds, tuna, nutritional yeast, wheat germ</td>
<td>Energy production; nervous, cardiovascular, and immune systems</td>
</tr>
<tr>
<td>Thiamine</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin B₂</strong></td>
<td>Spinach, beet greens, tempeh, dairy (yogurt, milk), crimini mushrooms, eggs, asparagus, almonds, green peas, turkey (meat, liver), beef (meat, liver)</td>
<td>Energy production; blood; immune, cardiovascular, nervous systems</td>
</tr>
<tr>
<td>Riboflavin</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin B₃</strong></td>
<td>Seafood (tuna, salmon, sardines, shrimp), poultry (meat, liver), lamb, beef (meat, liver), nutritional yeast, peanuts, whole grains (brown rice, barley, corn), sweet potatoes, mushrooms (crimini), asparagus</td>
<td>Energy production; cardiovascular, hepatic, integumentary, and nervous systems</td>
</tr>
<tr>
<td>Niacin or Niacinamide</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th><strong>Supplements Containing Named Nutrient</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium Lactate</td>
</tr>
<tr>
<td>Calcium Lactate Powder</td>
</tr>
<tr>
<td>E-Z Mg™</td>
</tr>
<tr>
<td>Magnesium Lactate</td>
</tr>
<tr>
<td>SP Detox Balance™</td>
</tr>
<tr>
<td>E-Manganese™</td>
</tr>
<tr>
<td>Ligaplex® I</td>
</tr>
<tr>
<td>Ligaplex® II</td>
</tr>
<tr>
<td>Manganese B₁₂</td>
</tr>
<tr>
<td>Trace Minerals-B₁₂</td>
</tr>
<tr>
<td>Calcifood®</td>
</tr>
<tr>
<td>Calsol®</td>
</tr>
<tr>
<td>Disodium Phosphate</td>
</tr>
<tr>
<td>Ligaplex® I Liquid</td>
</tr>
<tr>
<td>Phosfood® Liquid</td>
</tr>
<tr>
<td>Calci-Plus®</td>
</tr>
<tr>
<td>Calci-Plus® GF</td>
</tr>
<tr>
<td>Cataplex® E</td>
</tr>
<tr>
<td>Cataplex® E₂</td>
</tr>
<tr>
<td>A-F Betafood®</td>
</tr>
<tr>
<td>Cataplex® A</td>
</tr>
<tr>
<td>Cataplex® A-C</td>
</tr>
<tr>
<td>Cataplex® A-C-P</td>
</tr>
<tr>
<td>Cod Liver Oil</td>
</tr>
<tr>
<td>Emphaplex®</td>
</tr>
<tr>
<td>Cardio-Plus®</td>
</tr>
<tr>
<td>Cardio-Plus® GF</td>
</tr>
<tr>
<td>Cataplex® B</td>
</tr>
<tr>
<td>Cataplex® B-GF</td>
</tr>
<tr>
<td>Cellular Vitality</td>
</tr>
<tr>
<td>Catalyn®</td>
</tr>
<tr>
<td>e-Poise®</td>
</tr>
<tr>
<td>Myo-Plus®</td>
</tr>
<tr>
<td>Neuroplex®</td>
</tr>
<tr>
<td>Vasculin®</td>
</tr>
<tr>
<td>Organically Bound Minerals</td>
</tr>
</tbody>
</table>

**Functions**

Magnesium is an essential cofactor in more than 300 cellular reactions, such as those involved in nucleic acid, protein, carbohydrate, and lipid synthesis; necessary for bone and tooth structure and integrity; supports healthy nerve and muscle function; and essential for energy production, healthy cortisol levels, glucose function, insulin function, and cellular messaging. Glutathione, an important cellular antioxidant, requires magnesium for synthesis.

Manganese supports normal bone and collagen formation; promotes the formation and activation of certain enzymes, such as mitochondrial antioxidant enzyme manganese superoxide dismutase (MnSOD); involved in carbohydrate, amino acid, and cholesterol metabolism; and essential for numerous metabolic and nervous system functions in the brain.

Phosphorus is an essential component of cellular membrane structure and nucleic acids; vital for bone, collagen, and tooth integrity, formation, and structure; and involved in metabolism of carbohydrates, proteins, and lipids. Phosphorus supports energy production, cell growth and repair, cardiovascular function, and nerve and muscle activity; regulates healthy pH; and facilitates excretion of wastes through the kidneys.

Potassium is a vital electrolyte involved in osmotic balance and creation of membrane potential, which fuels muscle contraction, heart function, and nerve impulse transmissions; essential for healthy blood pressure, kidney function, and healthy blood clotting; helps maintain a normal pH; and supports enzymes involved in carbohydrate metabolism.

Selenium is a vital cofactor for antioxidant enzymes, such as glutathione peroxidase and thioredoxin reductases; essential for thyroid function; aids in DNA and protein synthesis; and supports a healthy immune system response.

Vitamin A is essential for the visual system, including adaptation to light and night vision. Vitamin A also supports a healthy immune system; is required for growth and natural repair of many body tissues; and maintains integrity of blood cells and epithelial tissue lining the gut, lungs, and reproductive tract.

Vitamin B₁₂ is a required cofactor for carbohydrate metabolism and is necessary for biosynthesis of neurotransmitters that support mental alertness and cognitive ability. Vitamin B₁₂ supports myocardial energy, has roles in oxidant stress protection, and supports the immune system.

A required factor in coenzymes that activate and support metabolic processes throughout the body, vitamin B₁₂ is vital in the electron-transport chain for production of energy, normal cell function, and growth. Vitamin B₁₂ interacts as a cofactor with other B vitamins, such as in the activation of vitamin B₂ and creation of niacin; supports a healthy immune system; participates in activities of many critical enzymes; and supports the cardiovascular system and red blood cell production.

Niacin is converted to the cofactor nicotinamide adenine dinucleotide (NAD), an important part of oxidation-reduction reactions within the body. NAD is involved in catabolism of carbohydrates, fats, amino acids, and alcohol as well as biosynthetic reactions. Niacin promotes a healthy heart and skin integrity, promotes hydrochloric acid production and cellular respiration, and enhances metabolism and circulation.

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**See Primary Ingredient Cross Reference for additional products**
<table>
<thead>
<tr>
<th>nutrient</th>
<th>natural sources</th>
<th>physiological support</th>
</tr>
</thead>
<tbody>
<tr>
<td>vitamin B₅</td>
<td>mushrooms (shiitake and crimini), avocados, sweet potatoes, lentils, dried peas, poultry (meat, liver), beef (liver), yogurt, broccoli, rye, sunflower seeds</td>
<td>energy production; endocrine and hepatic systems</td>
</tr>
<tr>
<td>pantothenic acid</td>
<td>poultry, beef, fish (cod, salmon, halibut, tuna), sweet potatoes, potatoes, sunflower seeds, spinach, bananas, nutritional yeast, winter squash, broccoli</td>
<td>energy production; blood; nervous, hepatic, and immune systems</td>
</tr>
<tr>
<td>vitamin B₆</td>
<td>almonds, sweet potatoes, eggs, onions, oats, tomatoes, peanuts, carrots, walnuts, salmon</td>
<td>hepatic, endocrine, integumentary, and immune systems</td>
</tr>
<tr>
<td>pyridoxine</td>
<td>seafood (salmon, halibut, sardines, shrimp, tuna, cod, scallops, mollusks), lamb (meat, liver), beef (meat, liver), dairy (yogurt, milk, cheese), eggs, poultry (meat, liver, heart)</td>
<td>energy and DNA production; blood; cardiovascular, nervous, and musculoskeletal systems</td>
</tr>
<tr>
<td>vitamin B₇</td>
<td>papayas, bell peppers, broccoli, Brussels sprouts, strawberries, pineapples, oranges, kiwi fruits, cantaloupes, cauliflowers, tomatoes</td>
<td>immune, integumentary, nervous, endocrine, cardiovascular, and skeletal systems</td>
</tr>
<tr>
<td>biotin</td>
<td>fatty fish (salmon, halibut, sardines, tuna, mackerel), cow's milk (fortified), alternative milks (fortified), eggs, mushrooms, cod liver oil, liver</td>
<td>skeletal, immune, endocrine, cardiovascular, and integumentary systems</td>
</tr>
<tr>
<td>vitamin D</td>
<td>sunflower seeds, almonds, spinach, greens (Swiss chard, turnip greens, collards, beet greens, mustard, kale), avocados, peanuts, asparagus, wheat germ, peppers (chili, bell), olives, red palm oil</td>
<td>immune, cardiovascular, integumentary, and nervous systems</td>
</tr>
<tr>
<td>vitamin E</td>
<td>kale, spinach, greens (mustard, collards, beet greens, Swiss chard, turnip greens), parsley, broccoli, Brussels sprouts, cabbages, pumpkins, okra, pine nuts, blueberries</td>
<td>blood, skeletal system</td>
</tr>
<tr>
<td>vitamin K</td>
<td>seafood (mollusks, crab, shrimp, oysters), beef (meat, liver), lamb (meat, liver), seeds (sesame, pumpkin), lentils, chickpeas, nuts (cashews, almonds, peanuts), poultry (meat, organ), quinoa, wheat germ</td>
<td>cell membranes; metabolic, cardiovascular, immune, integumentary, endocrine, musculoskeletal, and nervous systems</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Function</th>
<th>Whole Food Nutrient Solutions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vitamin B₁</strong> is an essential component of coenzyme A (CoA), which is required for metabolism of proteins, fats, and carbohydrates; necessary for synthesis and storage of fatty acids; and required for synthesis of cholesterol and hormones.</td>
<td><strong>Cellular Vitality</strong></td>
</tr>
</tbody>
</table>
| Vitamin B₆ is a cofactor required for metabolism of amino acids, carbohydrates, and lipids as well as glycogen utilization; synthesis of neurotransmitters and hormones; essential for myelin formation, heme production, sulfur metabolism, and phase one liver detoxification; supports a healthy immune system; and plays a role in metabolism of tryptophan. | **B₆-Niacinamide**  
**Circuplex**  
**Min-Chex**  
**Niacinamid B₆**  
**Orchex** |
| Vitamin B₁₂ is essential for lipogenesis and gluconeogenesis, metabolism of amino acids, and oxidation of fatty acids; helps regulate gene expression; and supports immune system processes, insulin function, and epithelial tissue. Biotin can be synthesized in the gut by intestinal bacteria. | **Cellular Vitality** |
| Vitamin B₁₂ is a required cofactor involved in methionine metabolism and in the production of energy from proteins and fats; supports myelin synthesis and nervous system function; helps synthesize choline; promotes the maturation of red blood cells and other rapidly growing cells; supports bone and joint health; is essential for folate utilization; and is a cofactor for DNA synthesis. | **Cataplex** B  
**Folic Acid B₁₂**  
**For-Til B₁₂**  
**Manganese B₁₂**  
**Trace Minerals-B₁₂** |
| Vitamin C is an antioxidant, a cofactor in the synthesis of neurotransmitters, and required for collagen formation and healthy connective tissue. Vitamin C supports skin, tooth, blood vessel, and bone integrity; facilitates iron absorption; supports immune system function; and assists in cholesterol metabolism. | **Cataplex** A-C  
**Cataplex** A-C-P  
**Cataplex** C  
**Collagen C**  
**Echinacea-C**  
**Regeneplex** |
| Vitamin D is essential in bone health and regulation of bone mineral density and calcium balance as well as for the immune system and the maturation of white blood cells. Vitamin D supports insulin secretion and action; the cardiovascular system and healthy blood pressure; overall health of the endocrine system; and cellular growth and differentiation of the epithelium. | **Catalyn**  
**Cataplex** D  
**Cod Liver Oil**  
**Cyro-Yeast**  
**e-Poise**  
**Senaplex** |
| Vitamin E is a fat-soluble antioxidant that exists in eight different forms, each considered to have distinct effects in the body. Vitamin E is immune enhancing; supports proper nerve and muscle function; supports healthy circulation and tissue regeneration; promotes healthy blood clotting; and is essential for the maintenance of healthy skin. | **Cataplex** E  
**Cataplex** E₂  
**E-Manganese**  
**Immuplex**  
**Wheat Germ Oil Fortified** |
| Vitamin K is essential for normal blood clotting function and is involved in bone mineralization, supporting bone mineral density and strength. | **Cruciferous Complete** |
| Zinc is essential for numerous enzyme functions and cellular processes, such as gene expression, protein folding, carbohydrate synthesis, vasoconstriction, and immune system response; has a structural role in cell membranes and proteins; and regulates gene expression, cell signaling, hormone release, apoptosis, and nerve impulse transmission. Zinc is concentrated in the prostate gland. | **Chezyn**  
**Epimune Complex**  
**Immunplex**  
**Neuroplex**  
**Palmettoplex**  
**Zinc Chelate** |

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How Standard Process Defines Quality

How we define quality frames our approach to making supplements, from our whole food philosophy and our careful ingredient sourcing to our formulations and dedication to rigorous testing and safety. “Quality from soil to supplement” is more than just a tag line to us—it’s a commitment we take to heart during every step of the production process.

A whole food supplement is a complex formula of targeted ingredients that may include:

**Whole food ingredients—complete foods prepared in a way that safeguards their nutritional value**
On our product labels, there are many ingredients that you recognize as foods. Some of these whole food ingredient sources are regularly grown locally on our certified organic farm, including alfalfa, barley grass, beets, Brussels sprouts, buckwheat, kale, kidney beans, oats, pea vine, and Spanish black radish. This allows us to control the quality of these ingredients from seed to soil to supplement.

**Whole food concentrates—processed parts of a whole food containing two or more constituents of the original whole food**
These concentrates are used when a beneficial concentration of nutrients cannot be obtained using a whole food ingredient. Fish oil is a good example. Derived from whole fish, the nonconcentrated triglyceride oil that makes up our final product allows patients to take advantage of the naturally-occurring DHA and EPA omega-3 fatty acids.

**Whole food isolates—single components from a whole food**
Sometimes foods do not contain sufficient quantities of specific nutrients to address certain health challenges. In this case, we use evidence-based food isolates to complement whole food ingredients for optimal nutritional support.

Isolates like glucosamine are used in our products because they are well-researched and have strong evidence for efficacy. Isolates derived from whole food sources are combined with other ingredients to maximize efficacy.

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Specialized protein isolates and concentrates—whole food ingredients derived from bovine, ovine, and porcine sources

The use of specialized protein isolates has a long history at Standard Process. The first product based on a Protomorphogen™ brand extract was introduced in 1952 and contained bovine heart PMG™ extract. Why do we start with protein isolates and organs? Because they are inherently different from skeletal muscle. They have more DNA per gram than skeletal muscle, different protein profiles, and different starting concentrations of vitamins and minerals. All raw specialized protein isolates are sourced from U.S. Department of Agriculture (USDA)-inspected facilities.

Protomorphogen™ Brand Extracts
Continuing the pioneering work of Dr. Royal Lee, certain Standard Process products contain specific Protomorphogen™ brand extracts. Protomorphogen™ brand extracts are specific materials extracted from specialized protein isolates and organs through a complex, multistep process to retain what Dr. Lee termed “cellular determinants.” Current laboratory methods have confirmed that Protomorphogen™ brand extracts contain minerals, nucleotides (the components of nucleic acids like RNA and DNA), and peptides (short chains of amino acids).

Cytosol™ Brand Extracts
Cytosol™ brand extracts are derived from the cytoplasm of selected organs and glands through a process similar to the Protomorphogen™ extraction process. However, these extracts contain cellular factors such as hormone precursors and synergistic cofactors that are the biochemical building blocks essential to cellular metabolism.

Whole Desiccates
Whole desiccates are tissues that have been dried to provide the nutritional content of the organ in a concentrated form.

Botanicals—plants and plant extracts with health-supporting properties
Botanicals provide important constituents that contribute additional support to the body’s systems by complementing the vitamins, minerals, and tissue concentrates found in whole food ingredients.*

Synthetic ingredients—a nutrient produced by chemical means
We know Dr. Lee included synthetics in his original formulas to meet label claims and/or enhance product effects. Historically and still today, this type of ingredient is used selectively. Where synthetics appear, they have been added to protect the complexity and synergistic design of the formula.

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To attract bees, tree lines along the Standard Process farm are kept intact, and plants are blooming from spring to fall in a native pollinator garden. The habitat is home to more than 500 plants and 35 different varieties that attract insects to the farm.

The Standard Process Certified Organic Farm

Standard Process has become a respected leader in the regional and national organic farming community. Our founder, Dr. Lee, emphasized the importance of producing high-quality supplements made with whole food ingredients. We are proud to be one of the few supplement manufacturers that can assure quality ingredients by continuing our tradition of growing many of our raw materials locally and organically.

A great majority of the raw plant ingredients used in our products are grown on our 623-acre farm. We harvest 7.4 million pounds of produce per year on the farm, which is located just a mile down the road from our corporate headquarters.

Formed by glaciers, Wisconsin’s Kettle Moraine region contains nutrient-rich soil for our certified organic farm. It is here that we grow strong, vital plants for use in our supplements, including:

- Alfalfa
- Barley grass
- Beets
- Broccoli
- Brussels sprouts
- Buckwheat
- Celery
- Kale
- Kidney beans
- Oats
- Parsley
- Pea vine
- Red clover flower
- Spanish black radish

Organic Farming Methods

At Standard Process, we are involved from the moment a seed is planted through shipping the finished product to your door. We use organic farming practices that have been part of our culture for more than 90 years to ensure that the quality of our farmland is maintained for years to come. In accordance with our organic certification, we follow strict guidelines to grow our crops and keep detailed records of our farming practices. Our farmland is monitored annually by the Midwest Organic Services Association (MOSA) to ensure that only approved farming practices are used.

“Whole food nutrition begins with sun, water, and fertile soil.”

—Dr. Royal Lee

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**Seeds**
In an organic system and on our certified organic farm, there is zero tolerance for genetic engineering. On the Standard Process certified organic farm, we use certified organic seeds whenever they are available, whether they are purchased or saved from our own farm. If after a diligent search it is determined that organic seed is not available—other untreated seed that has not been genetically engineered is only then considered an option.

**Soil**
We take soil samples annually to determine mineral and nutrient levels in the soil. We never use any synthetic fertilizers or pesticides in the organic growing process.

**Weed Control**
Like all farmers who strictly adhere to organic weed-control standards, we spend many of our days managing weeds. There is no simple approach, just a comprehensive one that includes cultivating, mowing, and hand weeding. To minimize weeds, we grow cover crops and institute crop rotation. These practices have additional benefits: cover crops are a great source of nitrogen and organic matter, and crop rotation helps maintain the health of the soil and the plants.

**Irrigation**
When irrigation is necessary, water is supplied from a naturally-occurring artesian flowage below the farm’s surface.

**Pollination**
Colony collapse disorder has had a catastrophic effect on the honeybee population in the United States and threatens the pollination of our nation’s fruits and vegetables. That’s why our farm has planted more than 500 plants of 35 different native species in a permanent habitat for honeybees and other pollinators.

**Composting**
It is a goal of every organic farm to increase fertility and improve soil health. We use the biological process of composting to turn organic production waste from the farm’s press room into a rich and extremely fertile humus-like substance that we spread over our fields.

**Environmental Buffers**
Our farm is surrounded on all sides by environmental buffers to minimize the impact of nonagricultural land and synthetic inputs from conventional farming practices.

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Manufacturing: Processes That Preserve Nutrients

Preserving the whole food complex is a top priority when manufacturing our supplements. Our formulas are based on Dr. Lee’s time-proven philosophies. Quality takes time. Our manufacturing process, from raw materials to finished product, takes an average of six weeks. Throughout the process, raw materials are handled in a carefully controlled environment and tested for quality.

Exclusive Certified Organic Manufacturing Processes
Our manufacturing processes are certified as organic by MOSA, ensuring that ingredients remain organic from seed to soil to supplement. This process is designed to preserve nutrients in raw materials.

Juice Extraction
To capture the nutrients from raw materials such as buckwheat, alfalfa, and pea vine, the juice is pressed from the plants and separated from the pulp. The result is a concentrated product containing both fat- and water-soluble nutrients.

Separation Process
Selected animal tissues used to make our Protomorphogen™ and Cytosol™ extracts are ground to create a liquid slurry. The slurry is subjected to our proprietary multistep separation methods. All raw animal tissues are obtained exclusively from USDA-inspected facilities.

Drying
To safeguard the complexity of our raw materials, we use equipment that allows for accurate temperatures and highly reproducible processes.

◆ Double drum: dries extracts from both plant and animal tissues
◆ Forced air: a multistage forced-air belt dryer that works like a sophisticated food dehydrator

Isolated Production Processes
We use isolated production suites for the following processes. These suites enhance cleanliness and reduce the risk of cross-contamination in the manufacturing area.

Mixing
Dried materials are precisely measured and carefully mixed. Because of the variability in natural and organic ingredients, color, texture, and odor may vary from batch to batch. However, the basic formula remains constant.
Standard Process is proud to be an industry leader in organic certifications. Not only do we have our own certified organic farm, our manufacturing processes are also certified as organic.

Binding and Processing Aids
After mixing, our fluid bed granulator is used to add natural binding ingredients, such as honey and arabic gum, to the product batch for tableting. Other processing aids we use include cellulose and calcium stearate. Cellulose is often used to give body to the powders. When needed, calcium stearate, derived from vegetable sources, is used to help product release from the tablet and capsule machines. We do not use artificial flavoring.

Product Forms
Our supplements are offered in several forms of delivery. The most common are tablets, capsules, softgels, liquids and powders.

Tablets—Tablet presses used by Standard Process allow for high-volume production without sacrificing quality. All of our finished tablets are routinely analyzed for content to ensure that label claims are accurate.

Capsules—Capsule machines are continuously monitored to ensure that precise amounts of product are enclosed in gelatin and/or cellulose capsules. Capsules are packaged by weight, not volume. Therefore, the denser the product, the less you will find in the capsule.

Softgels—Our soft gelatin manufacturing process consists of: gelatin preparation, encapsulation, drying and inspection. Temperature and humidity are carefully monitored during this process.

Liquids—Various water- and oil-based liquids are accurately blended on a large scale prior to bottle filling. The proper bottle fill is verified by a graduated vessel and visual inspection to ensure accurate and consistent product packaging.

Powders—For powder formulas, we use a volumetric filler, which achieves very accurate fill amounts.

Packaging
Our products are packaged in either amber glass bottles or bisphenol A (BPA)-free bottles made of polyethylene terephthalate (PET) plastic. The color of the bottles helps protect the supplements' nutrients from damaging light, while the sealed bottle helps prevent product oxidation. Seals and neckbands protect against product tampering. The majority of the products are then packaged in eco-friendly cardboard cartons, providing easy storage, protection, and shipping.

Cleaning
In between product runs, all of the equipment used in our manufacturing process is taken apart, cleaned, and sanitized. Adenosine triphosphate (ATP) testing is used to validate the effectiveness of the equipment-cleaning process. In addition, the surrounding production suite, including the floors, walls, and vent covers, is cleaned.

Environmental Monitoring
In order to monitor the general level of manufacturing hygiene, Standard Process has implemented an environmental monitoring program for the facility. The program is twofold: It highlights the presence of any foodborne pathogen that may be in the facility and determines the source of these pathogens. Routine meetings between production and quality control personnel are held to maintain the highest level of cleanliness throughout all areas of the facility.
Another way Standard Process is a leader in the supplement industry is through its quality control program. In fact, since the good manufacturing practices (GMPs) for dietary supplements were published in 2007, many companies began to look at quality in the way Standard Process has been doing for decades.

Our quality control laboratory holds ISO 17025:2017 accreditation for Determination of Metals, Direct Yeast & Mold, Coliforms, E.coli, Residual Solvents, Enterohemorrhagic E.coli, Listeria, and Salmonella. Laboratories who receive this accreditation have demonstrated that they are technically competent and able to produce precise and accurate test results and calibration data. In order to be accredited, third party auditing was conducted to ensure adherence to all requirements of the standard.

Our quality control team consists of highly trained microbiologists and chemists who work meticulously to guarantee our customers receive quality products. This department performs testing after critical stages of production to ensure our label claims are met and confirms products are free of bacterial contamination. Shelf-life studies are also conducted on each product to make certain that label claims are met throughout the life of the product.

Quality Assurance
Suppliers and raw materials are evaluated against discerning criteria. We use high-performance thin-layer chromatography (HPTLC) to identify incoming raw materials and in-process materials and qualify them based on consistency, potency, and purity. HPTLC is used to create a unique banding pattern, or “fingerprint,” by isolating key chemical constituents to aid in identification of these materials.

Quality Audits
We work very closely with our suppliers, using a questionnaire for qualification and an auditing program designed to ensure quality. Planned site visits are conducted based on risk analysis. Our purchasing department evaluates on-time delivery, customer service, invoicing, and more.

Testing
Testing of every batch is repeated in various stages throughout the manufacturing process to ensure quality and safety of our products. On average, a batch is tested four times. Every week, our scientists in our full-scale quality control laboratory run as many as 2,100 tests on raw materials, in-process product batches, and finished product. We use analytical methods approved by nationally recognized evaluative bodies, including the Association of Analytical Communities (AOAC) and United States Pharmacopeia (USP).

Gluten
We pay special attention to ensure that the products we label as “gluten-free” are indeed gluten-free. In conjunction with the research and development team, the quality control department has internally validated a method approved by the Association of Analytical Communities for gluten testing using the RIDASCREEN® Gliadin by R-Biopharm. The testing consists of an enzyme immunoassay to quantify the prolamines that are found in wheat, barley, and rye.

In order for a product to be considered gluten-free by U.S. Food and Drug Administration standards, it needs to contain less than 20 ppm of gluten. Products listed with this **GF** designation are tested each time they are manufactured to ensure gluten-free compliance.

Laboratory Information Management System (LIMS)
The Standard Process quality control department has fully validated and implemented a laboratory integrated management system (LIMS). The system allows for a centralized storage location for all data analysis conducted by the laboratory.

| High-Performance Liquid Chromatography (HPLC) | vitamins A, E, B6, B12, C, D, niacin, folic acid |
| Gas Chromatography (GC) | solvents |
| Inductively Coupled Plasma (ICP) | minerals, heavy metals |
| High-Performance Thin-Layer Chromatography (HPTLC) | botanical identification |
| Fourier Transform Infrared Spectroscopy (FTIR) | raw material identification |
| LECO® | protein analyzer |

*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.*
Chemistry
Multiple assays, or tests, are performed to guarantee that our products meet or exceed label claims and to ensure the viability of the product through its “Best Used By” date. We use the following instrumentation in testing raw materials and final product mixes: The chemistry laboratory personnel also conduct wet chemistry tests. The vast testing capability of the chemistry laboratory allows Standard Process to verify the identity, purity, and strength of our products and of the raw materials used in our products.

Microbiology
Every product batch is tested for pathogens to ensure our products are safe to continue to the next stage of production. Testing is conducted in multiple phases of the manufacturing process, including raw materials, mixing, milling, tableting, capsuling, and packaging. Raw materials, in-process products, and final products are only released to the next stage of production by the quality assurance unit upon verification that the material or product has passed all testing requirements.

Tableting and Capsuling Process
Many tests are performed after the product is tableted or capsuled, including:
- Monitoring tablets for size, weight, water activity, and hardness (Hardness testing ensures that tablets remain intact throughout the packaging and shipping process.)
- Monitoring capsules for size, weight, and water activity
- Monitoring powders for water activity
- Verification of tablet and capsule weight to guarantee that label claims are met

Each product batch is tested an average of four times.

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QUALITY CHECKS
From Raw Ingredient to Final Product

QUALITY ASSURANCE

SUPPLIER AUDITS
MOST RAW MATERIALS

Raw Material Receiving

Mixing/Milling

Tablet/Capsule/Softgel Preparation

Tableting/Capsuling/Softgeling

Packaging

Continuous Monitoring of Label Claims, Shelf Life, and Customer Comments

QUALITY CONTROL

Identification

Microorganism Check

Label Claims

Microorganism Check

Label Claims

Gluten Content

Microorganism Check

Label Claims

Microorganism Check

Label Claims

Microorganism Check

Label Claims

Shelf-Life Samples

Microorganism Check

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Research and Development at Standard Process

A New Era of Innovation

Standard Process has embarked on the next era of innovation. As a company, we’ve always been driven to excellence in our efforts to change lives through whole food nutrition therapy. Now we are elevating our commitment to the next level by significantly investing in clinical science, patient outcomes, and practitioner education. This is how we will drive innovation for the future.

Our commitment began with the establishment of the new Standard Process Nutrition Innovation Center, which opened in 2018.

Standard Process Nutrition Innovation Center

It is located at the prestigious North Carolina Research Campus (NCRC) in Kannapolis, North Carolina, which is a 350-acre research center where corporations, universities, and health care organizations forge a public-private partnership that is transforming science at the intersection of human health and nutrition. Our Nutrition Innovation Center will become a leading focal point for innovation in nutritional therapy for health care practitioners, developing new solutions for patient care, and advancing the science of whole food nutrition therapy.

Our center is the leading and only active clinical research center of its kind, being fully dedicated to supporting the present and future needs of health care practitioners and their practices by focusing on clinical outcomes in therapeutic care as well as product-specific benefits and outcomes. No other branded company in our category of business currently has the commitment and dedicated, active facility that this site does for both mid- and long-term support of whole food clinical nutrition. This is a logical next step for Standard Process, which has supported the foundations of health in integrative and functional medicine for over 90 years.

The center also recognizes the intricate and essential link between individual health and the environment. To that end, the center focuses on advancement of organic agriculture. This includes investigating techniques that optimize nutrient density of whole food crops and researching actual benefits that whole food nutrition provides in managing health outcomes.

*Saradhadevi Varadharaj, PhD, FAHA: Director of Clinical Development & Clinical Studies at the Standard Process Nutrition Innovation Center*

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Technical Operations

How the Dietary Supplement Industry Is Regulated

The dietary supplement industry has often been criticized for being “unregulated.” That perception is incorrect. The U.S. Food and Drug Administration (FDA) has always been able to regulate the dietary supplement industry according to food industry regulations.

Prior to 1994, the FDA could conduct regular routine physical inspections of manufacturing facilities, regulate label claims to make sure they are truthful and not misleading, ensure the safety of ingredients used in the products, disallow new ingredients, or remove existing ingredients for safety reasons. The following information shows the regulatory/compliance timeline for the dietary supplement industry.

1994 | Dietary Supplement Health and Education Act (DSHEA)

Prior to 1994, dietary supplements were regulated as foods under the Food, Drug, and Cosmetic Act. After the regulations were enacted, it provided a dietary-supplement classification for the first time. It acknowledged the importance of nutrition and the benefits of dietary supplements to promote health and prevent disease, provided guidelines for labeling, and allowed statements of nutritional support. The act also established an Office for Dietary Supplements in the National Institutes of Health. The office’s purpose is to explore the potential role that dietary supplements have in improving health care and to promote the scientific study of the benefits of dietary supplements in maintaining health and preventing chronic disease.

To learn more, visit: http://ods.od.nih.gov/Health_Information/Health_Information.aspx

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2002 | Public Health Security and Bioterrorism Preparedness and Response Act
This act consists of five separate sections. The most significant part requires facilities that manufacture, process, pack, or hold food for human consumption in the United States to register the facility with the FDA. This act has given the FDA a much-needed tool to identify food facilities operating within the United States and manufacturing food imported to the United States. It allows for the monitoring of food tampering or bioterrorism incidents.

To learn more, visit: http://www.fda.gov/ICECI/ComplianceManuals/CompliancePolicyGuidanceManual/ucm122876.htm

2006 | Adverse Event Reporting System
The Dietary Supplement and Nonprescription Drug Consumer Protection Act, passed in late 2006, mandates the reporting of serious adverse events associated with dietary supplements. This reporting system promotes earlier detection in case of an event and earlier identification of tampered or adulterated products. This legislation has given consumers greater confidence in the safety of dietary supplements.

To learn more, visit: https://www.fda.gov/food/compliance-enforcement-food/cfsan-adverse-event-reporting-system-caers

2007 | Good Manufacturing Practices for Dietary Supplements
Good manufacturing practice (GMP) regulations were designed specifically for dietary supplements and went into effect August 24, 2007. Since the DSHEA Act in 1994, the FDA has been charged with establishing GMPs specific for this industry. These regulations establish the GMPs needed to ensure quality throughout the manufacturing, packaging, labeling, and storing of dietary supplements to provide consistent product, free of contamination, and with accurate labeling. This final rule provides companies with a model to follow when manufacturing supplements and guidance for new companies entering the industry.


2011 | Food Safety Modernization Act (FSMA)
FSMA was the largest update to food laws since the 1938 Food, Drug and Cosmetic Act. The FDA set up seven different sections that ensure the safety of the global food supply for both humans and animals. The law focuses on setting up preventative control safety measures in agriculture, packaging, production, export/imports, and the ability to trace all ingredients from farm to table. All food companies, farms, and dietary supplement companies are required to be in compliance with all FSMA requirements, provide data to prove the preventative programs are in place, and demonstrate that they can trace every material used in their facility back to its origins. The program is designed to help prevent food illness from the food supply before it ever makes it to the shelves.

To learn more, visit: https://www.fda.gov/food/guidance-regulation-food-and-dietary-supplements/food-safety-
Lee Engineering
Before Dr. Royal Lee founded Standard Process in 1929, he started Lee Engineering in 1927. In fact, during those early years, Dr. Lee used the proceeds from Lee Engineering to fund Standard Process research and products.

Through Lee Engineering, Dr. Lee sold numerous products, including laboratory lattice systems and household flour mills.

Standard Process sold Lee Engineering in the late 1980s, then bought it back in late 2014. The updated, redesigned Lee Household Flour Mill™ was released in 2016.

Today, Lee Engineering LLC continues the legacy of Dr. Lee by designing and manufacturing laboratory lattice systems, motorized household flour mills, and momentary foot switches.

To learn more: visit www.engineeringbylee.com.

Royal Lee Organics by Standard Process
A brand of Lee Engineering, Royal Lee Organics provides organic foods that are not genetically engineered. We believe these foods are a vital part of Intelligent, Healthful Living™.

Our line of organic health grains includes:

- Buckwheat groats and whole buckwheat
- Soft white and hard red wheat
- Oat groats
- Quinoa and other ancient grains

Our health grains are ideal for use with the Lee Household Flour Mill™. Many can also be cooked like rice.

To learn more: visit www.organicsbylee.com.

Standard Process customers are welcome to order these products along with their supplement purchase.
Guide to Dietary Icons

- **Vegan**: Standard Process products labeled as Vegan are devoid of animal-based tissue, animal-based gelatin, or sh oils. They are also devoid of animal-based ingredients such as dairy, eggs, honey, beeswax, and lanolin.

- **Vegetarian**: Standard Process products labeled as Vegetarian are considered lacto-ovo vegetarian, which means they are devoid of animal-based tissue, animal-based gelatin, or sh oil. They may contain animal-based ingredients such as dairy, eggs, honey, beeswax, or lanolin.

- **Gluten-Free**: Standard Process products labeled as Gluten-Free have been tested to verify they meet the regulations associated with the United States Food and Drug Administration’s gluten-free labeling.

- **Non-Dairy** or **Non-Dairy Formula**: Standard Process products labeled as Non-Dairy or Non-Dairy Formula have been formulated to not contain milk or milk-derived ingredients.

- **Non-Soy** or **Non-Soy Formula**: Standard Process products labeled as Non-Soy or Non-Soy Formula have been formulated to not contain soy or soy-derived ingredients.

- **Non-Grain** or **Non-Grain Formula**: Standard Process products labeled as Non-Grain or Non-Grain Formula have been formulated to not contain any true cereal grain or grain-derived ingredients such as those from wheat, rice, oats, cornmeal, barley, or another cereal grain.
10-Day Blood Sugar Support Kits

Maintaining healthy normal blood sugar metabolism is key for good energy, quality sleep, an even mood, and a healthful appetite. The 10-Day Blood Sugar Support Program gives you a valuable way to start patients on a journey toward wellness. Choose from four different product kits based on the preferred protein choice.*

Included in the kit is:
- One SP Complete (any type)
- One SP Cleanse
- One Diaplex
- One Gymnema (MediHerb®)
- Patient program guide
- Recyclable bag

10-Day Healthy Inflammation Response Kits

Reducing the effects of inflammation associated with exercise and a healthy lifestyle is a key factor in supporting and improving overall function. The 10-Day Healthy Inflammation Response Program gives you a valuable way to jump-start your patients’ normal inflammatory processes. Choose from four different product kits based on the preferred protein choice.*

Included in the kit is:
- One SP Complete (any type)
- One SP Cleanse
- One Cyruta Plus
- One Black Currant Seed Oil
- One Boswellia Complex (MediHerb)
- Patient program guide
- Recyclable bag
A-C Carbamide®

- Supports healthy fluid transfer among tissues.
  - Promotes the healthy formation and excretion of urine
  - Promotes healthy fluid levels
  - Supports healthy urinary system function
  - Promotes healthy cellular fluid levels
  - Excellent source of vitamin A and antioxidant vitamin C*

Suggested Use: Three capsules per day, or as directed.

**Special Information:** Keep bottle tightly closed. This product absorbs moisture.

### Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>3 g</td>
<td>1%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>450 mcg RAE</td>
<td>50%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>18 mg</td>
<td>26%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>2,270 mg</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
<td>2%</td>
</tr>
</tbody>
</table>

Other Ingredients: Gelatin, water, ascorbic acid, calcium stearate, starch, and vitamin A palmitate.

Adrenal Desiccated

- Supports endocrine health. The adrenal glands are important in the body’s natural response to stress and energy metabolism.*
- Provides powerful short-term adrenal support for immediate energy needs
- Supports immune system function during times of increased demand*

Suggested Use: Two tablets per day, or as directed.

**Synergistic Product Support**

- Cataplex C
- Drenatrophin PMG

### Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>430 mg</td>
<td>1%</td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, honey, arabic gum, and calcium stearate.

A-F Betafood®

- Includes an array of whole food and other ingredients to support healthy fat digestion.*
  - Supports normal processing of dietary fats for cholesterol metabolism
  - Supports healthy bowel functioning
  - Supports bile production in the liver and healthy bile flow in the gallbladder
  - Helps maintain healthy levels of fat in the liver
  - Contains a combination of key ingredients from Cataplex A, Cataplex F, and Betafood
  - Excellent source of vitamin A and iodine
  - Good source of vitamin B6*

Suggested Use: Two tablets per meal, or as directed.

**Synergistic Product Support**

- Cholacol
- Choline

### Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>&lt;1 g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>450 mcg RAE</td>
<td>50%</td>
</tr>
<tr>
<td>Iodine</td>
<td>46 mcg</td>
<td>27%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>550 mg</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Honey, arabic gum, modified corn starch, calcium stearate, vitamin A palmitate, palm oil, long-chain fructose, and pyridoxine hydrochloride.

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Albaplex®

Albaplex supports kidney function.*
- Supports the body’s natural immune system response function
- Encourages healthy liver function
- Contains a combination of key ingredients from Betacol, Renatrophin PMG, Arginex, Cataplex A-C, and Thymex
- Excellent source of niacin, vitamin A and vitamin B6
- Good source of antioxidant vitamin C*

Suggested Use: Two capsules per meal, or as directed.

Synergistic Product Support
- Cataplex A-C-P
- Livaplex
- Renaflex

Allerplex®

Allerplex, with vitamin A, supports the body’s ability to handle seasonal, environmental, and dietary challenges.*
- Supports the body’s natural ability to manage mucus movement
- Supports healthy liver function
- Supports healthy lung and respiratory function
- Contains a combination of key ingredients from Pneumotrophin PMG, Drenatrophin PMG, Cataplex A-C, Betacol, and Antronex
- Good source of vitamin A*

Suggested Use: Three capsules per meal, or as directed.

Caution: If pregnant or lactating, consult your health care professional before using this product.

Synergistic Product Support
- Antronex
- Cataplex A-C-P
- Drenamin

Supplement Facts

**Albaplex®**

- **Serving Size:** 2 Capsules
- **Servings per Container:** 45 or 75

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>300 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>12 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>10 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>2 mg</td>
</tr>
</tbody>
</table>

**Proprietary Blend**

Choline sulfate, organic dried kidney bean (renal part) juice, betaine hydrochloride, bovine liver PMG™ extract, oat flour, Spanish moss (Tillandsia usneoides), iron, calcium glycophosphate, bovine adrenal, bovine kidney PMG™ extract, nutritional yeast, carrot (root), organic sweet potato, bovine thyroxin CytoMax™ extract, organic dried brewer’s (renal part) juice, organic buckwheat (seed), soy protein, organic dried pea (vena) juice, bovine liver, organic dried alfalfa (renal part) juice, bovine kidney, bovine bone, organic mushroom powder, organic reishi mushroom powder, enzymatically processed Spanish moss (Tillandsia usneoides) and beef (tissue), defatted wheat (germ), veal bone, organic beef (tissue), organic dried swiss chard (beet leaf) juice, rice bran, d-alpha tocopherol vitamin E, sunflower lecithin powder.

**Allerplex®**

- **Serving Size:** 3 Capsules
- **Servings per Container:** 50

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>160 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
</tbody>
</table>

**Proprietary Blend**

Spanish moss (T. usneoides), fenugreek seed, betaine hydrochloride, soy protein, bovine lung PMG™ extract, carbamide, oat flour, bovine adrenal PMG™ extract, organic carrot, organic sweet potato, bovine liver fat extract (yakriton), organic alfalfa (renal part), organic alfalfa (renal part) juice powder, organic buckwheat flour, bovine bone, veal bone, defatted wheat germ, bovine kidney, sunflower lecithin, rice bran, carrot oil, and d-alpha tocopherol vitamin E, sunflower.

Other Ingredients: Gelatin, ascorbic acid, potassium bicarbonate, water, calcium stearate, niacinamide, stearic, pyridoxine hydrochloride, and vitamin A palmitate.

*Suggested Use: Two capsules per meal, or as directed.

Synergistic Product Support
- Cataplex A-C-P
- Livaplex
- Renaflex

*Suggested Use: Three capsules per meal, or as directed.

Caution: If pregnant or lactating, consult your health care professional before using this product.

Synergistic Product Support
- Cataplex A-C-P
- Drenamin

Other Ingredients: Gelatin, calcium lactate, magnesium citrate, potassium bicarbonate, water, calcium stearate, ascorbic acid, modified corn starch, vitamin A palmitate, and sucrose.

**Supplement Facts**

See page 34 for a guide to these dietary icons.

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Antronex®<sup>GF</sup>

Antronex supports the liver's normal detoxification mechanisms as well as the body's natural immune system function.*
- Supports the liver
- Supports the body's natural immune system response function

Antronex contains yakriton, a liver fat extract discovered by Japanese researchers that is used to support the body's normal detoxification mechanisms.*

Suggested Use: One tablet per day, or as directed.

Synergistic Product Support
- Allerplex
- Livaplex

Arginex®<sup>GF</sup>

Arginex supports the organs that help cleanse the body, primarily the liver and kidneys.*
- Promotes healthy breakdown of protein byproducts in the liver
- Helps to maintain healthy kidney function
- Excellent source of vitamin A*

Suggested Use: One tablet per meal, or as directed.

B6-Niacinamide<sup>GF</sup>

B6-Niacinamide supplies B vitamins to support the cardiovascular, digestive, endocrine, circulatory, and central nervous systems.*
- Supports a healthy nervous system
- Supports energy metabolism
- Excellent source of niacin and vitamin B6*

Suggested Use: One tablet per day, or as directed.
Betacol®

Betacol supports the liver’s handling and processing of fats.*

- Encourages healthy bile production
- Supports healthy liver function
- Helps the body metabolize protein
- Supports homocysteine management
- Supports muscular function
- Excellent source of niacin and vitamin B6*

Suggested Use: One capsule per meal, or as directed.

Synergistic Product Support
- Choline
- Livaplex

Betafood®

Betafood contains beets to support digestion and intestinal function.*

- Provides methyl donors to support the liver’s natural detoxification processes
- Contains naturally-occurring betaine for liver and cardiovascular health
- Supports normal processing of dietary fats*

Suggested Use: One tablet per meal, or as directed.

Special information: Keep bottle tightly closed. This product absorbs moisture.

Synergistic Product Support
- Cruciferous Complete
- Garlic
- Spanish Black Radish

Betaine Hydrochloride

Betaine Hydrochloride supports normal gastrointestinal pH.*

- Supports healthy protein digestion
- Promotes healthy gastric pH
- Enhances calcium, iron, and vitamin B12 absorption*

Suggested Use: Two tablets per meal, or as directed.

Special information: Chewing this product is not recommended.

Synergistic Product Support
- A-F Betafood

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Bio-Dent®

Bio-Dent provides synergistic ingredients to support cell function and a healthy skeletal system.*

- Addresses the energy needs of muscle tissue
- Aids in the maintenance of healthy muscle, bone, and skin
- Supports the body’s natural processes of growth, development, and repair of teeth
- Supports bone remodeling
- Excellent source of manganese*

Suggested Use: Five tablets per meal, or as directed.

Synergistic Product Support
- Cataplex A-C-P
- Collagen C
- Ostrophin PMG

Biost®

Biost contains manganese and veal bone PMG™ extract to support cellular and skeletal health.*

- Contains veal bone PMG™ extract, which provides a unique profile of minerals, nucleotides, and peptides
- Promotes healthy bones and teeth
- Excellent source of manganese*

Suggested Use: One tablet per meal, or as directed.

Synergistic Product Support
- Bio-Dent
- Collagen C
Black Currant Seed Oil

Black Currant Seed Oil contains the essential fatty acid gamma-linolenic acid.*

- Encourages proper eicosanoid synthesis
- Supports the body’s normal tissue repair process
- Supports normal blood flow
- Supports healthy immune system function*

**Suggested Use:** One softgel per meal, or as directed.

**Synergistic Product Support**
- Tuna Omega-3 Oil

Calamari Omega-3 Liquid

Calamari Omega-3 Liquid helps bridge the gap in dietary omega-3 intake and supports general health for patients at all stages of life. With a clean, understated citrus taste, it’s perfect for those who cannot or prefer not to swallow pills, especially children and the elderly. It’s also certified sustainable from the independent nonprofit group Friend of the Sea® and rigorously tested to be below regulatory standards for contaminates and toxins.

Calamari Omega-3 Liquid supports healthy inflammatory processes, immune system response,* and also:
- Supports cardiovascular health^  
- Assists in triglyceride management for triglyceride levels already within a normal range^  
- Supports normal blood pressure already within a normal range  
- Supports healthy normal blood coagulation  
- Supports cognition  
- Promotes emotional balance  
- Supports skin, nail, and hair health  
- Supportive but not conclusive research has shown that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.*^  

*As part of a diet low in saturated fat and cholesterol.

**Suggested Use:** 1 teaspoon (5 mL) per day, or as directed. May be taken with meals.

**Special Information:** Refrigerate after opening.

Track omega-3's and optimize health with the Omega-3 Index Plus Test. See page 138 for more information.

**Synergistic Product Support**
- Black Currant Seed Oil
Cal-Amo® Introduced in 1952
1710 - 90 Tablets

Cal-Amo supports normal cellular pH.*
- Contains compounds that are useful in supporting proper acid/alkaline balance
- Supports respiratory function*

Special information: Keep bottle tightly closed. This product absorbs moisture. Chewing this product is not recommended.

Suggested Use: One tablet per meal, or as directed.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount per Tablet</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>30 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Chloride</td>
<td>100 mg</td>
<td>4%</td>
</tr>
</tbody>
</table>

Ingredients: Ammonium chloride, betaine hydrochloride, calcium chloride, calcium lactate, magnesium citrate, calcium stearate, and water.

Calcifood® Introduced in 1963
1825 - 100 Wafers
13010 - Bone Health Daily Fundamentals

Calcifood supports calcium absorption.*
- Helps the body build strong, healthy bones
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.
- Good source of calcium*

Suggested Use: Two wafers per meal, or as directed.

Special information: This product should be chewed then swallowed.

<table>
<thead>
<tr>
<th>Synergistic Product Support</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cataplex D</td>
<td></td>
</tr>
<tr>
<td>Collagen C</td>
<td></td>
</tr>
<tr>
<td>Cruciferous Complete</td>
<td></td>
</tr>
<tr>
<td>Ostrophin PMG</td>
<td></td>
</tr>
</tbody>
</table>

Calcifood® Powder Introduced in 2000
1775 - 10 oz. (284 g)

Calcifood Powder supports calcium absorption.*
- Provides 410 mg more calcium per serving than Calcifood supplement wafers
- Helps the body build strong, healthy bones
- Can be mixed in a supplement shake or added to foods
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life
- Excellent source of calcium*

Suggested Use: One level tablespoon mixed in blender drink per day, or as directed.

<table>
<thead>
<tr>
<th>Synergistic Product Support</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cataplex D</td>
<td></td>
</tr>
<tr>
<td>Collagen C</td>
<td></td>
</tr>
<tr>
<td>Cruciferous Complete</td>
<td></td>
</tr>
<tr>
<td>Ostrophin PMG</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 Tablet</td>
</tr>
<tr>
<td>------------------</td>
</tr>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Chloride</td>
</tr>
</tbody>
</table>

Ingredients: Ammonium chloride, betaine hydrochloride, calcium chloride, calcium lactate, magnesium citrate, calcium stearate, and water.

<table>
<thead>
<tr>
<th>Synergistic Product Support</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cataplex D</td>
<td></td>
</tr>
<tr>
<td>Collagen C</td>
<td></td>
</tr>
<tr>
<td>Cruciferous Complete</td>
<td></td>
</tr>
<tr>
<td>Ostrophin PMG</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 2 Wafers</td>
</tr>
<tr>
<td>------------------</td>
</tr>
<tr>
<td>Amount per Wafers</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Total Sugars</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Phosphorus</td>
</tr>
</tbody>
</table>

Other Ingredients: Microcrystalline calcium, defatted wheat germ, oat flour, rice bran, and vegetable gums.

<table>
<thead>
<tr>
<th>Synergistic Product Support</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cataplex D</td>
<td></td>
</tr>
<tr>
<td>Collagen C</td>
<td></td>
</tr>
<tr>
<td>Cruciferous Complete</td>
<td></td>
</tr>
<tr>
<td>Ostrophin PMG</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 level tablespoon (approximately 9 grams)</td>
</tr>
<tr>
<td>------------------</td>
</tr>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Phosphorus</td>
</tr>
</tbody>
</table>

*Other Ingredients: Defatted wheat germ, oat flour, rice bran, and vegetable gums.

Caution: This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish. Keep bottle tightly closed. This product absorbs moisture.

Other statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Calcium Lactate supports absorption of calcium and magnesium.*
- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a nondairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for the immune system response function
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life
- Good source of calcium and magnesium*

Suggested Use: Six tablets per day, or as directed.

Synergistic Product Support
- Cataplex D
- Collagen C
- Ostrophin PMG

**Calcium Lactate**

Calcium Lactate supports absorption of calcium and magnesium.*
- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a nondairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for the immune system response function
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life
- Good source of calcium and magnesium*

Suggested Use: Six tablets per day, or as directed.

**Calcium Lactate**

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- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for the immune system response function
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- Good source of calcium and magnesium*

Suggested Use: Six tablets per day, or as directed.

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- Supports proper functioning of enzyme systems
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- Highly soluble form of calcium from a nondairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for the immune system response function
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life
- Good source of calcium and magnesium*

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- Supports blood coagulation
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- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a nondairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for the immune system response function
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life
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- Supports proper functioning of enzyme systems
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- Highly soluble form of calcium from a nondairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for the immune system response function
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life
- Good source of calcium and magnesium*

Suggested Use: Six tablets per day, or as directed.

**Calcium Lactate**

Calcium Lactate supports absorption of calcium and magnesium.*
- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a nondairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for the immune system response function
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life
- Good source of calcium and magnesium*

Suggested Use: Six tablets per day, or as directed.

**Calcium Lactate**

Calcium Lactate supports absorption of calcium and magnesium.*
- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a nondairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for the immune system response function
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life
- Good source of calcium and magnesium*

Suggested Use: Six tablets per day, or as directed.
Calcium Lactate Powder

Calcium Lactate Powder supports absorption of calcium and magnesium.*
- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a nondairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for immune system response function
- Can be mixed in a supplement shake or added to foods
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life
- Excellent source of calcium and magnesium*

Suggested Use: One level tablespoon per day, or as directed.
Mixes best with hot, slightly acidic liquids, such as hot apple juice.

Synergistic Product Support
- Cataplex D
- Collagen C
- Ostrophin PMG

Supplement Facts

<table>
<thead>
<tr>
<th></th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>5 g</td>
<td>2%*</td>
</tr>
<tr>
<td>Calcium</td>
<td>800 mg</td>
<td>62%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>160 mg</td>
<td>6%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
Ingredients: Calcium lactate and magnesium citrate.

Cal-Ma Plus®

Cal-Ma Plus supports endocrine, cellular, and metabolic functions.*
- Encourages healthy blood calcium levels
- Contains key ingredients from Calcium Lactate along with bovine parathyroid to support healthy parathyroid function, which is required for the proper regulation of calcium metabolism
- Good source of calcium*

Suggested Use: Three tablets per day, or as directed.

Synergistic Product Support
- Calcifood
- Cataplex D
- Collagen C
- Ostrophin PMG

Supplement Facts

<table>
<thead>
<tr>
<th></th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
<td>&lt;1%*</td>
</tr>
<tr>
<td>Calcium</td>
<td>150 mg</td>
<td>6%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
Ingredients: Calcium lactate, honey, calcium chloride, magnesium citrate, calcium stearate, and bovine parathyroid.
Calsol®

Calsol supports soft tissue.*
- A nonanimal source of calcium and phosphorus
- Supports gallbladder function as well as the digestive, musculoskeletal, and central nervous systems
- Good source of calcium and phosphorus*

Suggested Use: Five tablets per meal, or as directed.

Cardio-Plus®

Cardio-Plus helps support the cardiovascular system.*
- Supports the healthy functioning of the heart and other muscles
- Supports healthy coronary blood flow
- Provides ingredients with antioxidant activity
- Contains bovine heart PMG™ extract
- Supports increased oxygen demand during exercise
- Good source of antioxidant vitamin C*
- Contains a combination of key ingredients from Cataplex G, Cataplex E, Cardiotrophin PMG, and Cataplex C
- Excellent source of riboflavin, niacin, and vitamin B6*

Suggested Use: Two tablets per meal, or as directed.

Synergistic Product Support
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Cataplex E
- Vasculin

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 5 Tablets</th>
<th>Servings per Container: 18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Calcium</td>
<td>230 mg 18%</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>170 mg 14%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>195 mg †</td>
</tr>
<tr>
<td>Carbamid and magnesium citrate.</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Calcium glycerophosphate, calcium lactate, calcium stearate, and calcium phosphate.

Introducing 1958
1980 - 90 Tablets | 1982 - 180 Tablets

See page 34 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

*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.
Cardio-Plus® GF

Cardio-Plus GF helps support the cardiovascular system.*
- Supports the healthy functioning of the heart and other muscles
- Supports healthy coronary blood flow
- Provides ingredients with antioxidant activity
- Contains bovine heart PMG™ extract
- Supports increased oxygen demand during exercise
- Contains a combination of key ingredients from Cataplex G, Cataplex E2, Cardiotrophin PMG, and Cataplex C
- Excellent source of riboflavin, niacin, and vitamin B6
- Good source of antioxidant vitamin C*

Suggested Use: Two tablets per meal, or as directed.

Synergistic Product Support
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Cataplex E
- Vasculin

Cardiotrophin PMG®

Cardiotrophin PMG includes bovine heart PMG™ extract to support heart muscle function.*
- Provides a unique profile of minerals, nucleotides, and peptides
- Supports the heart and cardiovascular system
- Supports normal heart cell growth and differentiation
- Twin product to Myotrophin PMG*

Suggested Use: One tablet per meal, or as directed.

Synergistic Product Support
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Cataplex E
- Vasculin

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cholesterol</strong></td>
<td>&lt;5 mg</td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td>15 mg</td>
</tr>
<tr>
<td><strong>Vitamin E</strong></td>
<td>1.3 mg</td>
</tr>
<tr>
<td><strong>Riboflavin</strong></td>
<td>1.6 mg</td>
</tr>
<tr>
<td><strong>Niacin</strong></td>
<td>14 mg</td>
</tr>
<tr>
<td><strong>Choline</strong></td>
<td>0.5 mg</td>
</tr>
<tr>
<td><strong>Selenium</strong></td>
<td>3 mcg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>5 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend: 535 mg
- Bovine heart PMG™ extract, bovine liver, calcium lactate, porcine stomach, bovine orchic extract, Spanish moss (Tillandsia usneoides), rice bran, nutritional yeast, inositol, bovine spleen, ovine spleen, porcine brain, oat flour, and bovine adrenal Cytosol™ extract.

†Daily Value not established.

Other Ingredients: Honey, choline bitartrate, ascorbic acid, niacinamide, calcium stearate, arabic gum, d-alpha tocopherol (vitamin E sunflower), selenium yeast, modified tapioca starch, glycerine, riboflavin, and pyridoxine hydrochloride.

Caution: This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

*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.
Catalyn®

Catalyn, Dr. Royal Lee’s first product, contains vital nutrients from whole food and other sources.*

- Supplies multiple vitamins for complete, complex nutritional supplementation
- Designed to bridge nutritional gaps in the diet
- Encourages healthy cell functioning
- Supports overall well-being
- Excellent source of vitamin D, vitamin B₆ and antioxidant vitamin C
- Good source of thiamine and riboflavin*

Suggested Use: Three tablets per day, or as directed.

Synergistic Product Support
- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Trace Minerals-B₁₂

Catalyn® Chewable

Catalyn Chewable contains vital nutrients from whole food and other sources.*

- Supplies multiple vitamins for complete, complex nutritional supplementation
- Designed to bridge nutritional gaps in the diet
- Encourages healthy cell functioning
- Supports overall well-being
- Great-tasting chewable tablet with natural cherry fruit powder
- Excellent source of vitamin D, vitamin B₆ and antioxidant vitamin C
- Good source of thiamine and riboflavin*

Suggested Use: Three tablets per day, or as directed.

Synergistic Product Support
- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Chewable

Supplement Facts

**Catalyn**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>360 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4 mg</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>7.8 mcg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>1 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend 766 mg †
- Defatted wheat germ, calcium lactate, organic carrot (root), organic sweet potato, nutritional yeast, bovine adrenal, bovine liver, magnesium citrate, bovine spleen, ovine spleen, bovine kidney, organic dried pea (vine) juice, organic dried alfalfa (aerial parts) juice, oat flour, sunflower lecithin, organic shiitake mushroom powder, organic reishi mushroom powder, and rice (bran).

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Honey, glycerine, arabic gum, ascorbic acid, starch, calcium stearate, cholecalciferol, pyridoxine hydrochloride, vitamin A palmitate, sucrose, thiamine hydrochloride, and riboflavin.

**Catalyn® Chewable**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>360 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4 mg</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>7.8 mcg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>1 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend 320 mg †
- Defatted wheat germ, calcium lactate, organic carrot, organic sweet potato, nutritional yeast, bovine adrenal, bovine liver, magnesium citrate, bovine spleen, ovine spleen, bovine kidney, organic pea vine juice powder, organic alfalfa (aerial parts) juice powder, oat flour, sunflower lecithin, organic shiitake mushroom powder, organic reishi mushroom powder, and rice bran.

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Organic dehydrated sugar cane juice (sugar), maltodextrin, cherry powder, honey, calcium stearate, glycerine, natural cherry flavor, ascorbic acid, modified corn starch, arabic gum, cholecalciferol, vitamin A palmitate, sucrose, pyridoxine hydrochloride, thiamine hydrochloride, and riboflavin.
Catalyn® GF

A gluten-free version of the original Catalyn formula, Catalyn GF provides the same nutritional density as the original Catalyn, minus the gluten.*

- Formulated with several whole food ingredients that contain complexes of nutrients, naturally-occurring minerals and phytonutrients, and vitamins
- Encourages healthy cell functioning
- Supports overall well-being
- Excellent source of vitamin D, vitamin B6 and antioxidant vitamin C
- Good source of thiamine and riboflavin*

Suggested Use: Three tablets per day, or as directed.

Cataplex® A

Cataplex A is a vitamin A supplement with whole food and other ingredients.*

- Supplies vitamin A as it naturally occurs in plants
- Promotes healthy epithelial cell development
- Provides ingredients with antioxidant activity
- Helps maintain healthy eyes
- Helps maintain healthy mucous membranes
- Excellent source of antioxidant vitamin A*

Suggested Use: Two tablets per meal, or as directed.

Synergistic Product Support
- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Dermatrophin PMG
- Iplex

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See page 34 for a guide to these dietary icons.

*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.
Cataplex® A-C

Cataplex A-C helps support immune system function and maintains healthy cells and tissues.*

- Helps maintain healthy mucous membranes
- Supports healthy immune system response function
- Provides ingredients with antioxidant activity
- Supports the hematopoietic system
- Helps maintain healthy epithelial and connective tissue
- Contains a combination of key ingredients from Cataplex A and Cataplex C along with organic echinacea
- Excellent source of antioxidant vitamin A
- Good source of antioxidant vitamin C*

Suggested Use: Two tablets per meal, or as directed.

Caution: Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Synergistic Product Support
- Calcium Lactate
- Thymex

Supplement Facts

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>450 mcg RAE</td>
<td>50%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>11 mg</td>
<td>10%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>490 mg</td>
<td></td>
</tr>
<tr>
<td>Calcium lactate, carrot (root), organic sweet potato, potato, adrenal, bone, kidney, organic echinacea angustifolia (root), organic echinacea purpurea (root), nutritional yeast, magnesium chlorate, organic alfalfa (silage parts), organic dried alfalfa (silage parts) juice, organic dried buckwheat (kernel parts) juice, organic buckwheat (seed), bone, bone meal, organic reishi mushroom powder, organic shiitake mushroom powder, defatted wheat germ, veal bone, oat flax, sunflower lecithin, d-alpha tocopherol, vitamin E sunflower, carot oil and rice bran</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value not established.

Other Ingredients: Honey, ascorbic acid, starch, arabic gum, calcium stearate, and vitamin A palmitate.

See page 34 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

*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.
Cataplex® A-C-P

Cataplex A-C-P supports cardiovascular health, immune system response function, and the maintenance of cells and tissues.*

- Promotes vascular integrity
- Helps maintain healthy mucous membranes
- Supports healthy immune system response function
- Supports healthy cholesterol levels already within a normal range
- Supports dental health in relation to gums
- Contains a combination of key ingredients from Cataplex A, Cataplex C, and Cyruta
- Excellent source of vitamin A and antioxidant vitamin C*

Suggested Use: Three tablets per meal, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Contraindicated in known allergy to plants of the daisy family.

Synergistic Product Support

- Calcium Lactate
- Thymex

Cataplex® B

Cataplex B supports physical and nervous system health.*

- Supports a healthy heart
- Stimulatory to the metabolic, cardiovascular, and central/peripheral nervous systems
- Supports energy production in all cells
- Supports healthy cholesterol levels already within a normal range
- Contains B-complex vitamins to support healthy muscle action
- Supports healthy homocysteine levels
- Excellent source of thiamin, niacin and vitamin B6*

Suggested Use: Two tablets per meal, or as directed.

Synergistic Product Support

- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Oil

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.
Cataplex® B-GF

Cataplex B-GF supports physical and nervous system health.*
- Supports a healthy heart
- Stimulatory to the metabolic, cardiovascular, and central/peripheral nervous systems
- Supports energy production in all cells
- Supports healthy cholesterol levels already within a normal range
- Contains B vitamins to support healthy muscle action
- Supports healthy homocysteine levels
- Excellent source of thiamin, niacin, and vitamin Bs*

Suggested Use: Two tablets per meal, or as directed.

**Synergistic Product Support**
- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Oil

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Cataplex® B-Core

Cataplex B-Core contains naturally-occurring phytonutrients and B vitamins including thiamin and folate derived from the whole food matrix.
- Contains ingredients that support healthy cellular processes*
- Formulated with ingredients that have naturally-occurring B vitamins
- Long-term vitamin B support*

Suggested Use: Two tablets per day, or as directed.

**Synergistic Product Support**
- Cataplex G
- Cataplex F Tablets
- Cardio-Plus

---

Cataplex® B₁₂

Cataplex B₁₂ supports blood health and general well-being.*
- Promotes and supports blood production
- Maintains healthy blood
- Supports folic acid metabolism and homocysteine management
- Supports healthy development of red blood cells
- Essential for normal myelin synthesis and central nervous system function
- Excellent source of thiamin, niacin, and vitamin B₁₂*

Suggested Use: One tablet per day, or as directed.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 Tablets</th>
<th>Servings per Container: 180</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thiamin 1 mg</td>
<td>83%</td>
</tr>
<tr>
<td>Niacin 20 mg</td>
<td>123%</td>
</tr>
<tr>
<td>Vitamin B₆ 1 mg</td>
<td>59%</td>
</tr>
<tr>
<td>Choline 10 mg</td>
<td>68%</td>
</tr>
<tr>
<td>Proprietary Blend 545 mg</td>
<td>1</td>
</tr>
<tr>
<td>Bovine liver, organic beet root, nutritional yeast, rice bran, porcine duodenum, organic carrot, organic sweet potato, bovine adrenal, sunflower lecithin, it-alpha tocopherol (vitamin E sunflower), ascorbic acid, manganese lactate, phosphoric acid, inositol, and riboflavin.</td>
<td></td>
</tr>
<tr>
<td>†Daily Value not established.</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Honey, choline bitartrate, niacinamide, calcium stearate, arabic gum, thiamine hydrochloride, pyridoxine hydrochloride, and water.

---

**Other Ingredients:**
- Cellulose, honey, dicalcium phosphate, and cyanocobalamin.

"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."
Cataplex® C

Cataplex C supports the immune system, skin and connective tissue, and bone health.*

- Supports and promotes normal immune system response function
- Promotes vascular integrity through support of the body’s natural collagen-synthesis processes
- Supports healthy bone tissue
- Provides ingredients with antioxidant activity
- Supports the adrenal glands
- Good source of antioxidant vitamin C*

Suggested Use: Three tablets per meal, or as directed.

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

Synergistic Product Support
- Calcium Lactate
- Cataplex E
- OPC Synergy

Cataplex® D V GF

Cataplex D supports bone health, mineral absorption, the immune system, and cellular processes.*

- Encourages healthy calcium absorption from the intestinal tract into the blood
- Supports healthy immune system response function
- Supports and maintains healthy bone density
- Provides vitamin D, which is needed by almost every cell in the body for development and transcription
- Excellent source of vitamin D and antioxidant vitamin A*

Suggested Use: Two tablets per day, or as directed.

Synergistic Product Support
- Calcifood
- Calcium Lactate
- Collagen C
- Cruciferous Complete
- Ostrophin PMG

Supplement Facts

Cataplex C

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1g</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>17mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>30mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>596mg</td>
</tr>
</tbody>
</table>

Veal bone PMG™ extract, bovine adrenal, nutritional yeast, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, organic alfalfa (aerial parts) juice powder, organic alfalfa (aerial parts), magnesium citrate, bovine bone, organic reishi mushroom powder, organic shiitake mushroom powder, defatted wheat germ, calcium phosphate, veal bone, organic carrot, sunflower lecithin, organic echinacea angustifolia (root), organic echinacea purpurea (root), rice bran, and d-alpha tocopherol (vitamin E sunflower).

*Percent Daily Values are based on a 2,000 calorie diet.
\( \text{Daily Value not established.} \)

Other Ingredients: Calcium lactate, honey, organic acerola (berry), camu camu (berry), organic maltodextrin, manioc (root), calcium stearate, and arabic gum.

Cataplex D

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>300 mcg RAF</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>40 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>40 mg</td>
</tr>
</tbody>
</table>

Ingredients: Calcium lactate, milk powder, potassium citrate, glycerin, cholesterol, tocopherol, sucrose, starch, calcium stearate, arabin gum, vitamin A palmitate, and acetic acid.

See page 34 for a guide to these dietary icons.
Cataplex® E  

Cataplex E supports cells and cell processes as well as healthy thyroid function.*  
- Provides ingredients with antioxidant activity  
- Supports cell signaling and regulation of gene expression  
- Excellent source of vitamin E and selenium*  

Suggested Use: Two tablets per meal, or as directed.

Synergistic Product Support
- Cataplex C

---

Cataplex® E2  

Cataplex E₂ supports cellular health and general well-being.*  
- Supports normal cardiovascular health  
- Provides ingredients with antioxidant activity  
- Good source of selenium and antioxidant vitamin E*  

Suggested Use: Two tablets per meal, or as directed.

Synergistic Product Support
- Cardio-Plus
- Vasculin

---

Cataplex® F Softgels  

Cataplex F supports the body’s inflammatory response function as it relates to periodic challenges like consumption of high-fat foods or strenuous activity.*  
- Contains organic flaxseed oil extract  
- Provides lipids for the formation of eicosanoids  
- Promotes healthy skin and hair  
- Supports metabolism of fats  
- Contains no iodine, ideal for the iodine-sensitive patient  
- Excellent source of vitamin B₆*  

Suggested Use: One softgel per meal, or as directed.

Synergistic Product Support
- Calcium Lactate

---

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Tablets</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vitamin E</td>
<td>2.7 mg</td>
</tr>
<tr>
<td></td>
<td>Selenium</td>
<td>0.9 mcg</td>
</tr>
<tr>
<td></td>
<td>Proprietary Blend</td>
<td>470 mg</td>
</tr>
<tr>
<td></td>
<td>Bovine orchic extract, calcium lactate, Spanish moss (Tillandsia usneoides), bovine spleen, ovine spleen, inositol, bovine adrenal Cytosol™ extract, oat flour, and ascorbic acid.</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Honey, selenium yeast, d-alpha tocopherol (vitamin E sunflower), modified tapioca starch, arabic gum, and calcium stearate.

---

Caution:
This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Softgel</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vitamin B₆</td>
<td>2 mg</td>
</tr>
<tr>
<td></td>
<td>Proprietary Blend</td>
<td>360 mg</td>
</tr>
<tr>
<td></td>
<td>Organic flaxseed oil, bovine liver fat extract, and bovine orchic extract.</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, beeswax, and pyridoxine hydrochloride.

---

*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.
Cataplex F Tablets

Cataplex F supports the body’s inflammatory response function as it relates to periodic challenges like consumption of high-fat foods or strenuous activity.*

- Flaxseed is a natural source of omega-3 fatty acids from plants
- Provides lipids for the formation of eicosanoids
- Promotes healthy skin and hair
- Contains iodine for thyroid support
- Supports the metabolism of fats
- Excellent source of vitamin B6 and iodine*

Suggested Use: One tablet per meal, or as directed.

Synergistic Product Support
- Calcium Lactate

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90 or 360</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.8 mg</td>
</tr>
<tr>
<td>Iodine</td>
<td>95 mcg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>215 mg</td>
</tr>
<tr>
<td>Calcium lactate, defatted wheat germ, organic carrot, organic sweet potato, bovine prostate, bovine liver, magnesium citrate, bovine orchic extract, oat flour, organic flaxseed oil extract, bovine liver fat extract, ascorbic acid, sunflower lecithin, and d-alpha tocopherol (vitamin E sunflower).</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Honey, glycerine, arabic gum, calcium stearate, prolamine iodine (zein), and pyridoxine hydrochloride.

Cataplex G

Cataplex G maintains nerve health and provides a calming effect on the nervous system.*

- Encourages healthy parasympathetic nerve functioning
- Supports healthy liver functioning
- Supports brain and nervous system function
- Supports the body’s metabolism
- Provides coenzymes and cofactors needed for cellular function
- Excellent source of riboflavin and niacin
- Good source of vitamin B6*

Suggested Use: One tablet per meal, or as directed.

Synergistic Product Support
- Livaplex

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90 or 360</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>7 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1.3 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>12 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>20 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>220 mg</td>
</tr>
<tr>
<td>Bovine liver, porcine stomach, calcium lactate, defatted wheat germ, nutritional yeast, and porcine brain.</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Choline bitartrate, honey, niacinamide, ascorbic acid, glycine, riboflavin, arabinogum, calcium stearate, and pyridoxine hydrochloride.
Cataplex® GTF  
Introduced in 1981  
4680 - 180 Tablets

Cataplex GTF supports carbohydrate digestion.*
- Supports healthy blood sugar levels when already within a normal range
- Encourages healthy blood sugar utilization at the cellular level
- Supports healthy cholesterol levels that are already within a normal range
- Contains chromium, an essential part of the biologically active complex that is involved in carbohydrate metabolism
- Combines chromium, L-cysteine, and pancreatic Cytosol™ extract along with synergistic ingredients
- Excellent source of niacin and chromium
- Good source of antioxidant vitamin A*

Suggested Use: One tablet per meal, or as directed.

Synergistic Product Support
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Diaplex
- Magnesium Lactate

---

Cayenne Pepper  
Introduced in 2001  
2170 - 150 Capsules

Cayenne Pepper supports healthy gastric digestion.*
- Encourages healthy circulation
- Supports healthy blood lipid profiles already within a normal range
- Helps to maintain healthy blood sugar levels already within a normal range
- Provides antioxidant activity*

Suggested Use: One capsule per day, or as directed.

Caution: Exceeding recommended dosage may cause stomach irritation. Keep out of reach of children. Avoid contact with injured or open skin. Avoid use during pregnancy and lactation. Contraindicated with pepper, celery, mugwort, and birch pollen allergies.

Synergistic Product Support
- Cyruta
- Garlic
- Ginkgo Synergy

---

Supplement Facts

| Serving Size | 1 Tablet
| Amount per Serving | %Daily Value |
|--------------|-------------|--------------|
| Vitamin A    | 150 mcg RAE | 1%           |
| Vitamin C    | 2 mg        | 2%           |
| Niacin       | 9.5 mg      | 60%          |
| Chromium     | 48 mcg      | 140%         |
| Proprietary Blend | 317 mg |
| Bovine liver, nutritional yeast, organic dried buckwheat (aerial parts) juice, organic buckwheat (seed), bovine pancreas Cytosol™ extract, lutein, L-cysteine hydrochloride, bovine adrenal Cytosol™ extract, and egg flour. |

†Daily Value not established.

Other Ingredients: Fennel, onion, garlic, capsicum, lecithin, L-cysteine, and choline chloride.

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Capsule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Cayenne Pepper (Capsicum annuum)</td>
<td>345 mg</td>
</tr>
<tr>
<td>35,000 Scoville Units</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Cellulose, water, and calcium stearate.

---

See page 34 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

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Cellular Vitality supports the body as a whole, with specific emphasis on cellular processes.*

- Contains American ginseng, which acts as a body tonic for the byproducts of everyday stress
- Contains B vitamins, to fuel cells and participate in numerous body processes that contribute to normal function
- Provides nutrients that support antioxidant activity
- Includes the enzyme bromelain from pineapple stems and juice that, when taken between meals, modulates the body’s natural inflammatory response function as it relates to periodic challenges like consumption of high-fat foods or strenuous activity
- Contains coenzyme Q10, an enzyme that is essential for creation of energy within the mitochondria of cells and that helps protect cells from free radicals
- Contains Cordyceps sinensis, a mushroom powder long prized in traditional Chinese medicine with a variety of bioactive compounds that contribute to fatigue management and the maintenance of healthy blood sugar levels already within a normal range
- Contains ribonucleic acid (RNA) compounds that can be broken apart as cells to create energy or manufacture protein
- Excellent source of riboflavin, vitamin B12, biotin, and pantothenic acid
- Good source thiamin, niacin, vitamin B6 and folate*

**Suggested Use:** Three capsules per day, or as directed.

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**Synergistic Product Support**
- Magnesium Lactate

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Chezyn®

Chezyn is a balanced trace mineral complex of zinc, copper, and iron.*

- Encourages healthy cellular energy production
- Supports proper enzyme functioning
- Supports normal blood production
- Supports immune system response function
- Supports cognitive function
- Supports healthy thyroid function
- Supports normal testes function
- Excellent source of iron, zinc, and copper*

**Suggested Use:** One tablet per day, or as directed.

---

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

---

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Chlorophyll Complex™

Chlorophyll Complex supports multiple body systems.*
- Provides ingredients with antioxidant activity
- Supports vascular health
- Supports the body’s normal immune system response function
- Provides cardiovascular support
- Maintains skin and hair health*

Suggested Use: Two softgels per meal, or as directed.

Special information: Chewing this product is not recommended.

Synergistic Product Support
- Cataplex E and OPC Synergy

---

Chlorophyll Complex Ointment™

Chlorophyll Complex Ointment moisturizes and soothes for healthy-looking skin.*

Suggested Use: To be applied locally as an emollient.*

Special information: for external use only

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Cholacol®

Cholacol supports healthy fat digestion.*
- Source of bile salts
- Supports gallbladder function
- Helps enzymes break down fats, which can help with discomfort after eating a fatty meal
- Supports healthy elimination*

Suggested Use: Two tablets per meal, or as directed.

---

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Vitamin A (as Beta-Carotene)</td>
<td>20 mcg RAE</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>730 mg</td>
</tr>
<tr>
<td>- Organic sesame seed oil, fat soluble extract from alfalfa (leaf) and sunflower seed, sunflower lecithin, organic buckwheat (aerial parts), Spanish moss (Tillandsia usneoides), organic pea vine, and organic carrot.</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other Ingredients: Gelatin, water, and glycerine.

---

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>15 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>700 mg</td>
</tr>
<tr>
<td>- Collinsonia (root) and purified bovine bile salts.</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Honey and calcium stearate.

---

See page 34 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

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Cholaplex®

Cholaplex supports the cardiovascular system.*

- Encourages healthy fat processing by the liver
- Supports a healthy vascular system
- Contains a combination of key ingredients from Orchex, Cataplex G, Cataplex F, Cyruta, and Cholacol
- Excellent source of riboflavin, niacin, vitamin B6 and iodine*

Suggested Use: One capsule per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Servings per Container: 150</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%Daily Value</strong></td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>22 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>4 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>130 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend: 425 mg

Collinsonia (root), defatted wheat germ, bovine liver, calcium lactate, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, porcine stomach, Spanish moss (*Tillandsia usneoides*), purified bovine bile salts, bovine orchic Cytosol™ extract, soy protein, inositol, sunflower lecithin powder, bovine spleen, ovine spleen, betaine hydrochloride, potassium bicarbonate, manganese glycerophosphate, bovine prostate, porcine brain, organic carrot, organic sweet potato, bovine adrenal Cytosol™ extract, oat flour, bovine orchic extract, and ascorbic acid.

†Daily Value not established.

Other Ingredients: Gelatin, choline bitartrate, niacinamide, water, pyridoxine hydrochloride, calcium stearate, propamine iodine (zein), and riboflavin.

Choline

Choline supports healthy fat metabolism.*

- Supports healthy cell membrane structure and function
- Provides support for methylation reactions
- Supports healthy liver and gallbladder function
- Supports a healthy nervous system
- Excellent source of choline*

Suggested Use: One tablet per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%Daily Value</strong></td>
</tr>
<tr>
<td>Choline</td>
<td>180 mg</td>
</tr>
</tbody>
</table>

Ingredients: Choline bitartrate, honey, and calcium stearate.

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Circuplex®

Circuplex supports the circulatory and parasympathetic nervous systems.*

- Promotes healthy peripheral circulation
- Promotes vascular integrity
- Contains a combination of key ingredients from Phosfood Liquid, Niacinamide B6, and Ribonucleic Acid
- Excellent source of niacin and vitamin B6*

Suggested Use: One capsule per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Niacin</td>
<td>30 mg</td>
<td>188%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>4.7 mg</td>
<td>276%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>415 mg</td>
<td></td>
</tr>
<tr>
<td>Ribonucleic acid, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, arrowroot flour, bovine liver, phosphoric acid, porcine stomach, soy protein, bovine spleen, ovine spleen, calcium lactate, defatted wheat germ, bovine adrenal Cytosol™ extract, porcine brain, multivitamin, ascorbic acid, and magnesium citrate.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Gelatin, niacinamide, water, pyridoxine hydrochloride, and calcium stearate.

Cod Liver Oil

Cod Liver Oil helps bridge the gap in dietary omega-3 intake and addresses vitamin A and D deficiency. The convenient softgels have a natural lemon flavor and are rigorously tested to be below regulatory standards for contaminants and toxins.

Cod Liver Oil supports general health, healthy inflammatory processes, immune system response,* and also:

- Supports healthy eyes and skin
- Supports epithelial tissue
- Supports bone and tooth health
- Supports musculoskeletal system
- May support mood challenges and liver function
- Supportive but not conclusive research has shown that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.†
- Excellent source of antioxidant vitamin A
- Good source of vitamin D*

*Suggested Use: Three softgels per day, or as directed.

Special Information: Store in a cool, dark place.

Track omega-3’s and optimize health with the Omega-3 Index Plus Test. See page 138 for more information.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>4 g</td>
<td>3%*</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
<td>3%</td>
</tr>
<tr>
<td>Protein</td>
<td>&lt;1 g</td>
<td>1%*</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>600 mcg RAE</td>
<td>67%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>2.3 mcg</td>
<td>12%</td>
</tr>
<tr>
<td>Cod Liver Oil</td>
<td>3,000 mg</td>
<td>†</td>
</tr>
<tr>
<td>DHA</td>
<td>300 mg</td>
<td>†</td>
</tr>
<tr>
<td>EPA</td>
<td>210 mg</td>
<td>†</td>
</tr>
<tr>
<td>Total Omega-3</td>
<td>630 mg</td>
<td>†</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, natural flavor, sunflower oil, and rosemary extract.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

*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.
Collagen C™

Collagen C supports healthy connective tissue.*
- Provides ingredients with antioxidant activity
- Supports and promotes normal immune system response function
- Provides whole food sources of vitamin C
- Excellent source of antioxidant vitamin C*

Suggested Use: One tablet per meal, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Contraindicated in known allergy to plants of the daisy family.

Collinsonia Root

Collinsonia canadensis is an herb historically used to support vascular tissue and water balance.*
- Historically used for support of the bladder and kidneys
- Historically used to support digestion*

Suggested Use: Two capsules with a full glass of water twice a day between meals, or as directed.

Barley on the Standard Process certified organic farm

See page 34 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. The generic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

*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.
Congaplex®

Congaplex is used for short-term support of the immune system.*

- Supports healthy immune system response function
- Provides nutrients that support antioxidant activity
- Supports the thymus gland
- Contains ribonucleic acid, which the body uses to build new cells
- Contains a combination of key ingredients from Cataplex A-C, Thymex, Calcium Lactate, and Ribonucleic Acid (RNA)
- Excellent source of antioxidant vitamin A*

Suggested Use: Three capsules per meal, or as directed.

Synergistic Product Support
- Echinacea C

Congaplex® Chewable

Congaplex Chewable is used for short-term support of the immune system.*

- Supports healthy immune system response function
- Provides nutrients that support antioxidant activity
- Supports the thymus gland
- Contains ribonucleic acid, which the body uses to build new cells
- Contains a combination of key ingredients from Cataplex A-C, Thymex, Calcium Lactate, and Ribonucleic Acid (RNA)
- Great-tasting chewable tablet with natural raspberry fruit powder
- Great-tasting chewable tablet with natural raspberry fruit powder
- Good source of vitamin A*

Suggested Use: Three tablets per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 3 Capsules</th>
<th>Servings per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>270 mcg RAE, 30%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>6 mg, 7%</td>
</tr>
<tr>
<td>Calcium</td>
<td>80 mg, 3%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>15 mg, 4%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>630 mg</td>
</tr>
<tr>
<td>Bovine thymus Cytosol™ extract, ribonucleic acid, bovine bone, carrot (root), defatted wheat germ, bovine adrenal, organic sweet potato,veal bone, organic alfalfa (aerial parts) juice, nutritional yeast, oat flour, bovine kidney, organic alfalfa (aerial parts), bovine bone PMG™ extract, organic dried buckwheat (aerial parts) juice, organic buckwheat (seed), organic reishi mushroom powder, organic shiitake mushroom powder, rice (bran), sunflower lecithin powder, and carrot oil.</td>
<td></td>
</tr>
<tr>
<td>Daily Value not established.</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Gelatin, calcium lactate, magnesium citrate, water, ascorbic acid, starch, calcium stearate, vitamin A palmitate, and d-alpha tocopherol (vitamin E sunflower).

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 3 Tablets</th>
<th>Servings per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5 mg, 2%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1g, &lt;1%*</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>146 mcg RAE, 10%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>3 mg, 3%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>155 mg†</td>
</tr>
<tr>
<td>Bovine thymus Cytosol™ extract, ribonucleic acid, bovine bone, organic carrot, defatted wheat germ, bovine adrenal, organic sweet potato, veal bone, organic alfalfa (aerial parts) juice powder, nutritional yeast, oat flour, organic alfalfa (aerial parts), bovine kidney, bovine bone PMG™ extract, organic buckwheat flour, organic buckwheat (aerial parts) juice powder, organic shiitake mushroom powder, organic reishi mushroom powder, rice bran, sunflower lecithin powder, d-alpha tocopherol (vitamin E sunflower), and carrot oil.</td>
<td></td>
</tr>
<tr>
<td>Daily Value not established.</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Organic dehydrated sugar cane juice (sugar), cellulose, raspberry powder, maltodextrin, calcium lactate, magnesium citrate, natural flavor, calcium stearate, ascorbic acid, starch, and vitamin A palmitate.

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

See page 34 for a guide to these dietary icons.
Cruciferous Complete™

Cruciferous Complete supports cellular health.*

- Supports healthy liver function
- Provides ingredients with antioxidant activity
- Our research shows some compounds in kale and Brussels sprouts promote the liver’s natural phase one and two detoxification processes in cell and animal models.*

**Suggested Use: One capsule per day, or as directed.**

*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.

**Warning:** This product contains naturally-occurring Vitamin K1. All forms of Vitamin K may interact with blood thinning medications. If you are taking such medicines, please consult with your health care professional before taking this product.

Synergistic Product Support

- Garlic, Livaplex, and Spanish Black Radish

Cyrofood®

Cyrofood supports cellular health and general well-being.*

- Encourages healthy cell functioning
- Promotes vitality
- Supports the healthy aging body
- Contains a combination of key ingredients from Catalyn with additional whole foods and trace minerals to help balance the diet and support healthy tissue.*

**Suggested Use:** Four tablets per meal, or as directed.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin K1</td>
<td>4 mcg</td>
<td>3%</td>
</tr>
<tr>
<td>Potassium</td>
<td>10 mg</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>500 mg</td>
<td></td>
</tr>
</tbody>
</table>

Organic kale (aerial parts) and organic brussels sprouts (aerial parts).

Other Ingredients: Gelatin, water, and calcium stearate.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 4 Tablets</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proprietary Blend</td>
<td>620 mg</td>
<td></td>
</tr>
</tbody>
</table>

Organic carrot, organic sweet potato, nutritional yeast, defatted wheat germ, date, oat flour, renal bone, bovine bone, rice bran, bovine adrenal, bovine kidney, bovine spleen, horse spleen, bovine liver, organic alfalfa (aerial parts) juice powder, organic shitake mushroom powder, organic reishi mushroom powder, organic pea vine juice powder, ascobic acid, sunflower lecithin, vitamin A palmitate, cholecalciferol, pyridoxine hydrochloride, thiamine hydrochloride, and riboflavin.

Other Ingredients: Honey, calcium lactate, magnesium chloride, calcium stearate, glycerine, arabic gum, modified corn starch, and sucrose.

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.
Cyrofood<sup>®</sup> Powder

Cyrofood Powder supports cellular health and overall vitality.*
- Encourages healthy cell functioning
- Promotes vitality
- Supports the healthy aging body
- Fiber derived from whole food ingredients to encourage healthy intestinal function
- Can be mixed in a supplement shake or added to foods
- Good source of calcium*

Suggested Use: One level tablespoon mixed in blender drink per day, or as directed.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 level tablespoon (7 grams)</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>4 g</td>
<td>1%*</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
<td>4%</td>
</tr>
<tr>
<td>Protein</td>
<td>1 g</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>30 mcg RAE</td>
<td>3%</td>
</tr>
<tr>
<td>Calcium</td>
<td>200 mg</td>
<td>15%</td>
</tr>
<tr>
<td>Iron</td>
<td>1 mg</td>
<td>6%</td>
</tr>
</tbody>
</table>

Proprietary Blend
- 5.2 g
- Defatted wheat germ, oat flour, rice bran, date, organic carrot, organic pea vine juice powder, honey, organic sweet potato, nutritional yeast, bovine adrenal, bovine liver, magnesium citrate, glycerine, bovine spleen, ovine spleen, bovine kidney, organic alfalfa (aerial part) juice powder, sunflower lecithin, ascorbic acid, organic shiitake mushroom powder, organic reishi mushroom powder, cholecalciferol, pyridoxine hydrochloride, thiamine hydrochloride, and riboflavin.

*S Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Bovine bone, veal bone, calcium lactate, arabic gum, calcium stearate, starch, vitamin A palmitate, and sucrose.

Cyro-Yeast<sup>®</sup>

Cyro-Yeast supports cellular health and overall vitality.*
- Encourages healthy cell functioning
- Supports the healthy aging body
- Promotes health in the lower gastrointestinal tract
- Contains a combination of key ingredients from Catalyn and Lactic Acid Yeast
- Good source of vitamin A and vitamin D*

Suggested Use: One wafer per meal, or as directed.

Special information: This product should be chewed then swallowed.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Wafer</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>126</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>170 mcg RAE</td>
<td>13%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>2.5 mcg</td>
<td>13%</td>
</tr>
<tr>
<td>Iron</td>
<td>0.1 mg</td>
<td>8%</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.1 mg</td>
<td>8%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.1 mg</td>
<td>6%</td>
</tr>
</tbody>
</table>

Proprietary Blend
- 1,070 mg
- Organic com, whey (milk), malt syrup, defatted wheat germ, yeast (Saccharomyces cerevisiae), bovine liver, bovine adrenal, calf (oral), organic sweet potatoes, bovine kidney, bovine colon, ovine colon, organic dried alfalfa (aerial part) juice, rice (bran), sunflower lecithin, ascorbic acid, organic Reishi mushroom powder, and organic shiitake mushroom powder.

*Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Honey, arabic gum, calcium stearate, starch, vitamin A palmitate, cholecalciferol, sucrose, pyridoxine hydrochloride, riboflavin, and thiamine hydrochloride.

*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.
Cyruta®

Cyruta supports healthy cholesterol levels that are already within a normal range.*
- Supports circulatory cholesterol transport
- Supports healthy cellular glucose handling to help maintain blood sugar levels already within a normal range
- Supports healthy peripheral circulation
- Contains several independent factors that help to maintain the integrity of capillary walls*

Suggested Use: One tablet per meal, or as directed.

Cyruta® Plus

Cyruta Plus supports capillary integrity and function.*
- Supports circulatory cholesterol transport
- Supports healthy cellular glucose handling to help maintain blood sugar levels already within a normal range
- Supports healthy peripheral circulation
- Contains several independent factors that help to maintain the integrity of capillary walls*

Suggested Use: One tablet per meal, or as directed.

Special information: Keep bottle tightly closed. This product absorbs moisture.

Synergistic Product Support
- Collagen C

---

Supplement Facts
Serving Size: 1 Tablet
Servings per Container: 90

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>3 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>339 mg†</td>
</tr>
<tr>
<td>Organic buckwheat (aerial parts) juice powder, organic buckwheat flour, inositol, oat flour, and bovine adrenal Cytosol™ extract.</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.
Other Ingredients: Honey, ascorbic acid, and calcium stearate.

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Supplement Facts
Serving Size: 1 Tablet
Servings per Container: 90 or 360

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>3 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>306 mg†</td>
</tr>
<tr>
<td>Organic buckwheat (aerial parts) juice powder, organic buckwheat flour, bovine adrenal Cytosol™ extract, and oat flour.</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.
Other Ingredients: Honey, ascorbic acid, and calcium stearate.
Daily Fundamentals—Adrenal Health

**CONVENIENCE PACKS**

Adrenal Health Daily Fundamentals support healthy adrenal function and emotional balance.*

- Excellent source of riboflavin, niacin, and antioxidant vitamins A and C
- Good source of vitamin B6*

Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

- Cataplex A-C-P (two tablets)—supports cardiovascular health, immune system response function, and cell maintenance*
- Drenamin (three tablets)—supports adrenal function and helps maintain emotional balance and energy production*
- Paraplex (one tablet)—supports cellular health and healthy pancreas, pituitary, thyroid, and adrenal gland function*

**Suggested Use:** Contents of one pack each morning and evening.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Pack</th>
<th>Servings per Container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%Daily Value</strong></td>
</tr>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>250 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>20 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>12 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>10 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>50 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>15 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend
1,200 mg†
Organic buckwheat (aerial parts) juice powder, organic buckwheat flour, rice bran, nutritional yeast, bovine adrenal, magnesium citrate, organic alfalfa (aerial parts) juice powder, bovine adrenal PMG™ extract, bovine liver, porcine stomach, organic sweet potato, organic carrot, bovine kidney, oat flour, bovine pancreas PMG™ extract, organic alfalfa (aerial parts), porcine duodenum, defatted wheat germ, bovine bone, organic shiitake mushroom powder, organic reishi mushroom powder, bovine pituitary PMG™ extract, bovine thyroid PMG™ extract (processed to substantially remove its thyroxine), porcine brain, sunflower lecithin, veal bone PMG™ extract, veal bone, d-alpha tocopherol (vitamin E sunflower), organic echinacea angustifolia (root), organic echinacea purpurea (root), calcium phosphate, and carrot oil.

*Percent Daily Values are based on a 2,000 calorie diet.†Daily Value not established.

Other Ingredients: Calcium lactate, honey, cellulose, choline bitartrate, ascorbic acid, niacinamide, calcium stearate, modified corn starch, arabic gum, riboflavin, pyridoxine hydrochloride, vitamin A palmitate, and sucrose.

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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.
Daily Fundamentals—Bone Health

CONVENIENCE PACKS

Bone Health Daily Fundamentals provide convenient maintenance support to keep bones strong and healthy. Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.

- Excellent source of vitamin D, calcium and manganese*
- Good source of antioxidant vitamin A*

Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

- CalciFood (three wafers)—provides calcium
  
  Special information: This product should be chewed then swallowed.
- Cataplex D (one tablet)—supports and maintains healthy bone density*
- Cruciferous Complete (one capsule)—helps move calcium into bones*
- Ostrophin PMG (two tablets)—supports healthy bone function*

Suggested Use: Contents of one pack each morning and evening.

Warning: This product contains naturally-occurring Vitamin K1. All forms of Vitamin K may interact with blood thinning medications. If you are taking such medicines, please consult with your health care professional before taking this product.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>20</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>3 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>150 mcg RAE</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>20 mcg</td>
</tr>
<tr>
<td>Vitamin K1</td>
<td>4 mcg</td>
</tr>
<tr>
<td>Calcium</td>
<td>370 mg</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>85 mg</td>
</tr>
<tr>
<td>Manganese</td>
<td>8 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>40 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>2,275 mg</td>
</tr>
</tbody>
</table>

Veal bone, veal bone PMG™ extract, defatted wheat germ, organic Brussels sprouts (entire parts), organic kale (entire parts), organic carrot, date powder, rice bran, and organic sweet potato.

Other Ingredients: Honey, okra, gelatin, maltodextrin, calcium lactate, gelatin, milk powder, manganese lactate, calcium stearate, potassium citrate, arabic gum, glycerine, water, modified corn starch, sucrose, vitamin A palmitate, ascorbic acid, and chelated blend.

*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.
Daily Fundamentals—
General Female Endocrine

CONVENIENCE PACKS

General Female Endocrine Daily Fundamentals provide a protocol to support a healthy endocrine system and overall well-being.

- Excellent source of vitamin D, vitamin B6, and antioxidant vitamin A*

Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

- Black Currant Seed Oil (one softgel)—supports proper eicosanoid synthesis and the body's normal tissue repair process
- Catalyn (two tablets)—contains vital nutrients, encourages healthy cell functioning, and supports overall well-being
- Hypothalamus PMG (one tablet)—supports healthy hypothalamus tissue and function*
- Symplex F (one tablet)—supports healthy function of the ovaries and the adrenal, pituitary, and thyroid glands*
- Tuna Omega-3 Oil (two softgels)—delivers essential omega-3 fatty acids (including DHA and EPA) and supports emotional balance as well as healthy skin and hair.*

Suggested Use: Contents of one pack each morning and evening.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Pack</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per Container: 60</td>
<td></td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>240 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>3 mg</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>5 mcg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.1 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.1 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>0.7 mcg</td>
</tr>
<tr>
<td>Calcium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Tuna Oil</td>
<td>1,330 mg</td>
</tr>
<tr>
<td>RNA</td>
<td>334 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>60 mg</td>
</tr>
<tr>
<td>Black Currant Seed Oil</td>
<td>360 mg</td>
</tr>
<tr>
<td>Gamma-Linolenic Acid</td>
<td>47 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>680 mg</td>
</tr>
</tbody>
</table>

Percent Daily Values are based on a 2,000 calorie diet. 
Daily Value not established.

Other Ingredients: Gelatin, calcium lactate water, sucrose, vitamin C, citric acid, natural flavor, cellulose, calcium stearate, arabic gum, ascorbic acid, starch, riboflavin, pyridoxine hydrochloride, vitamin A palmitate, sucrose, thiamine hydrochloride, D-alpha tocopheryl (vitamin E) soy, and riboflavin.

*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.
Daily Fundamentals—General Health

**CONVENIENCE PACKS**

General Health Daily Fundamentals provide convenient foundational maintenance support to help patients maintain optimal health.

- Excellent source of vitamin D, vitamin B6, vitamin B12, antioxidant vitamin A, iodine, zinc, copper, and manganese
- Good source of thiamin and riboflavin*

Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

- Catalyn (three tablets)—contains vital nutrients from whole food and other sources
- Trace Minerals-B12 (one tablet)—trace mineral supplement
- Tuna Omega-3 Oil (two softgels)—provides 300 mg DHA and 60 mg EPA omega-3 fatty acids to support heart, brain, eye, and joint health*

**Suggested Use:** Contents of one pack each morning and evening.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Special information: Store product in a cool, dark place.
Dermatrophin PMG®

Dermatrophin PMG supports healthy skin and connective tissue.*
- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: Three tablets daily, or as directed.

Diaplex®

Diaplex supports healthy sugar handling to help maintain blood sugar levels already within a 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
- Excellent source of chromium and antioxidant vitamin A
- Good source of vitamin B6*

Suggested Use: Two capsules per meal, or as directed.

Synergistic Product Support
- Cataplex B and Cellular Vitality
- Cataplex GTF
- Magnesium Lactate

Disodium Phosphate

Disodium Phosphate is used for short-term support of the bowel.*
- Supports healthy elimination
- Promotes intestinal motility
- Excellent source of phosphorus*

Suggested Use: Three capsules taken with 8 ounces of water, or as directed.

Caution: not recommended for use in a sodium-restricted diet

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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.
Drenamin®

Drenamin supports adrenal function and helps maintain emotional balance.*
- Promotes healthy adrenal gland function
- Encourages a healthy response to everyday environmental stresses and supports immune system response 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
- Excellent source of riboflavin and niacin
- Good source of vitamin B6 and antioxidant vitamin C*

**Suggested Use:** Three tablets per meal, or as directed.

**Synergistic Product Support**
- Adrenal Desiccated
- Catalyn

Drenatrophin PMG®

Drenatrophin PMG supports adrenal function.*
- Provides a unique profile of minerals, nucleotides, and peptides
- Supports adrenal gland health*

**Suggested Use:** Three tablets daily, or as directed.

Echinacea-C™

Echinacea-C supports the immune system.*
- Supports healthy white blood cells
- Supports a healthy immune system response function
- Combines Echinacea angustifolia (root) and Echinacea purpurea (root)*

**Suggested Use:** One tablet per meal, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Contraindicated in know allergy to plants of the daisy family.

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**Standard Process Product Index**

**MediHerb Product Index**

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 3 Tablets</th>
<th>Servings per Container: 30 or 120</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>9 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>12 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>10 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>5 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>685 mg</td>
</tr>
<tr>
<td>Calcium lactate, rice bran, bovine liver, bovine adrenal, porcine stomach, nutritional yeast, bovine adrenal PMG™ extract, organic alfalfa (aerial parts) juice powder, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, magnesium citrate, oat flour, bovine bone, organic shiitake mushroom powder, organic reishi mushroom powder, porcine brain, veal bone PMG™ extract, organic sweet potato, and sunflower lecithin.</td>
<td></td>
</tr>
</tbody>
</table>

**Daily Value not established.**

**Other Ingredients:** Honey, cellulose, choline bitartrate, niacinamide, ascorbic acid, calcium stearate, riboflavin, d-alpha tocopherol (vitamin E sunflower), and pyridoxine hydrochloride.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>134 mg</td>
</tr>
<tr>
<td>Bovine adrenal PMG™ extract and magnesium citrate.</td>
<td></td>
</tr>
</tbody>
</table>

**Daily Value not established.**

**Other Ingredients:** Calcium lactate, cellulose, and calcium stearate.

**This product features our exclusive Protomorphogen™ extract.**

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>5 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>197 mg</td>
</tr>
<tr>
<td>Echinacea angustofolia (root), organic echinacea purpurea (root), organic buckwheat (aerial parts) juice powder, and organic buckwheat flour</td>
<td></td>
</tr>
</tbody>
</table>

**Daily Value not established.**

**Other Ingredients:** Organic rose hips, honey, organic acerola (berry), organic maltodextrin, and calcium stearate.

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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.**
**E-Manganese™**

E-Manganese supports healthy pituitary gland function.*
- Contains manganese, an important cofactor for numerous enzymatic reactions*
- Excellent source of antioxidant vitamin E*

**Suggested Use:** One tablet per day, or as directed.

---

**Emphaplex®**

Emphaplex supports the respiratory system.*
- Supports the body’s natural ability to expel respiratory secretions
- Provides ingredients with antioxidant activity
- Supports cellular energy
- Supports central nervous system function
- Contains a combination of key ingredients from Catalyn, Drenamin, Pneumotrophin PMG, Phosfood Liquid, and Protefood
- Excellent source of vitamin A, riboflavin, niacin, and vitamin B6
- Good source of vitamin D*

**Suggested Use:** Two capsules per meal, or as directed.

*Caution: If pregnant or lactating, consult your health care professional before using this product.

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### Supplement Facts

**E-Manganese™**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin E</td>
<td>5.1 mg</td>
<td>34%</td>
</tr>
<tr>
<td>Calcium</td>
<td>30 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Manganese</td>
<td>8 mg</td>
<td>348%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>192 mg</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, honey, manganese glycerophosphate, d-alpha tocopherol (vitamin E sunflower), modified tapioca starch, and calcium stearate.

---

**Emphaplex®**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>5</td>
<td>&lt;2%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
<td>&lt;2%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>390 mcg RAE</td>
<td>45%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>6 mcg</td>
<td>6%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>2.6 mcg</td>
<td>25%</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.1 mg</td>
<td>8%</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.5 mg</td>
<td>40%</td>
</tr>
<tr>
<td>Niacin</td>
<td>4.2 mg</td>
<td>25%</td>
</tr>
<tr>
<td>Choline</td>
<td>2.6 mg</td>
<td>15%</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
<td>&lt;2%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>1,210 mg</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Gelatin, choline bitartrate, water, ascorbic acid, macromide, starch, vitamin A palmitate, cholecalciferol, bovine liver, sucrose, pyridoxine hydrochloride, calcium stearate, and thiamine hydrochloride.

*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.
Enzycore

Enzycore is a comprehensive blend of enzymes, glutamine, and other whole food ingredients designed to support healthy digestion and maximize nutrient absorption.*

- Contains microbial enzymes for action within a broad range of pH
- Contains a blend of enzymes that comprehensively break down fats, proteins, and carbohydrates
- Kale and beet powder included to support healthy digestive processes
- Contains L-glutamine, an amino acid used as a building block for other amino acids; also provides energy to cells with high energy needs (like those in the intestines)
- Provides support during both gastric and intestinal phases of digestion*

Suggested Use: One capsule three times per day with meals, or as directed.

Epimune Complex

Epimune Complex is a vegan immune system support supplement designed to help your immune system stand up to challenges. It helps support respiratory health.*

- Supports specific aspects of immune system activity and contains research-supported ingredients such as EpiCor® and maitake and turkey tail mushrooms
- Supports healthy white blood cells
- Helps support respiratory health year-round, especially during seasonal challenges
- Helps activate and balance a healthy immune system response function
- Delivers an excellent source of vitamin C and zinc, both of which provide antioxidant and immune support*

Suggested Use: Two capsules per day, or as directed.

Epimune Complex Research Report

To evaluate the modulating capability of Epimune Complex on the immune system, Standard Process undertook a study to examine individual responses to Epimune Complex. After analyzing the data on adults who took Epimune Complex for 30 days, researchers found:

- Over this short open-label pilot study, researchers also reported a nonsignificant increase in salivary immunoglobulin A (IgA); however, when compared to a longer study published by the maker of EpiCor®, this finding is consistent with that study’s finding of a statistically significant increase in salivary IgA at eight weeks.
- Extreme variability between people and within the same subject over time, suggesting that immune system signals were being supported based on physiological need and not in a strictly stimulatory or depressive manner
- A statistically significant increase in red blood cell zinc, which may safeguard red blood cell membranes from oxidative damage*

For the complete research report, see: standardprocess.com
e-Poise®

- Encourages healthy cell functioning
- Promotes vitality
- Supports the healthy aging body
- Supports the body’s physiological and biochemical processes
- Supports energy metabolism, which helps cells convert macronutrients into energy
- Contains a combination of key ingredients from Catalyn and Ferrofood as well as Tillandsia usneoides
- Excellent source of vitamin D, riboflavin, vitamin B6, and antioxidant vitamin C
- Good source of thiamin, B12, iron, and antioxidant vitamin C

Suggested Use: Two capsules per day, or as directed.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>420 mcg RAE</td>
<td>47%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>11 mg</td>
<td>12%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>2.5 mcg</td>
<td>38%</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.2 mg</td>
<td>17%</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.3 mg</td>
<td>23%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1.2 mg</td>
<td>71%</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>0.4 mcg</td>
<td>17%</td>
</tr>
<tr>
<td>Calcium</td>
<td>29 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Iron</td>
<td>2 mg</td>
<td>11%</td>
</tr>
</tbody>
</table>

Proprietary Blend: 854 mg

<table>
<thead>
<tr>
<th>Other Ingredients</th>
<th>Amount</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Defatted wheat germ, organic carrot, bovine adrenal, organic sweet potato, nutritional yeast, fat-soluble extract from alfalfa (leaf) and sunflower seed, magnesium citrate, bovine liver, bovine spleen, ovine spleen, bovine kidney, organic alfalfa (pellet part) juice powder, carthamide, oat flour, bovine spleen PMG™ extract, real bone, bovine bone, sunflower lecithin powder, organic shiitake mushroom powder, organic reishi mushroom powder, rice bran, porcine duodenum, choline bitartrate, d-alpha tocopherol (vitamin E from sunflower), modified tapioca starch, riboflavin, and cyanocobalamin.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Calcium lactate, gelatin, ferrous lactate, water, ascorbic acid, modified corn starch, calcium glycerate, vitamin A palmitate, d-alpha tocopherol (vitamin E from sunflower), modified tapioca starch, riboflavin, and cyanocobalamin.

Barley field on the Standard Process certified organic farm

*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.
E-Z Mg™ is a plant-based, multiform magnesium (Mg) developed to support patients with inadequate dietary magnesium intake. Made from two key ingredients: Swiss chard (beet leaf) and buckwheat – both grown on our sustainable and certified organic farm in Wisconsin.

- Plant-based, naturally-occurring multiform of magnesium
- Helps to bridge the gap in dietary magnesium intake*
- May promote whole-body and urine alkalization*
- Gluten-Free, Vegan, USDA Organic
- Excellent source of magnesium and vitamin K1 *

Suggested Use: One stick pack per day, or as directed. Add stick pack into 8 ounces of water and mix thoroughly for 10 to 15 seconds.

Warning: This product contains naturally-occurring Vitamin K1. All forms of vitamin K may interact with blood-thinning medications. If you are taking such medicines, please consult with your health care professional before taking this product. If you have been directed to eat a diet low in oxalates (found in leafy green vegetables), please consult with your health care professional before taking this product. If you are pregnant or lactating, please consult with your health care professional before taking this product.

**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.

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Organic rice hull concentrate, natural flavor, and monk fruit extract.
Fen-Cho®

Fen-Cho supports natural and consistent intestinal movement.*
- Supports healthy bowel function
- Supports healthy elimination*

Suggested Use: Two capsules per meal, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Ferrofood®

Ferrofood contains iron to support the body’s need for this mineral.*
- Maintains healthy blood
- Promotes and supports normal blood production
- Supports cellular integrity
- Provides iron, which is essential for the synthesis of hemoglobin and helps deliver oxygen to red blood cells
- Supports enzyme actions in the body
- Contains vitamin C to help with iron absorption
- High in iron, vitamin B12, and antioxidant vitamin C*

Suggested Use: One capsule per day with food, or as directed.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Fen-Gre®

Fen-Gre is used to support healthy blood lipid profiles already within a normal range, healthy blood sugar metabolism, and the action of the mammary gland.*
- Fenugreek, an ingredient in Fen-Gre, has been historically used to support healthy levels of mucus and phlegm in the lungs and bronchial tubes.
- Supports metabolic pathways that regulate hormones associated with normal glucose metabolism*

Suggested Use: Three capsules per meal with a full glass of water, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

*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.
Folic Acid B12

Folic acid and vitamin B12 support cellular health.*
- Encourages healthy cell production
- Supports healthy nervous system development
- Encourages healthy circulation
- Supports healthy homocysteine levels
- Essential in the important processes of DNA formation and replication
- Healthful diets with adequate folate may reduce a woman’s risk of having a child with a brain or spinal cord birth defect.
- Excellent source of folate and vitamin B12*

Suggested Use: One tablet per day, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 180</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Folate 400 mcg</td>
<td>665 mcg DFE 166%</td>
</tr>
<tr>
<td>Vitamin Bl2 6 mcg</td>
<td>250%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>288 mg † Daily Value not established</td>
</tr>
</tbody>
</table>

For-Til B12®

For-Til B12 is a fortified tillandsia (Spanish moss) product combined with vitamin B12, which supports essential cellular and neurological functions.*
- Encourages healthy immune system response function
- Supports healthy blood sugar levels when already within a normal range
- Promotes vitality
- Excellent source of vitamin B12*

Suggested Use: One capsule per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Vitamin Bl2 3 mcg</td>
<td>125%</td>
</tr>
<tr>
<td>Proprietary Blend 288 mg</td>
<td>† Daily Value not established</td>
</tr>
</tbody>
</table>

Garlic

Garlic provides support to cells, organs, and systems that keep the body healthy.*
- Encourages healthy circulation
- Supports healthy liver function
- Enhances immune system response function
- Promotes healthy lung function
- Helps maintain normal cholesterol and triglyceride levels already within a normal range
- Provides ingredients with antioxidant activity*

Suggested Use: One capsule per day, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Proprietary Blend 590 mg</td>
<td>† Daily Value not established</td>
</tr>
</tbody>
</table>

Caution: This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

See page 34 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

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Gastrex®

Gastrex supports digestion and stimulates cleansing of the upper gastrointestinal (GI) tract.*
- Supports the body’s normal tissue repair process
- Supports GI cleansing through the elimination of waste materials
- Excellent source of niacin*

Suggested Use: Two capsules with a full glass of water 15 minutes before meals and bedtime, or as directed.

Synergistic Product Support
- Chlorophyll Complex

Gastro-Fiber®

Gastro-Fiber supports the digestive system.*
- Encourages a healthy intestinal environment to help maintain proper intestinal flora
- Cleanses the lower gastrointestinal (GI) tract
- Encourages a healthy GI tract pH
- Supports healthy elimination
- Contains fennel, which helps relieve gas, associated abdominal cramps, and occasional indigestion
- Maintains healthy lipid and blood glucose levels already in normal ranges
- Can be used as nutritional support in the Standard Process Purification Program*

Suggested Use: Three capsules, three times per day on an empty stomach, or as directed.

Caution: If pregnant or lactating, consult your health care professional before using this product.

Synergistic Product Support
- A-F Betafaod
- ProSynbiotic

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See page 34 for a guide to these dietary icons.

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Ginkgo Synergy®

Ginkgo Synergy combines the natural properties of Ginkgo biloba (leaf extract plus whole leaf) and grape seed extract to support healthy brain function.*

- Provides ingredients with antioxidant activity
- Supports pliability in blood vessel walls, specifically in relation to blood flow to brain tissue
- Promotes mental clarity and cognition*

Suggested Use: One capsule per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Synergistic Product Support
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil

GI Stability™

GI Stability supports the GI tract by delivering targeted prebiotic action, supporting a healthy gut microbiome, and feeding the growth of beneficial bacteria.

- Designed for everyday and acute gastrointestinal (GI) needs
- With prebiotic 2′-FL, studies show that 2′-FL helps support the growth of beneficial bacteria**
- May help support the immune system
- Contains Collinsonia Root, which has been historically used to support normal elimination and digestive health*

Suggested Use: One to three servings per day, or as directed. This product should be chewed then swallowed.

Acute Use: Three servings per day. For short-term use to modify the microbiome.

Long-Term Use: Single serving per day as a daily prebiotic.

Synergistic Product Support
- ChelaCo (MediHerb) – elimination support*
- Whole Food Fiber – diverse microbiome support*
- Epimmune Complex – immune system support*
- ProSynbtioic – probiotic support*

*Daily Value not established.

Other Ingredients: Cellulose, water, and calcium stearate.
Includes Masquelier’s OPC-85® grape seed extract.
**Glucosamine Synergy**

Glucosamine Synergy combines glucosamine, *Boswellia serrata*, and manganese to help maintain healthy joint function.*

- Maintains healthy connective tissue
- Supports the body’s normal connective tissue repair process
- Supports joint health
- Contains many of the same ingredients as Ligaplex II, with the added benefit of glucosamine and boswellia for relieving discomfort in the affected areas after strenuous exercise
- Excellent source of manganese*

**Suggested Use:** One capsule three times per day, or as directed.

*Caution: This product contains ingredients derived from shellfish.

**Synergistic Product Support**
- Collagen C
- Ligaplex I

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**Hemp Oil**

Hemp Oil is a vegan, gluten-free hemp supplement that provides 15 mg of phytocannabinoids per serving to support the endocannabinoid system (ECS).*

- Liquid form — convenient, flexible dosing with a graduated dropper
- Non-genetically engineered hemp

**Suggested Use:** One full dropper (1 mL) per day, or as directed. Store in a cool, dark place.

**Synergistic Product Support**
- Epimune Complex – immune system support*
- Boswellia Complex (MediHerb) – maintain healthy joints*
- Turmeric Forte (MediHerb) – healthy inflammatory response*
- Kava Forte (MediHerb) – calm nerves*

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**Supplement Facts**

- **Glucosamine Synergy**
- **Hemp Oil**

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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.
Hemp Oil Complex™

Hemp Oil Complex is a unique formulation of ingredients, combined to provide a 3-in-1 benefit for the whole body – supporting the endocannabinoid system, inflammation response resolution pathways, and endogenous anti-oxidant pathways.

- Contains 15 mg phytocannabinoids
- Supports the endocannabinoid system*
- Supports the body’s natural inflammatory response function*
- Ingredients that provide antioxidant activity*
- Non-genetically engineered hemp
- Gluten-free
- Combination of natural omega-3 fatty acids, including DHA and EPA
- Calamari oil certified sustainable from the independent nonprofit group Friend of the Sea*
- Good source of magnesium*

**Suggested Use:** Two softgels per day, or as directed.

*Caution: This hemp-derived product should not be consumed while pregnant or breastfeeding.*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 Softgels</th>
<th>Servings per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%Daily Value</strong></td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>45 mg</td>
</tr>
<tr>
<td>Glucoraphanin</td>
<td>5 mg</td>
</tr>
<tr>
<td>DHA</td>
<td>130 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>55 mg</td>
</tr>
<tr>
<td>Omega-3</td>
<td>230 mg</td>
</tr>
<tr>
<td>Omega-6</td>
<td>60 mg</td>
</tr>
<tr>
<td>Hemp Oil (stalk and seed)</td>
<td>100 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>730 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, dimagnesium malate, and beeswax.

TrueBroc® is protected by trademarks and patents of Brassica Protection Products LLC: www.brassica.com/p

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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.

---

**Soil on the Standard Process certified organic farm**
**Hepatrophin PMG® GF**

Hepatrophin PMG supports healthy liver function.*
- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: One tablet per meal, or as directed.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%Daily Value</strong></td>
</tr>
<tr>
<td>Sodium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Bovine Liver PMG™ Extract</td>
<td>320 mg</td>
</tr>
</tbody>
</table>

†Daily Value not established.

This product features our exclusive Protomorphogen™ extract

---

**Hypothalamus PMG® GF**

Hypothalamus PMG supports hypothalamus function.*
- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: One tablet per day, or as directed.

**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></td>
<td><strong>%Daily Value</strong></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>205 mg</td>
</tr>
</tbody>
</table>

†Daily Value not established.

This product features our exclusive Protomorphogen™ extract

---

**Hypothalmex® GF**

Hypothalmex supports hypothalamus gland health.*
- Includes porcine hypothalamus Cytosol™ extract
- Supports healthy hypothalamus functioning*

Suggested Use: One tablet per day, or as directed.

**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></td>
<td><strong>%Daily Value</strong></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>190 mg</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

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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.*
Immuplex®®

Immuplex blends essential micronutrients and minerals as well as Protomorphogen™ and Cytosol™ extracts to support the immune system.*
- Taken daily, supports healthy immune system response function
- Helps maintain normal white blood cell activity already within a normal range
- Supports the body’s normal inflammatory response function as it relates to periodic challenges like consumption of a high-fat meal or strenuous activity
- Provides ingredients with antioxidant activity
- Excellent source of iron, zinc, copper, chromium, folate and vitamins A, B6 and B12 and antioxidant vitamins C and E
- Good source of selenium*

Suggested Use: Two capsules per meal, or as directed.

**Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.**

**Synergistic Product Support**
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil

---

### Supplement Facts

**Serving Size:** 2 Capsules  
**Servings per Container:** 45 or 75

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>5 mg</td>
<td>&lt;2%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>3000 mcg RAE</td>
<td>30%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>15 mg</td>
<td>60%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>4.8 mg</td>
<td>25%</td>
</tr>
<tr>
<td>Folate</td>
<td>2 mg</td>
<td>120%</td>
</tr>
<tr>
<td>Thiamin (B1)</td>
<td>166 mcg RBE</td>
<td>41%</td>
</tr>
<tr>
<td>Riboflavin (B2)</td>
<td>2 mcg</td>
<td>10%</td>
</tr>
<tr>
<td>Niacin (B3)</td>
<td>9 mg</td>
<td>80%</td>
</tr>
<tr>
<td>Selenium</td>
<td>6 mcg</td>
<td>10%</td>
</tr>
<tr>
<td>Copper</td>
<td>1.2 mg</td>
<td>20%</td>
</tr>
<tr>
<td>Chromium</td>
<td>0.3 mcg</td>
<td>90%</td>
</tr>
<tr>
<td>Sodium</td>
<td>25 mg</td>
<td>1%</td>
</tr>
</tbody>
</table>

**Proprietary Blend** 538 mg †

- Bovine liver PMG™ extract, veal bone PMG™ extract, nutritional yeast, bovine spleen PMG™ extract, bovine thymus PMG™ extract, bovine thymus Cytosol™ extract, bovine liver, bovine spleen, and ovine spleen.

| % Daily Value not established. |

**Other Ingredients:** Gelatin, zinc rice chelate, ascorbic acid, iron rice chelate, chromium yeast, water, starch, d-alpha tocopherol (vitamin E sunflower), inulin, copper rice chelate, penicillamine hydrochloride, dicalcium phosphate, calcium stearate, vitamin A palmitate, folic acid, and cyanocobalamin.

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Sunset over the oat and barley fields on the Standard Process certified organic farm
Inositol helps support the cardiovascular and nervous systems. *
- Supports healthy cell membrane integrity
- Supports normal cell membrane signaling
- Supports the normal processing of fats in the liver *

Suggested Use: One tablet per meal, or as directed.

Inositol Powder helps support the cardiovascular and nervous systems. *
- Contains 325 mg more inositol per serving than Inositol tablets
- Supports healthy cell membrane integrity
- Supports normal cell membrane signaling
- Supports normal processing of fats in the liver
- Can be mixed in a supplement shake or added to foods *

Suggested Use: One quarter teaspoon per day, or as directed.

Iodomere supports healthy thyroid, immune, and cellular function. *
- Supports healthy thyroid function
- Supports normal basal metabolism
- Excellent source of iodine *

Suggested Use: One tablet per day, or as directed.

Caution: Do not use if you are allergic to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a health care professional.
Iplex®

Iplex supports ocular health.*
- Supports normal eye function
- Supports healthy cellular and connective tissue associated with the eye
- Supports healthy eye vascular tissue
- Contains a combination of key ingredients from Cataplex A-C, Cataplex G, Cyruta, Ostrophin PMG, Phosfood Liquid, and Oculotrophin PMG
- Excellent source of riboflavin and niacin
- Good source of vitamin B6 and antioxidant vitamin A*

Suggested Use: Two capsules per meal, or as directed.

Supplement Facts
Serving Size: 2 Capsules
Servings per Container: 75

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>160 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>6 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.4 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>0.8 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>10 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>18 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend
- Arrowroot flour, inositol, phosphoric acid, calcium lactate, porcine eye PMG™ extract, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, veal bone PMG™ extract, bovine liver, magnesium citrate, porcine stomach, nutritional yeast, organic carrot, organic sweet potato, bovine adrenal, organic alfalfa (aerial parts), bovine kidney, defatted wheat germ, organic alfalfa (aerial parts) juice powder, porcine brain, manganese glycerophosphate, bovine adrenal Cytosol™ extract, DL-methionine, oat flour, organic mini mushroom powder, organic shiitake mushroom powder, bovine bone, veal bone, sunflower lecithin powder, carrot oil, and rice bran.

†Daily Value not established.

Other Ingredients: Gelatin, choline bitartrate, water, ascorbic acid, niacinamide, calcium stearate, modified corn starch, vitamin A palmitate, riboflavin, d-alpha tocopherol (vitamin E sunflower), and pyridoxine hydrochloride.

GF Lact-Enz®

Lact-Enz combines digestive enzymes with probiotic bacteria to support healthy digestion and immune system response function.*
- Supports healthy gastrointestinal flora
- Supports a healthy immune system response function
- Provides support during the gastric and intestinal phases of digestion*

Suggested Use: Two capsules per meal, or as directed.

Synergistic Product Support
- Gastro-Fiber or Whole Food Fiber

Supplement Facts
Serving Size: 2 Capsules
Servings per Container: 45 or 75

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
</tbody>
</table>

Proprietary Blend
- Maltodextrin (tapioca), amylase, protease, cellulase, Lactobacillus acidophilus, Bifidobacterium longum, lipase.

†Daily Value not established.

Other Ingredients: Gelatin, potato dextrin, water, calcium stearate, and cassava dextrin.

Lactic Acid Yeast™

Lactic Acid Yeast supports a healthy intestinal environment.*
- Cleanses and promotes healthy function in the lower gastrointestinal tract*

Suggested Use: One wafer per meal, or as directed.

Special information: This product should be chewed then swallowed.

Supplement Facts
Serving Size: 1 Wafer
Servings per Container: 100

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
</tr>
</tbody>
</table>

Proprietary Blend
- Organic corn, whey (milk), malt syrup, and yeast (Saccharomyces cerevisiae).

†Daily Value not established.

Other Ingredients: Cellulose, honey, glycerine, calcium stearate, and arabic gum.

See page 34 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

*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.
Ligaplex I \textsuperscript{GF}  

Ligaplex I contains nutrients that provide acute ligament and muscle support.*  
- Supports the body’s normal connective tissue repair and synthesis processes  
- Supports healthy joints and muscles  
- Supports bone growth and the synthesis of cartilage  
- Contains buckwheat, which supports the body’s natural inflammatory response function as it relates to periodic challenges like strenuous exercise  
- Contains a combination of key ingredients from Manganese B12, Cataplex E, Ostrophin PMG, and Cataplex A-C-P  
- Excellent source of vitamin B12 and manganese*  

Suggested Use: Two capsules per meal, or as directed.

Ligaplex II \textsuperscript{GF}  

Ligaplex II supports tissue and joints to maintain connective tissue health, especially for long-term support.*  
- Provides the foundation to feed the musculoskeletal system and facilitate freedom of movement  
- Nutritional compounds for support of proper formation and maintenance of skeletal tissues  
- Involved in maintenance of healthy fluid levels  
- Contains bovine heart PMG\textsuperscript{TM} extract  
- Contains a combination of key ingredients from Cyro-Yeast, Cardiotrophin PMG, Ostrophin PMG, Manganese B12, Super EFF, and Cataplex E  
- Excellent source of vitamin A, vitamin B12 and manganese*  

Suggested Use: Two capsules per meal, or as directed.

**Synergistic Product Support**  
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil  
- Glucosamine Synergy  
- Trace Minerals-B12  

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Linum B₆

Linum B₆ contains flaxseed oil, a natural source of alpha-linolenic acid, and vitamin B₆. This product is designed to support hormone production and nerve tissue as well as systems like the cardiovascular and immune systems.*

- Approximately 50 percent of flaxseed oil is made up of alpha-linolenic acid, which is a precursor of EPA and DHA.
- Supports the formation of eicosanoids
- Promotes healthy skin
- Supports cognitive function
- Excellent source of vitamin B₆*

Suggested Use: One softgel per meal, or as directed.

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Livaplex®

Livaplex is foundational support for the liver.*
- Supports healthy liver and gallbladder function
- Supports the body’s normal toxin-elimination function
- Encourages healthy digestion of fats
- Enhances bowel function
- Encourages healthy bile production
- Contains a combination of key ingredients from A-F Betafood, Hepatrophin PMG, Betacol, Spanish Black Radish, Chezyn, and Antronex
- Excellent source of vitamin B6 and zinc
- Good source of iron, copper, niacin and antioxidant vitamin A*

Suggested Use: One capsule per meal, or as directed.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Synergistic Product Support
- Cruciferous Complete, Garlic, and Spanish Black Radish

Magnesium Lactate

Magnesium Lactate contains magnesium to support cellular functions.*
- Promotes cellular energy production
- Supports synthesis of essential molecules
- Provides cofactor support for more than 300 enzymes
- Supports ion signaling across cell membranes
- Supports the body’s natural ongoing activities of bone formation and resorption
- Helps facilitate muscle contraction
- Supports the body’s energy production, which is used by the central nervous, neuromuscular, and cardiovascular systems
- Excellent source of magnesium*

Suggested Use: Three capsules per day, or as directed.

Synergistic Product Support
- Calcium Lactate

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
</tr>
<tr>
<td>Magnesium</td>
<td>210 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Gelatin, magnesium lactate, calcium stearate, and water.

Other Ingredients: Gelatin, zinc amino acid (rice) chelate, iron amino acid (rice) chelate, water, calcium stearate, niacinamide, copper amino acid (rice) chelate, beta carotene, pyridoxine hydrochloride, modified corn starch, potassium iodide (zen), vitamin A palmitate, and sucrose.

See page 34 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

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Mammary PMG®

Mammary PMG supports the mammary gland.*
- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: One tablet per meal, or as directed.

Supplement Facts
Serving Size: 1 Tablet
Servings per Container: 90

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>5 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>15 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>185 mg</td>
</tr>
<tr>
<td></td>
<td>Bovine mammary PMG™ extract and magnesium citrate.</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

Manganese B12™

Manganese B12 contains manganese, vitamin B12, carrot root, and bovine bone to support enzymatic functions.*
- Supports the body’s normal tissue repair process
- Promotes healthy connective tissue
- Supports normal red blood cell function
- Supports hemoglobin formation
- Excellent source of magnesium, copper, and vitamin B12
- Good source of zinc and antioxidant vitamin C*

Suggested Use: One tablet per day, or as directed.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Supplement Facts
Serving Size: 1 Tablet
Servings per Container: 90

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>9 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>5 mcg</td>
</tr>
<tr>
<td>Iron</td>
<td>1 mg</td>
</tr>
<tr>
<td>Zinc</td>
<td>1.9 mg</td>
</tr>
<tr>
<td>Copper</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Manganese</td>
<td>34 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>70 mcg</td>
</tr>
<tr>
<td></td>
<td>Organic carrot, organic sweet potato, and bovine bone.</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Manganese lactate, honey, organic acerola (berry), camu camu (berry), zinc amino acid (rice) chelate, organic maltodextrin, dicalcium phosphate, manioc (root), iron amino acid (rice) chelate, copper amino acid (rice) chelate, calcium stearate, and cyanocobalamin.

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Min-Chex®

Min-Chex is a combination of minerals and synergistic factors designed to support the nervous system.*

- Supports nervous system health
- Moderate calming that helps maintain emotional balance
- Helps ease the effects of temporary stress
- Contains a combination of key ingredients from Min-Tran and Orchex
- Excellent source of niacin, vitamin B₆, and iodine*

Suggested Use: One capsule one half hour before each meal, or as directed.

Synergistic Product Support
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil

Min-Tran®

Min-Tran is a vegan product that contains mineral complexes to support emotional balance.*

- Supports a healthy nervous system
- Mild calming that helps maintain emotional balance
- Helps ease the effects of temporary stress
- Supports the actions of neurotransmitters that regulate mood
- Excellent source of iodine*

Suggested Use: Four tablets per meal, or as directed.

Multizyme®

Multizyme contains digestive enzymes to support the proper breakdown of proteins, carbohydrates, and fats.*

- Enzymes provide support in the gastric and intestinal phases of digestion
- Supplemental pancreatic enzymes support pancreatic function.*

Suggested Use: One capsule per meal, or as directed.

Synergistic Product Support
- A-F Betafood
- ProSynbiotic

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Myo-Plus®

Myo-Plus supports muscular health and function.*
• Supports the healthy functioning of muscles, including the heart
• Supports normal coronary blood flow
• Provides ingredients with antioxidant activity
• Support for increased oxygen demand during exercise
• Contains a combination of key ingredients from Cataplex G, Cataplex E2, Cardiotrophin PMG, and Cataplex C
• Excellent source of riboflavin, niacin and vitamin B6
• Good source of antioxidant vitamin C*

Suggested Use: Two tablets per meal, or as directed.

Synergistic Product Support
• Calamari Omega-3 Liquid or Tuna Omega-3 Oil
• Cataplex E
• Vasculin

This product is a twin product to Cardio-Plus.

Supplement Facts
Serving Size: 2 Tablets
Servings per Container: 45

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>15 mg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>1.3 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1.6 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>14 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.5 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>30 mg</td>
</tr>
<tr>
<td>Selenium</td>
<td>3 mcg</td>
</tr>
<tr>
<td>Sodium</td>
<td>15 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend 540 mg †
Bovine heart PMG™ extract, bovine liver, calcium lactate, porcine stomach, bovine eschar extract, Spanish moss (Tillandsia usneoides), defatted wheat germ, nutritional yeast, inositol, bovine spleen, ovine spleen, porcine brain, oat flour, and bovine adrenal Cytosol™ extract.

†Daily Value not established.

Other Ingredients: Honey, choline bitartrate, ascorbic acid, niacinamide, calcium stearate, arabic gum, d-alpha tocopherol (vitamin E sunflower), selenium yeast, modified tapioca starch, glycerine, riboflavin, and pyridoxine hydrochloride.

Myotrophin PMG®

Myotrophin PMG is taken to support muscle function.*
• Provides a unique profile of minerals, nucleotides, and peptides
• Twin product to Cardiotrophin PMG*

Suggested Use: One tablet per meal, or as directed.

Supplement Facts
Serving Size: 1 Tablet
Servings per Container: 90

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>5 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend 185 mg †
Bovine heart PMG™ extract and magnesium citrate.

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract

See page 34 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

*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.
Neuroplex®

Neuroplex combines synergistic ingredients to support the nervous and endocrine systems.*

- Supports the nervous system
- Supports cognitive functioning
- Contains a broad spectrum of vitamins, minerals, and complementary tissues to support endocrine organ function
- Excellent source of thiamin, riboflavin, niacin, vitamin B6, iron, zinc, and copper*

Suggested Use: Two capsules per day, or as directed.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Neuroplex Introduced in 1986
5855 - 90 Capsules

Supplement Facts
Serving Size: 2 Capsules
Servings per Container: 45

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.9 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>40 mg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.9 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>8 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>8.9 mg</td>
</tr>
<tr>
<td>Zinc</td>
<td>16 mg</td>
</tr>
<tr>
<td>Copper</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend
575 mg
Spanish moss (Tillandsia usneoides), bovine orchic Cytosol™ extract, porcine brain PMG™ extract, bovine spleen, ovine spleen, defatted wheat germ, bovine hypothalamus, bovine anterior pituitary, bovine liver, calcium lactate, porcine brain, bovine pituitary PMG™ extract, and ascorbic acid.

† Daily Value not established.

Other Ingredients: Zinc amino acid (rice) chelate, gelatin, iron amino acid (rice) chelate, niacinamide, water, pyridoxine hydrochloride, copper amino acid (rice) chelate, calcium stearate, thiamin hydrochloride, and riboflavin.

Neurotrophin PMG® GF

Neurotrophin PMG is a Protomorphogen™ extract formula that supports healthy central nervous system function.*

- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: Three tablets daily, or as directed.

Supplement Facts
Serving Size: 1 Tablet
Servings per Container: 90

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>15 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend
200 mg
Porcine brain PMG™ extract and magnesium citrate.

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract

*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.
Niacinamide B₆

Niacinamide B₆ aids in the breakdown of proteins, fats, and carbohydrates.*
- Supports healthy cholesterol levels already within a normal range
- Supports metabolism and a healthy nervous system
- Supports energy metabolism
- Contains two important constituents of coenzymes that are essential for metabolic processes in each cell of the body
- Excellent source of niacin and vitamin B₆*

Suggested Use: One capsule per day, or as directed.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 Capsule</td>
</tr>
<tr>
<td>Servings per Container: 90</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Niacin</td>
<td>50 mg</td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>9 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>415 mg</td>
</tr>
<tr>
<td>Bovine liver, porcine stomach, calcium lactate, soy protein, bovine spleen, ovine spleen, defatted wheat germ, porcine brain, and ascorbic acid.</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value not established.
Other Ingredients: Gelatin, niacinamide, pyridoxine hydrochloride, and water.

Nutrimere®

Nutrimere supports protein metabolism and cellular activity.*
- Includes the building blocks for normal protein metabolism
- Encourages healthy cell functioning
- Promotes vitality
- Supports the healthy aging body*

Suggested Use: Two capsules per meal, or as directed.

Caution: This product contains ingredients derived from shellfish.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 2 Capsules</td>
</tr>
<tr>
<td>Servings per Container: 45</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>794 mg</td>
</tr>
<tr>
<td>Green-lipped mussel (Perna canaliculus) (shellfish), organic carrot, and organic sweet potato.</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value not established.
Other Ingredients: Gelatin and water.

Oculotrophin PMG®

Oculotrophin PMG is formulated to support eye health.*
- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: Three tablets daily, or as directed.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 Tablet</td>
</tr>
<tr>
<td>Servings per Container: 90</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>15 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>190 mg</td>
</tr>
<tr>
<td>Porcine eye PMG™™ extract and magnesium citrate.</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value not established.
Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™™ extract

See page 34 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. The generic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

*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.
Okra Pepsin E3 supports intestinal function.*
- Supports mucosal tissue in the intestines
- Supports bowel function
- Provides bowel cleansing*

Suggested Use: One capsule after each meal, or as directed.

Synergistic Product Support
- Gastrex

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**Okra Pepsin E3**

Introduced in 1962

| 6083 - 90 Capsules | 6087 - 150 Capsules |

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per Container: 90 or 150</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cholesterol</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;5 mg</td>
<td></td>
<td>2%</td>
</tr>
</tbody>
</table>

Proprietary Blend

- Okra (fruit), pepsin (1:10,000), fat-soluble extract from alfalfa (leaf) and sunflower seed, bovine orchic extract, alginic acid, carbamide, Spanish moss (*Tillandsia usneoides*), organic buckwheat (aerial parts), organic pea vine, and organic carrot.

Serving Size: 1 Capsule

Servings per Container: 90 or 150

- Cholesterol: <5 mg (2% Daily Value)

Other Ingredients: Gelatin, water, calcium stearate, cellulose, and d-alpha tocopherol (vitamin E sunflower).

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See page 34 for a guide to these dietary icons.

*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.*
Olprima™ DHA

Olprima DHA provides condition-specific support through a high concentration of the omega-3, DHA. Olprima DHA supports cardiovascular and brain health while supporting the body’s healthy inflammatory response.*

- Supports healthy triglyceride and HDL**
- Supports healthy inflammatory processes*
- Supports cardiovascular function**
- Supports general brain health and cognition*
- Gluten-free

*As part of a diet low in saturated fat and cholesterol.

Suggested Use: Two softgels per day, or as directed.

Special information: Store product in a cool, dark place.

Track omega-3’s and optimize health with the Omega-3 Index Plus Test. See page 138 for more information.

Supplement Facts

<table>
<thead>
<tr>
<th>Servings per Container: 30</th>
</tr>
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<tbody>
<tr>
<td>Amount per Serving</td>
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<tr>
<td>---------------------------</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Fish Oil Concentrate</td>
</tr>
<tr>
<td>Omega-3</td>
</tr>
<tr>
<td>DPA</td>
</tr>
<tr>
<td>Fish Oil Concentrate (from Tuna)</td>
</tr>
<tr>
<td>Omega-3</td>
</tr>
<tr>
<td>DPA</td>
</tr>
<tr>
<td>Omega-3</td>
</tr>
<tr>
<td>Omega-7</td>
</tr>
<tr>
<td>Omega-9</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. 
†Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, rosemary, and astaxanthin.

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Olprima™ EPA

Olprima EPA provides condition-specific support through a high concentration of the omega-3, EPA. Olprima EPA provides general mood support while promoting a healthy inflammatory response.*

- Supports healthy triglyceride and HDL with minimal effect on LDL**
- Supports healthy inflammatory processes*
- General mood support*
- Gluten-free

*As part of a diet low in saturated fat and cholesterol.

Suggested Use: Two softgels per day, or as directed.

Special information: Store product in a cool, dark place.

Track omega-3’s and optimize health with the Omega-3 Index Plus Test. See page 138 for more information.

Supplement Facts

<table>
<thead>
<tr>
<th>Servings per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>---------------------------</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Fish Oil Concentrate</td>
</tr>
<tr>
<td>Omega-3</td>
</tr>
<tr>
<td>Omega-6</td>
</tr>
<tr>
<td>Omega-7</td>
</tr>
<tr>
<td>Omega-9</td>
</tr>
<tr>
<td>EPA</td>
</tr>
<tr>
<td>Omega-3</td>
</tr>
<tr>
<td>Omega-6</td>
</tr>
<tr>
<td>Omega-7</td>
</tr>
<tr>
<td>Omega-9</td>
</tr>
<tr>
<td>Omega-3</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. 
†Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, rosemary, and astaxanthin.
Olprima™ EPA|DHA  

Olprima EPA|DHA provides condition-specific support through a 55:45 ratio of the omega-3s, EPA and DHA. Olprima EPA|DHA supports cardiovascular and brain health while supporting the body’s healthy inflammatory response.*  
  • Supports cardiovascular health*  
  • Supports healthy inflammatory processes*  
  • Supports general brain health and cognition*  
  • General mood support  
  • Gluten-free  
  *As part of a diet low in saturated fat and cholesterol
  
Suggested Use: Two softgels per day, as directed.

Special information: Store product in a cool, dark place.

Track omega-3’s and optimize health with the Omega-3 Index Plus Test. See page 138 for more information.

OPC Synergy®  

OPC Synergy is a synergistic blend that supports antioxidant activity and cell functioning.*  
  • Provides nutrients that support 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  
  • Helps maintain capillary integrity*  

Suggested Use: One capsule per day, as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Fish Oil Concentrate (from Anchovy and Sardine)</td>
<td>1220 mg</td>
</tr>
<tr>
<td>DHA</td>
<td>400 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>30 mg</td>
</tr>
</tbody>
</table>
| *Suggested Use: Two softgels per day, or as directed.  
*As part of a diet low in saturated fat and cholesterol

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proprietary Blend</td>
<td>410 mg</td>
</tr>
</tbody>
</table>
| Organic buckwheat (aerial parts) juice powder, organic buckwheat (aerial parts), green tea (leaf) powder, organic carrot, grape seed extract*, bilberry (fruit) extract, green tea (leaf) extract, and red wine extract. | *Daily Value not established.

*Includes Masquelier’s® Original OPC-85

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

Orchex combines nutrients to promote nervous system balance.*
• Potent calming effect that helps maintain emotional balance
• Encourages mental clarity, enhances the ability to relax, and allows greater adaptability to life's stresses
• Supports the balanced function of the central nervous system
• Supports healthy testicular function
• Excellent source of niacin and vitamin B6*

Suggested Use: One capsule per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Servings per Container: 90 or 150</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>25 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>5 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>465 mg</td>
</tr>
<tr>
<td>Bovine liver, bovine orchic Cytosol™ extract, calcium lactate, manganese lactate, porcine stomach, bovine spleen, ovine spleen, soy protein, defatted wheat germ, magnesium citrate, porcine brain, and ascorbic acid.</td>
<td></td>
</tr>
<tr>
<td>Daily Value not established.</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Gelatin, niacinamide, water, calcium stearate, and pyridoxine hydrochloride.

Orchic PMG®

Orchic PMG supports healthy testicular function.*
• Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: Three tablets daily, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>197 mg</td>
</tr>
<tr>
<td>Bovine orchic PMG™ extract and magnesium citrate.</td>
<td></td>
</tr>
<tr>
<td>Daily Value not established.</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

*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.
Organically Bound Minerals

Organically Bound Minerals contains iodine from alfalfa and kelp.*
- Encourages healthy enzyme functioning
- Promotes healthy connective tissue
- Helps maintain proper cellular energy production
- Provides ingredients with antioxidant activity
- Includes whole food-sourced ingredients with complexity maintained through careful processing
- Supports nervous system health
- Contains iodine to assist with proper thyroid function
- Excellent source of iodine*

Suggested Use: One tablet per meal, or as directed.

Caution: High dose iodine products should only be used under the direct supervision of a healthcare professional. Keep out of reach of children.

Synergistic Product Support
- Catalyn

Ostarplex®

Ostarplex contributes to skeletal system health.*
- Encourages the formation of healthy connective tissue
- Supports normal liver function
- Helps support important chloride ions at the cellular level
- Contains a combination of key ingredients from Betacol, Cal-Amo, Cataplex G, Ostrophin PMG, and Phosfood Liquid
- Good Source of vitamin B6*

Suggested Use: One capsule per meal, or as directed.

Caution: Not to be used during pregnancy or lactation unless otherwise directed by a health care professional.
Ostrophin PMG®

Ostrophin PMG combines synergistic nutrients for natural bone health support.*

- Provides a unique profile of minerals, nucleotides, and peptides
- Supports healthy bone function
- Excellent source of manganese*

Suggested Use: Three tablets daily, or as directed.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>30 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Manganese</td>
<td>4 mg</td>
<td>174%</td>
</tr>
<tr>
<td>Sodium</td>
<td>20 mg</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>250 mg</td>
<td></td>
</tr>
</tbody>
</table>

Veal bone PMG™ extract, bovine bone, organic carrot, and organic sweet potato.

*Daily Value not established.

Other Ingredients: Calcium lactate, honey, manganese lactate, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

---

Ovatrophin PMG®

Ovatrophin PMG supports healthy ovary function.*

- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: Three tablets daily, or as directed.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>190 mg</td>
<td></td>
</tr>
</tbody>
</table>

Bovine ovary PMG™ extract and magnesium citrate.

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

---

*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.
Ovex®

Ovex provides a synergistic blend of nutrients for ovarian support. *
- Supports healthy ovarian functioning
- Helps balance female hormones
- Contains Cytosol™ extract from bovine ovary*

Suggested Use: One tablet per meal, or as directed.

Ovex® P

Ovex P provides a synergistic blend of nutrients for ovarian support. *
- Supports healthy ovarian functioning
- Helps balance female hormones
- Contains Cytosol™ extract from porcine ovary*

Suggested Use: One tablet per meal, or as directed.

Palmettoplex®

Palmettoplex supports male reproductive system health. *
- Supports healthy prostate gland function
- Good source of zinc*

Suggested Use: Three capsules per day, or as directed.

*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.
Pancreatrophin PMG®

Pancreatrophin PMG is designed to support healthy pancreatic function.*
- Provides a unique profile of minerals, nucleotides, and peptides

Suggested Use: Three tablets daily, or as directed.

Paraplex®

Paraplex is designed to promote normal carbohydrate metabolism.*
- Provides Protomorphogen™ extracts with unique profiles of minerals, nucleotides, and peptides
- Supports healthy pancreas, pituitary, thyroid, and adrenal gland function
- Contains a combination of key ingredients from Pituitrophin PMG, Thythropin PMG, Pancreatrophin PMG, and Drenatrophin PMG*

Suggested Use: One tablet per meal, or as directed.

Parotid PMG®

Parotid PMG supports the saliva-producing parotid gland.*
- Provides a unique profile of minerals, nucleotides, and peptides
- Supports healthy parotid gland function*

Suggested Use: Three tablets daily, or as directed.

Synergistic Product Support
- Enzycore or Zypan
Phosfood® Liquid

Phosfood Liquid encourages a healthy blood calcium-phosphorus ratio.*
- Promotes healthy cellular metabolism
- Supports bone health*

Suggested Use: Ten drops in water, three times per day, or as directed.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phosphorus</td>
<td>40 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Water, phosphoric acid, inositol, and riboflavin.

---

Pituitrophin PMG®

Pituitrophin PMG supports healthy pituitary function.*
- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: Three tablets daily, or as directed.

**Synergistic Product Support**
- Catalyn
- Hypothalamus PMG
- Trace Minerals-B12

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>115 mg†</td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract

---

Pneumotrophin PMG®

Pneumotrophin PMG supports healthy lung function.*
- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: Three tablets daily, or as directed.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>15 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>180 mg†</td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose and calcium stearate.

This product features our exclusive Protomorphogen™ extract

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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.
Prebiotic Inulin

Prebiotic Inulin supports bone health, immune system response function, and gut balance.*

- Encourages a healthy intestinal environment to benefit probiotic intestinal flora
- Promotes normal development of epithelial tissue
- Supports absorption of calcium and magnesium
- Supports immune system response function in the gut
- Promotes a healthy pH in the lower gastrointestinal tract
- Promotes healthy elimination
- Can be mixed in a supplement shake or added to foods
- Excellent source of dietary fiber, magnesium, and calcium*

Suggested Use: Two teaspoons per day in a shake, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Synergistic Product Support

- Gut Flora Complex (MediHerb*)
- ProSynbiotic
- Vitanox® (MediHerb)

Prolamine Iodine

Prolamine Iodine supports healthy iodine levels.*

- Provides healthy thyroid support*
- Designed to support healthy serum iodine levels*
- For patients who may need higher iodine dose, consider Prolamine Iodine Plus Processing of Iodine

Prolamine iodine (zein) is the main source of iodine in this product. The iodine is prepared as a Lugol’s solution of 2:1, potassium iodide (KI) : iodine (I). This aqueous solution creates a unique triiodide form (KI3) which forms stable bonds with both starch and protein in organic corn meal from the Standard Process farm.

Suggested Use: One tablet per day, or as directed.

Caution: Individuals sensitive to iodine should not consume this product. High dose iodine products should only be used under the direct supervision of a health care professional. Keep out of reach of children.

Synergistic Product Support

- Symplex F or Symplex M
- Thytrophin PMG

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Other Ingredients: Calcium lactate and magnesium lactate.

*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.
Prolamine Iodine Plus supports healthy iodine levels.*
- Provides thyroid support*
- Designed for short-term use for patients who may need high dose of iodine*
- Contains organic kelp – a whole food source of iodine
- Contains 3 mg of iodine, the most in any of our iodine products

Processing of Iodine
Prolamine iodine (zein) is the main source of iodine in this product. The iodine is prepared as a Lugol's solution of 2:1, potassium iodide (KI) : iodine (I₂). This aqueous solution creates a unique triiodide form (KI₃I) which forms stable bonds with both starch and protein in organic corn meal from the Standard Process farm.

Suggested Use: One tablet per day, or as directed.

Caution: Individuals sensitive to iodine should not consume this product. High dose iodine products should only be used under the direct supervision of a health care professional. Keep out of reach of children.

Synergistic Product Support
- Symplex F or Symplex M
- Thytrophin PMG

Prostate PMG* supports healthy prostate gland function.*
- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: Three tablets daily, or as directed.

This product features our exclusive Protomorphogen™ extract

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See page 34 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

*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.
Prost-X™

Prost-X contains bovine prostate Cytosol™ extract and Tillandsia usneoides.*
- Encourages healthy prostate gland function
- Supports the health of bone, muscle, and nerve tissue*

Suggested Use: One capsule per meal, or as directed.

ProSynbiotic

ProSynbiotic is a synergistic blend of four research-supported probiotic strains and two prebiotic fibers to support gut flora and overall intestinal health.*
- Contains research-supported strains of lactic acid bacteria (Lactobacillus and Bifidobacterium) and Saccharomyces cerevisiae var. boulardii
- Contains inulin (a nondigestible soluble fiber from chicory root) and galactooligosaccharides (nondigestible carbohydrates), both of which are used by probiotic bacteria as food
- Useful in maintaining a healthy gut microbial environment
- Supports the body’s natural absorption of calcium and magnesium
- Improves nutrient digestion and absorption
- Supports normal bowel regularity and consistency
- Supports the body’s natural immune system response function*

Suggested Use: Three capsules per day, or as directed.

Special information: Store in a cool, dry place. Although research varies, our strains seem to work best when taken after a meal.

Synergistic Product Support
- Gastro-Fiber or Whole Food Fiber
- Prebiotic Inulin

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Capsule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>90</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>270 mg</td>
</tr>
<tr>
<td>Spanish moss (Tillandsia usneoides), calcium glycerophosphate, and bovine prostate Cytosol™ extract.</td>
<td></td>
</tr>
</tbody>
</table>

Daily Value not established.
Other Ingredients: Gelatin, honey, water, and calcium stearate.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>3 Capsules</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>30</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>2 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>1,689 mg</td>
</tr>
<tr>
<td>Inulin (chicory root fiber), galactooligosaccharides (GOS) (milk), yeast (Saccharomyces boulardii), Lactobacillus acidophilus, Lactobacillus paracasei, and Bifidobacterium (190 mg live microorganisms, 4 billion CFU).</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Daily Value not established.
Other Ingredients: Gelatin, maltodextrin, water, calcium stearate, sucrose, sodium ascorbate, and sorbitan monostearate.
With Lactobacillus acidophilus LA-5®, Lactobacillus paracasei L. casei 431®, and Bifidobacterium BB-12®.
LA-5®, BB-12®, and L. casei 431® are registered trademarks of Chr. Hansen, Inc.
Protefood®

Protefood supports protein metabolism and immune system response function as well as skeletal and muscular health.*

- Supports cellular health
- Promotes healthy protein metabolism
- Contains the essential amino acid lysine, needed for proper collagen formation*

Suggested Use: One capsule per meal, or as directed.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Capsule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per Container</td>
<td>90</td>
</tr>
</tbody>
</table>

| Vitamin C | 3 mg | 3% |
| Choline | 20 mg | 4% |
| Calcium | 40 mg | 3% |

Proprietary Blend: 365 mg
Defatted wheat germ, bovine adrenal, organic carrot root, ribonucleic acid, DL-methionine, L-lysine, glutamic acid, and rice bran.

Other Ingredients: Bovine bone, veal bone, gelatin, choline bitartrate, ascorbic acid, water, and calcium stearate.

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### Purification Product Kits

Our 21-day purification program helps patients purify, nourish, and maintain a healthy body and weight. We offer eight different purification product kits based on the preferred protein and fiber choice.*

Included in the kit are:

- One SP Cleanse
- Two SP Complete (any type)
- Two Gastro-Fiber or Whole Food Fiber
- One SP Green Food
- Patient program guide
- Recyclable bag

Special information: Supplement quantities are sufficient to cover or exceed the duration of the 21-day program.

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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.
Regeneplex is a clinically studied systemic skin health product that works from the inside out. By combining key ingredients from whole foods with complementary ingredients, this formula synergistically supports the body’s natural tissue-healing processes associated with the normal effects of aging.*

- Targets all three layers of skin, the circulatory and digestive systems, and cellular structure and functions
- Provides a supportive nutritional foundation for healthy skin
- Supports skin elasticity and appearance while helping address fine lines around the eyes
- Provides support for cellular rejuvenation
- Excellent source of antioxidant vitamin C
- Good source of zinc*

**Suggested Use:** Two capsules twice per day, or as directed.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>2 Capsules</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per Container</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>20 mg</td>
</tr>
<tr>
<td>Zinc</td>
<td>2 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>10 mg</td>
</tr>
<tr>
<td>Coenzyme Q10 (CoQ10)</td>
<td>15 mg</td>
</tr>
<tr>
<td>Lutein</td>
<td>3.5 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>850 mg</td>
</tr>
</tbody>
</table>

Organic buckwheat (aerial parts) juice powder, organic guava fruit extract, organic buckwheat flour, sunflower lecithin powder, tuna oil powder, organic holy basil leaf extract and organic lemon peel extract.

*Percent Daily Values are based on a 2,000 calorie diet.†Daily Value not established.

*Other Ingredients: Gelatin, camu camu, corn starch, food starch, sucrose, water, maracujá, choline bitartrate, rice chelate, glucose, casein (milk), sodium ascorbate, lipids from degummed soy lecithin, soy lecithin, alpha-tocopherol, mixed tocopherols, tricalcium phosphate, lycopene, ascorbyl palmitate, beta-carotene, monoglycerides, of fatty acids, alpha-carotene, and lecithin (soy).*
Renafood

Renafood offers whole food support for healthy renal function.*
- Provides uniquely derived nucleoprotein-mineral extracts that support cellular health
- Supports healthy kidney function
- Contains a combination of key ingredients from Arginex and Renatrophin PMG
- Excellent source of antioxidant vitamin A*

Suggested Use: One tablet per meal, or as directed.

Renatrophin PMG®

Renatrophin PMG is designed to support healthy kidney function.*
- Provides a unique profile of minerals, nucleotides, and peptides along with unknown factors
- Supports healthy kidney function*

Suggested Use: One tablet per meal, or as directed.

Ribonucleic Acid (RNA)

Ribonucleic Acid (RNA), derived from yeast, supports cell replication, growth, and protein synthesis.*
- Promotes healthy cellular growth and development
- Supports healthy cellular functioning*

Suggested Use: One tablet per meal, or as directed.

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Rumaplex®

Rumaplex provides healthy joint support.*

- Promotes healthy bone tissue
- Supports healthy connective tissue
- Supports the body’s normal tissue repair process
- Contains a combination of key ingredients from Catalyn, Ostrophin PMG, Calcifoold, Arginex, Calcium Lactate, Prost-X, and Betacol
- Excellent source of vitamin A
- Good source of niacin*

Suggested Use: Three capsules per meal, or as directed.

Caution: Not to be used during pregnancy or lactation unless otherwise directed by a health care professional.

Senaplex®

Senaplex is formulated to meet the unique physiological and metabolic needs of older adults.*

- Supports a healthy nervous system
- Promotes calcium absorption
- Supports healthy cell functioning
- Supports cognitive function
- Contains a combination of key ingredients from Betacol, Cyro-Yeast, Protefood, and For-Til B12
- Excellent source of niacin, vitamin B6, and vitamin B12
- Good source of vitamin D and antioxidant vitamin A*

Suggested Use: Two capsules per meal, or as directed.
Sesame Seed Oil

Sesame Seed Oil is traditionally used for blood support.*

- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports immune system response function*

Suggested Use: One softgel per meal, or as directed.

**Supplement Facts**

- **Amount per Serving**
  - Organic sesame seed oil: 385 mg

Other Ingredients: Gelatin, water, and glycerine.

Soybean Lecithin

Soybean Lecithin contains essential fatty acids.*

- Supports the liver’s ability to process fats
- Precursor for brain neurotransmitters
- Helps maintain normal cognitive function
- Supports cell membranes
- Supports nerve function*

Suggested Use: One softgel per meal, or as directed.

**Supplement Facts**

- **Amount per Serving**
  - Organic Soybean Lecithin: 385 mg

Other Ingredients: Gelatin, water, and glycerine.

SP Cleanse®

SP Cleanse combines 20 unique whole food and botanical ingredients designed to support the body’s normal toxin-removal processes.*

- Supports healthy kidney, liver, and gallbladder function
- Encourages healthy digestive function
- Supports the body’s natural toxin-elimination function
- Promotes healthy elimination*

Suggested Use: Seven capsules, three times per day on an empty stomach or with a nutritional supplement shake, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Not for long-term use except under the direction of a qualified health care professional. If you are taking any prescription drugs, consult with your health care professional prior to use.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of the reach of children. In case of accidental overdose, call a health care professional or poison control center immediately.

**Other Ingredients:** Cellulose, choline bitartrate, water, and calcium stearate.

**Standard Process Purification Program Product**

Synergistic Product Support

- Cruciferous Complete
- Livaplex
- SP Complete, SP Green Food, and Gastro-Fiber or Whole Food Fiber

*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.
SP Complete®

SP Complete offers essential whole food nutrition in a convenient powder.*

- Provides amino acids
- Supports intestinal, muscular, and immune system health
- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports the body’s normal toxin-elimination function
- Contains non-denatured whey proteins that have kept their nutritional integrity throughout the manufacturing process
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle
- Adds vital nutrients to any diet and can be used as nutritional support in the Standard Process Purification Program
- Excellent source of protein
- Good source of dietary fiber, choline, and calcium*

**Suggested Use:** One to three shakes per day, or as directed.

**Special information:** Store unopened container in a cool, dark place.

**Synergistic Product Support**
- Calamari Omega-3 Liquid
- Prebiotic Inulin
- Whole Food Fiber

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 rounded tablespoons (scoops) (approx. 25 g)</th>
<th>Servings per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td>Calories</td>
<td>100</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>6 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>10 g</td>
</tr>
<tr>
<td>Choline</td>
<td>70 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>200 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>0.5 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>130 mg</td>
</tr>
</tbody>
</table>

**Proprietary Blend**
Whey protein (milk), organic flax meal, rice protein, calcium citrate, magnesium citrate, organic buckwheat (aerial parts), organic brussels sprouts (aerial parts), organic kale (aerial parts), inositol, organic alfalfa (aerial parts) juice powder, sunflower lecithin powder, grape seed extract, organic carrot, and red wine extract.

- **% Daily Value** are based on a 2,000 calorie diet.
- **†Daily Value not established.**

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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.

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**See page 34 for a guide to these dietary icons.**

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.
SP Complete® Chocolate

SP Complete Chocolate offers essential whole food nutrition in a convenient powder with delicious chocolate flavor.*

- Provides amino acids
- Supports intestinal, muscular, and immune system health
- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports the body’s normal toxin-elimination function
- Contains nondenatured whey proteins that have kept their nutritional integrity throughout the manufacturing process
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle
- Natural flavors made without the use of monosodium glutamate (MSG)
- Adds vital nutrients to any diet and can be used as nutritional support in the Standard Process Purification Program
- Excellent source of protein
- Good source of dietary fiber, choline, and calcium*

Suggested Use: Four rounded tablespoons (scoops) or one packet in 8 ounces water. One to three servings per day, or as directed. Mix thoroughly for 10 to 15 seconds.

Special information: Store unopened container in a cool, dark place.

**Synergistic Product Support**
- Calamari Omega-3 Liquid
- Whole Food Fiber
- Prebiotic Inulin

---

**Supplement Facts**

<table>
<thead>
<tr>
<th></th>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>120</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>4 g</td>
<td>5%*</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
<td>5%*</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>2 g</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>50 mg</td>
<td>17%</td>
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<tr>
<td>Total Carbohydrate</td>
<td>10 g</td>
<td>4%*</td>
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<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
<td>14%*</td>
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<tr>
<td>Total Sugars</td>
<td>1 g</td>
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<tr>
<td>Protein</td>
<td>10 g</td>
<td>20%*</td>
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<tr>
<td>Choline</td>
<td>70 mg</td>
<td>13%</td>
</tr>
<tr>
<td>Calcium</td>
<td>200 mg</td>
<td>15%</td>
</tr>
<tr>
<td>Iron</td>
<td>2 mg</td>
<td>11%</td>
</tr>
<tr>
<td>Sodium</td>
<td>75 mg</td>
<td>3%</td>
</tr>
<tr>
<td>Potassium</td>
<td>330 mg</td>
<td>7%</td>
</tr>
</tbody>
</table>

Proprietary Blend

Whey protein (milk), flax meal, organic cocoa powder (processed with alkali), rice protein, calcium citrate, magnesium citrate, sunflower lecithin powder, organic buckwheat (dehull), organic Brussels sprouts (aerial parts), organic kale (aerial parts), choline bitartrate, inulin, organic alfalfa (aerial parts), juice powder, grape (seed) extract* and organic carrot.

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other ingredients: Maltodextrin, arabic gum, sea salt, monk fruit extract, natural flavors, organic guar gum, and xanthan gum.

*Includes Masquele® OPC-85

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See page 34 for a guide to these dietary icons.

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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.
SP Complete® Dairy Free

SP Complete Dairy Free offers essential whole food nutrition in a convenient powder. *

- Rice protein provides a nondairy source of amino acids.
- Supports intestinal, muscular, and immune system health
- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports the body’s normal toxin-elimination function
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle
- Adds vital nutrients to any diet and can be used as nutritional support in the Standard Process Purification Program
- Excellent source of protein
- Good source of dietary fiber, choline, and calcium*

Suggested Use: Two heaping tablespoons (scoops) per shake. One to three shakes per day, or as directed.

Special information: Store unopened container in a cool, dark place.

Synergistic Product Support
- Calamari Omega-3 Liquid
- Whole Food Fiber
- Prebiotic Inulin

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2 g</td>
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<tr>
<td>Total Carbohydrate</td>
<td>10 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>13 g</td>
</tr>
<tr>
<td>Choline</td>
<td>70 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>200 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>0.5 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>80 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend: 28 g
- Rice protein, organic flax meal, calcium citrate, magnesium citrate, organic buckwheat (aerial parts), organic Brussels sprouts (aerial parts), organic kale (aerial parts), inositol, organic alfalfa (aerial parts), juice powder, sunflower lecithin powder, grape seed extract, organic carrots, and red wine extract.

Includes Masqueiler’s® OPC-85 grape seed extract.

*Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Choline bitartrate.

See page 34 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

*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.
SP Complete® Vanilla

SP Complete Vanilla offers essential whole food nutrition in a convenient powder with delicious vanilla flavor.*

- Provides amino acids
- Supports intestinal, muscular, and immune system health
- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports the body’s normal toxin-elimination function
- Contains non-denatured whey proteins that have kept their nutritional integrity throughout the manufacturing process
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle
- Natural flavors made without the use of monosodium glutamate (MSG)
- Adds vital nutrients to any diet and it can be used as nutritional support in the Standard Process Purification Program.*
- Excellent source of protein
- Good source of dietary fiber, choline and calcium*

Suggested Use: Four rounded tablespoons (scoops) or one packet in 8 ounces water. One to three servings per day, or as directed. Mix thoroughly for 10 to 15 seconds.

Special Information: Store unopened container in a cool, dark place.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Calories</td>
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</tr>
<tr>
<td></td>
<td>Total Fat</td>
<td>4 g</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat</td>
<td>0.5 g</td>
</tr>
<tr>
<td></td>
<td>Polyunsaturated Fat</td>
<td>2 g</td>
</tr>
<tr>
<td></td>
<td>Monounsaturated Fat</td>
<td>0.5 g</td>
</tr>
<tr>
<td></td>
<td>Cholesterol</td>
<td>50 mg</td>
</tr>
<tr>
<td></td>
<td>Total Carbohydrate</td>
<td>10 g</td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber</td>
<td>4 g</td>
</tr>
<tr>
<td></td>
<td>Total Sugars</td>
<td>1 g</td>
</tr>
<tr>
<td></td>
<td>Protein</td>
<td>10 g</td>
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<tr>
<td></td>
<td>Choline</td>
<td>60 mg</td>
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<tr>
<td></td>
<td>Calcium</td>
<td>200 mg</td>
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<tr>
<td></td>
<td>Iron</td>
<td>0.5 mg</td>
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<tr>
<td></td>
<td>Sodium</td>
<td>96 mg</td>
</tr>
<tr>
<td></td>
<td>Potassium</td>
<td>110 mg</td>
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</tbody>
</table>

Proprietary Blend 24 g

Whey protein (milk), flax meal, rice protein, calcium citrate, magnesium citrate, sunflower lecithin powder, organic buckwheat (flakes), organic Brussels sprouts (aerial parts), organic kale (aerial parts), choline bitartrate, inositol, organic alfalfa (aerial parts), juice powder, grape (seed) extract* and organic carrot.

*Percent Daily Values are based on a 2,000 calorie diet. Daily Value not established.

Other Ingredients: Maltodextrin, arabic gum, organic guar gum, sea salt, natural flavors, monk fruit extract, and xanthan gum.

*Includes Masquelier’s® OPC-85

Synergistic Product Support

- Calamari Omega-3 Liquid
- Whole Food Fiber
- Prebiotic Inulin

See page 34 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. Synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

*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.
SP Detox Balance™

Supports whole body detoxification.*

- Supports the body’s natural metabolic detoxification processes*
- Contains protein (17g per serving) - from pea isolates, pumpkin concentrate, oat flour and buckwheat flour
- Provides amino acids required for conjugation enzymes (phase II enzymes)*
- Supports the body’s natural toxin elimination function*
- Excellent source of protein and iron
- Good source of dietary fiber, choline, and plant-based magnesium*

Suggested Use: The daily dosage as recommended by a health care professional is 1 serving per day up to 3 servings per day (each serving is equal to 2 heaping scoops). The SP Detox Balance™ program is not intended as a meal replacement.

Warning: This product contains naturally-occurring Vitamin K1. All forms of vitamin K may interact with blood-thinning medications. If you are taking such medicines, please consult with your health care professional before taking this product. If you are pregnant or lactating, please consult with your health care professional before taking this product.

See page 135 for more details.

SP Detox Balance™ Chai

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>160</td>
</tr>
<tr>
<td>Total Fat</td>
<td>5.5 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.0 g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>12 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>600 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>600 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>70 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>230 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>230 mg</td>
</tr>
<tr>
<td>Protein</td>
<td>17 g</td>
</tr>
<tr>
<td>Creatine</td>
<td>600 mg</td>
</tr>
<tr>
<td>L-valine</td>
<td>900 mg</td>
</tr>
<tr>
<td>L-methionine</td>
<td>300 mg</td>
</tr>
<tr>
<td>L-leucine</td>
<td>1600 mg</td>
</tr>
<tr>
<td>L-isoleucine</td>
<td>850 mg</td>
</tr>
<tr>
<td>Arginine</td>
<td>1300 mg</td>
</tr>
<tr>
<td>L-arginine</td>
<td>600 mg</td>
</tr>
<tr>
<td>L-lysine</td>
<td>400 mg</td>
</tr>
<tr>
<td>L-threonine</td>
<td>500 mg</td>
</tr>
<tr>
<td>L-tryptophan</td>
<td>400 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>6.5 g</td>
</tr>
</tbody>
</table>

Other ingredients: Citrulline, L-lysine, xanthan gum, L-tartaric acid, L-valine, L-methionine, monk fruit extract, red wine-extract, and choline bitartrate.

Spread Daily values are based on a 2,000 calorie diet.

Daily value not established.

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.
SP Green Food provides a simple way to supplement the diet.*

- Promotes healthy liver function
- Supports overall cellular health
- Supports cholesterol metabolism to help maintain cholesterol levels already within a normal range
- Supports the body’s normal toxin-elimination function
- Can be used as nutritional support in the Standard Process Purification Program*

Suggested Use: Two capsules three times per day, or as directed.

**Synergistic Product Support**
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Catalyn
- Cellular Vitality
- OPC Synergy
- Trace Minerals-B12

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>795 mg</td>
</tr>
</tbody>
</table>

Organic Brussels sprouts (stem parts), organic kale (stems parts), organic buckwheat (stem parts), organic dried barley (grass) juice, organic dried alfalfa (stem parts) juice, and organic dried buckwheat (stem parts) juice.

*Percent Daily Values are based on a 2,000 calorie diet.

°Daily Value not established.

Other Ingredients: Cellulose, water, and calcium stearate.

Buckwheat field on the Standard Process certified organic farm
Spanish Black Radish provides support for the body’s organs.*

- Our research shows that Spanish black radish induces the body’s detoxification enzymes in cell and animal models.
- Supports healthy liver and gallbladder function
- Encourages healthy digestion
- Supports the body’s normal toxin-elimination function
- Contains organically grown Spanish black radish*

**Synergistic Product Support**

- Cruciferous Complete and Garlic
- Livaplex

---

**Human Clinical Trial on the Detoxification Action of Spanish Black Radish in Men Research Report**

In a human study, Spanish Black Radish contributed to the body’s normal, balanced phase one and phase two detoxification processes. In this study, 20 male subjects were given a 1,000 mg dose of acetaminophen twice: once at the beginning of the study and again after consuming the Spanish Black Radish supplement. Blood and urine were collected prior to each dose and at intervals after the challenge to see how quickly acetaminophen was cleared from the blood and excreted in the urine. After four weeks of consuming six tablets of Spanish Black Radish daily, phase two enzyme products in plasma decreased while urinary phase two enzyme products increased. Measurement of 17β-estradiol in serum at week four decreased compared to the beginning value, suggesting that phase one enzymes were upregulated by consumption of Spanish Black Radish.*

---

**For the complete research report, see: standardprocess.com**
Spleen Desiccated

Spleen Desiccated is used short term to support the spleen.*
- Supports healthy immune system response function
- Maintains healthy blood*

Suggested Use: One tablet per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>2 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend
- Bovine spleen and ovine spleen.

†Daily Value not established.

Other Ingredients: Honey, arabic gum, and calcium stearate.

Spleen PMG®

Spleen PMG contains bovine spleen PMG™ extract for spleen support.*
- Provides a unique profile of minerals, nucleotides, and peptides
- Supports healthy spleen function*

Suggested Use: Three tablet daily, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend
- Calcium lactate, bovine spleen PMG™ extract, and magnesium citrate.

†Daily Value not established.

Other Ingredients: Cellulose and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

Sports Performance Kits

Training and competition challenge an athlete, physically and mentally. That’s why the sports performance kit delivers the nutrition to help prepare an athlete’s body and mind.

Included in the kit is:
- Cellular Vitality
- Cardio-Plus®
- Cataplex® E2
- E-Z Mg™
- Veg-E Complete Pro™ Chocolate or Vanilla
- BlenderBottle® Sport Mixer

Other Ingredients: See page 34 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. The generic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

*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.
Sports Performance Packs

Sports Performance Packs provide convenient support for both the physical and mental aspects of competition and training for physically active men and women.

- Excellent source of vitamin E, vitamin B6, riboflavin, niacin, biotin, magnesium, and selenium
- Good source of vitamin C, vitamin B12, and pantothenic acid*

Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

- Cellular Vitality (2 capsules)—supports the body as a whole, with specific emphasis on cellular processes.*
- Cardio-Plus® (2 tablets)—helps support the cardiovascular system. It also supports the healthy functioning of the heart and other muscles.*
- Cataplex® E2 (2 tablets)—supports cellular health and general well-being.*
- Magnesium Lactate (2 capsules)—supports the body’s energy production, which is used by the central nervous system, neuromuscular, and cardiovascular systems.*

Suggested Use: Contents of 1 pack each morning and evening.

Sports Recovery Kits

The sports recovery kit is centered on recovery from competition and training. It provides support for muscles and joints, and helps address the inflammation associated with strenuous exercise.

Included in the kit is:

- Glucosamine Synergy™
- Epimune Complex
- OPC Synergy™
- Cruciferous Complete™
- Veg-E Complete Pro™ Vanilla or Chocolate
- BlenderBottle® Sport Mixer

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Pack</th>
<th>Servings per Container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5 g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>2 g</td>
</tr>
<tr>
<td>Protein</td>
<td>1 g</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>15 mg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>4 mg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.1 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1.8 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>16 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.7 mg</td>
</tr>
<tr>
<td>Folate (20 mcg folate acid)</td>
<td>35 mcg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>0.3 mcg</td>
</tr>
<tr>
<td>Biotin</td>
<td>7 mcg</td>
</tr>
<tr>
<td>Pantothenic Acid</td>
<td>0.7 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>30 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>140 mg</td>
</tr>
<tr>
<td>Selenium</td>
<td>12 mcg</td>
</tr>
<tr>
<td>Coenzyme Q10</td>
<td>53 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>1,800 mg</td>
</tr>
<tr>
<td>Multi-fruit seed powder (ruby grape seed, blueberry seed, cranberry seed, red raspberry seed, and black raspberry seed), ribonucleic acid, calcium lactate, organic cordyceps mushroom powder, bovine orchic extract, bovine heart PMG™ extract, bovine liver, Spanish moss (Tillandsia usneoides), porcine stomach, American ginseng (root), inositol, bovine spleen, ovine spleen, bromelain, oat flour, bovine adrenal Cytosol™ extract, defatted wheat germ, nutritional yeast, and porcine brain.</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Magnesium lactate, organic quinoa sprouts, honey, cellulose, gelatin, choline bitartrate, calcium stearate, water, arabic gum, ascorbic acid, niacinamide, selenium yeast, d-alpha tocopheryl (vitamin E sunflower), glycerine, riboflavin, pyridoxine hydrochloride, and modified tapioca starch.

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Magnesium lactate, organic quinoa sprouts, honey, cellulose, gelatin, choline bitartrate, calcium stearate, water, arabic gum, ascorbic acid, niacinamide, selenium yeast, d-alpha tocopheryl (vitamin E sunflower), glycerine, riboflavin, pyridoxine hydrochloride, and modified tapioca starch.

*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.
Sports Recovery Packs

Sports Recovery Packs provide convenient support for muscles, joints, and inflammation that may occur after strenuous physical activity in men and women.

- Excellent source of manganese and zinc
- Good source of antioxidant vitamin C

Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:
- Glucosamine Synergy® (2 capsules)—combines glucosamine, Boswellia serrata, and manganese to help maintain healthy joint function.
- Epimune Complex (1 capsule)—helps to activate and balance a healthy immune system response function.
- OPC Synergy® (1 capsule)—provides a synergistic blend that exhibits antioxidant activity and supports cell functioning.
- Cruciferous Complete™ (1 capsule)—supports healthy liver function and provides ingredients with antioxidant activity.

Suggested Use: Contents of 1 pack each morning and evening.

St. John’s Wort-IMT™

St. John’s Wort-IMT promotes mental health and maintains emotional balance.

- Calms nerves
- Supports the body’s natural ability to cope with the changes of everyday life
- Supports the body during occasional stress
- Contains a combination of key ingredients from Min-Tran and Inositol with St. John’s wort
- Excellent source of iodine

Suggested Use: One capsule per meal, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to ultraviolet irradiation (e.g., sunlight, tanning) when using this product.

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- Supports the body’s natural ability to cope with the changes of everyday life
- Supports the body during occasional stress
- Contains a combination of key ingredients from Min-Tran and Inositol with St. John’s wort
- Excellent source of iodine

Suggested Use: One capsule per meal, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to ultraviolet irradiation (e.g., sunlight, tanning) when using this product.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calorie</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Protein</td>
<td>&lt;1 g</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>10 mg</td>
<td>11%</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>4 mcg</td>
<td>3%</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Zinc</td>
<td>5 mg</td>
<td>43%</td>
</tr>
<tr>
<td>Manganese</td>
<td>2 mg</td>
<td>97%</td>
</tr>
<tr>
<td>Sodium</td>
<td>75 mg</td>
<td>3%</td>
</tr>
<tr>
<td>Glucosamine Sulfate</td>
<td>950 mg</td>
<td>1%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>1,490 mg</td>
<td>1%</td>
</tr>
<tr>
<td>Organic kale (aerial parts), organic Brussels sprouts (aerial parts), dried yeast fermentate, indian frankincense (Boswellia serrata), organic turkey tail mushroom powder, green tea (leaf) powder, organic buckwheat (aerial parts) juice powder, organic buckwheat (aerial parts), organic carrot, grape seed extract, maltlake mushroom extract, bilberry (fruit) extract, green tea (leaf) extract, red wine extract, nutritional yeast, carbamide, bovine bone, real bone PMD™ extract, bovine liver, defatted wheat germ, bovine heart PMD™ extract, magnesium citrate, oat flour, inositol, organic pea vine juice powder, Spanish moss (Tillandsia usneoides), ascorbic acid, ribonucleic acid, organic beet (root), organic sweet potato, bovine liver fat extract, bovine adrenal Cytoisol™ extract, bovine kidney, bovine spleen, ovine spleen, organic shiitake mushroom powder, organic redishi mushroom powder, rice bran, vitamin A palmitate, sunflower lecithin powder, organic flaxseed oil, d-alpha tocopherol (vitamin E sunflower), cyanocobalamin, and cholecalciferol.</td>
<td>*Percent Daily Values are based on a 2,000 calorie diet.</td>
<td>†Daily Value not established.</td>
</tr>
</tbody>
</table>

Other Ingredients: Gelatin, calcium lactate, cellulose, zinc amino acid (rice) chelate, water, organic acerola (berry), maltodextrin, calcium stearate, magnesium glycophosphate, dicalcium phosphate, sucrose, modified corn starch, and modified tapioca starch.

Includes EpiCor® dried yeast fermentate.

Includes Masquelier’s® OPC-85 grape seed extract.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iodine</td>
<td>30 mcg</td>
<td>20%</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>545 mg</td>
<td>†</td>
</tr>
<tr>
<td>St. John’s wort extract (0.3% Hypericin) (aerial parts), calcium lactate, inositol, St. John’s wort (leaves and flowers), magnesium citrate, organic alfalfa (aerial parts), organic carrot, and carrot oil.</td>
<td>*Percent Daily Values are based on a 2,000 calorie diet.</td>
<td>†Daily Value not established.</td>
</tr>
</tbody>
</table>

Other Ingredients: Gelatin, kelp, water, and calcium stearate.
StandardBar®—Berry  

**HIGH PROTEIN**

The Berry StandardBar contains a nutritious blend of three natural fruits—blueberries, cranberries, and cherries.*

- Contains 10 grams of protein
- Blueberries and cranberries help promote urinary tract health
- Blueberries exhibit antioxidant activity
- Contains black currant seed oil for support of immune system response function
- Contains calcium to help support the central nervous, skeletal, and cardiovascular systems
- A convenient supplement without artificial preservatives, colors, or flavors*

*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.

Special information: free of cholesterol and saturated fat
Caution: An occasional cherry may contain a pit.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Bar (50 g)</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>190</td>
</tr>
<tr>
<td>Total Fat</td>
<td>6 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>2 g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>27 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>15 g</td>
</tr>
<tr>
<td>Protein</td>
<td>10 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>100 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>25 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>180 mg</td>
</tr>
</tbody>
</table>

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Ingredients: Brown rice syrup, whey protein isolate, almond butter, honey, cherries, sunflower lecithin, blueberries, cranberries, cranberry purée, glycerine, apple juice concentrate, pear juice concentrate, organic sesame seeds, black currant seed oil, blueberry purée, calcium lactate, oat flour, apple fiber, extra-virgin olive oil, and magnesium citrate.
Contains: Milk and tree nuts.

---

StandardBar®—Cocoa Cherry  

**HIGH PROTEIN**

The Cocoa Cherry StandardBar supplement provides a high-protein way to supplement the diet. The Cocoa Cherry StandardBar tastes great and conveniently provides the body with important nutrients.*

- Contains 15 grams of protein
- Provides energy through high protein content
- Helps maintain healthy weight in conjunction with a balanced diet and regular exercise
- A convenient supplement without artificial preservatives, colors, or flavors*

*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.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Bar (50 g)</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>190</td>
</tr>
<tr>
<td>Total Fat</td>
<td>6 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>2 g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>80 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>22 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>3 g</td>
</tr>
<tr>
<td>Protein</td>
<td>15 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>100 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>40 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>130 mg</td>
</tr>
</tbody>
</table>

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Ingredients: Whey protein concentrate (milk), almond butter, calcium caseinate, maltodextrin, apple powder, brown rice syrup, natural chocolate flavor; cherries, raspberries, and blueberries, cocoa powder (processed with alkali), sunflower lecithin, vanilla extract, tapioca starch, and natural cherry flavor.
Contains: Egg, milk, and tree nuts.

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See page 34 for a guide to these dietary icons.
**StandardBar® — Cocoa Crisp**

**HIGH PROTEIN**

The Cocoa Crisp StandardBar supplement provides a high-protein way to supplement the diet. The Cocoa Crisp StandardBar tastes great and conveniently provides the body with important nutrients.*

- Contains 16 grams of protein
- Provides energy through high protein content
- Helps maintain healthy weight in conjunction with a balanced diet and regular exercise
- A convenient supplement without artificial preservatives, colors, or flavors

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>190</td>
</tr>
<tr>
<td>Total Fat</td>
<td>6 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Polysaturated Fat</td>
<td>2 g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>20 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>21 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>2 g</td>
</tr>
<tr>
<td>Includes 2 g Added Sugars</td>
<td>4%*</td>
</tr>
<tr>
<td>Protein</td>
<td>16 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>70 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>1 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>80 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>180 mg</td>
</tr>
</tbody>
</table>

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established.

**Ingredients:** Whey protein concentrate (milk), almond butter, egg white, glycerine, maltitol, rice protein, brown rice syrup, cocoa powder (processed with alkali), almonds, natural chocolate flavor, grapeseed oil, sunflower lecithin, whey protein isolate (milk), sorbitol, vanilla extract, and tapioca starch.

Contains: Egg, milk, and tree nuts.

---

**StandardBar® — Peanut Butter**

**HIGH PROTEIN**

The Peanut Butter StandardBar supplement provides a high-protein, carbohydrate-controlled way to supplement the diet. The Peanut Butter StandardBar tastes great and conveniently provides the body with important nutrients.*

- Contains 17 grams of protein
- Provides energy through high protein content
- Helps maintain healthy weight in conjunction with a balanced diet and regular exercise
- A convenient supplement without artificial preservatives, colors, or flavors

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>190</td>
</tr>
<tr>
<td>Total Fat</td>
<td>7 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5 g</td>
</tr>
<tr>
<td>Polysaturated Fat</td>
<td>2.5 g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>15 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>20 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>3 g</td>
</tr>
<tr>
<td>Includes 3 g Added Sugars</td>
<td>6%*</td>
</tr>
<tr>
<td>Protein</td>
<td>17 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>40 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>100 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>130 mg</td>
</tr>
</tbody>
</table>

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established.

**Ingredients:** Whey protein concentrate (milk), peanut butter, egg white, glycerine, maltitol, rice protein, brown rice syrup, peanuts, grapeseed oil, natural peanut flavor, whey protein isolate (milk), peanut flour, sunflower lecithin, sorbitol, wheat germ oil, vanilla extract, and tapioca starch.

Contains: Egg, milk, peanut, and wheat.

---

*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.
StandardBar®—
Soy Almond Crunch ☢ V GF

HIGH PROTEIN

The Soy Almond Crunch StandardBar is a great addition to the diets of both women and men. Women may especially benefit from soy’s many health-supporting properties.*

- Contains 15 grams of protein
- Soy has a positive effect on measures of well-being and quality of life in perimenopausal/ menopausal women.
- Soy helps maintain a healthy heart.
- Soy helps maintain healthy cholesterol levels already within normal range.
- Supplies magnesium lactate to help support the central nervous, neuromuscular, and cardiovascular systems
- Supplies flaxseed oil to help maintain cellular and cardiovascular health
- A convenient supplement without artificial preservatives, colors, or flavors*
- Excellent source of vitamin B6
- Good source of iron and magnesium*
- Special information: free of cholesterol and saturated fat

![Soy Almond Crunch StandardBar](image)

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong> 1 Bar (50 g)</td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Total Sugars</td>
</tr>
<tr>
<td>Includes 11 g Added Sugars</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Vitamin B6</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Iron</td>
</tr>
<tr>
<td>Magnesium</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Potassium</td>
</tr>
</tbody>
</table>

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established

**Ingredients:** Soy protein isolate, honey, brown rice syrup, almond butter, textured soy protein, soy nuggets, rolled oats, glycine, rice flour, natural almond flavor, sunflower lecithin, soy milk powder, organic sesame seeds, organic flaxseed oil, magnesium lactate, extra virgin olive oil, and pyridoxine hydrochloride.

Contains: Soy and tree nuts.

Super-EFF®

Super-EFF supports the central and peripheral nervous systems.*

- Supports and helps maintain cellular health
- Provides precursors for energy production*

**Suggested Use:** One capsule per meal, or as directed.

**Special information:** Keep bottle tightly closed. This product absorbs moisture.

**Super-EFF Facts**

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong> 1 Capsule</td>
</tr>
<tr>
<td><strong>Servings per Container:</strong> 90 or 150</td>
</tr>
<tr>
<td><strong>Amount per Serving</strong></td>
</tr>
<tr>
<td>Proprietary Blend</td>
</tr>
<tr>
<td>Catechins, Spanish moss (Tillandsia usneoides), bovine liver fat extract, bovine liver, and organic flaxseed oil.</td>
</tr>
</tbody>
</table>

† Daily Value not established.

Other Ingredients: Gelatin, water, and calcium stearate.
Symplex® F

Symplex F supports the healthy function of the ovaries and the adrenal, pituitary, and thyroid glands.*
- Provides uniquely derived nucleoprotein-mineral extracts that support cellular health
- Contains a combination of key ingredients from Ovatrophin PMG, Drenatrophin PMG, Pituitrophin PMG, and Thytrophin PMG*

**Suggested Use:** One tablet per meal, or as directed.

<table>
<thead>
<tr>
<th>Synergistic Product Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drenamin</td>
</tr>
<tr>
<td>Ovex or Ovex P</td>
</tr>
</tbody>
</table>

Symplex® M

Symplex M supports the healthy function of the testes and the adrenal, pituitary, and thyroid glands.*
- Provides uniquely derived nucleoprotein-mineral extracts that support cellular health
- Contains a combination of key ingredients from Orchic PMG, Drenatrophin PMG, Pituitrophin PMG, and Thytrophin PMG*

**Suggested Use:** One tablet per meal, or as directed.

<table>
<thead>
<tr>
<th>Synergistic Product Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drenamin</td>
</tr>
<tr>
<td>Ovex or Ovex P</td>
</tr>
</tbody>
</table>

Thymex®

Thymex supports the thymus gland with bovine thymus Cytosol™ extract.*
- Supports a healthy thymus gland, the master gland of the immune system
- Can be used in combination with other immune system support products*

**Suggested Use:** One tablet per meal, or as directed.

<table>
<thead>
<tr>
<th>Synergistic Product Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium Lactate</td>
</tr>
</tbody>
</table>
Thymus PMG®

Thymus PMG is designed to support healthy thymus function.*
- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: Three tablets daily, or as directed.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 Tablet</td>
</tr>
<tr>
<td>Servings per Container: 90</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>215 mg</td>
</tr>
<tr>
<td>Bovine thymus PMG™ extract and magnesium citrate.</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

Thytrophin PMG®

Thytrophin PMG is designed to support healthy thyroid function.*
- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: Three tablets daily, or as directed.

<table>
<thead>
<tr>
<th>Synergistic Product Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catalyn</td>
</tr>
<tr>
<td>Hypothalamus PMG</td>
</tr>
<tr>
<td>Trace Minerals-B12</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 Tablet</td>
</tr>
<tr>
<td>Servings per Container: 90 or 360</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>109 mg</td>
</tr>
<tr>
<td>Magnesium citrate and bovine thyroid PMG™ extract (processed to substantially remove its thyroxine).</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.
Trace Minerals-B12™

Trace Minerals-B12 combines important nutrients to support enzymatic reactions in the body.*

- Spectrum of minerals that support a healthy body
- Provides essential cofactors for healthy cell functioning
- Provides iodine, which is required for healthy thyroid, spleen, and red blood cell functions
- Among other functions, these trace minerals support ligament, cartilage, and bone structure; immune system response function and thyroid function; fat metabolism; and calcium utilization
- Excellent source of vitamin B12, iodine, zinc, copper, and manganese*

Suggested Use: One tablet per day, or as directed.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of the reach of children. In case of accidental overdose, call a health care professional or poison control center immediately.

Synergistic Product Support
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Catalyn

Tuna Omega-3 Chewable

Tuna Omega-3 Chewable, a chewable softgel, helps bridge the gap in dietary omega-3 intake and supports the body’s natural inflammatory response function.*

Along with supporting general health, it also:
- Supports cognition
- Supports skin and hair health
- Supports emotional balance
- Contains DHA, which is important for proper fetal eye and brain development
- Excellent source of antioxidant vitamin E
- Good source of vitamin D*

Tuna Omega-3 Chewable supports the body’s natural inflammatory response function as it relates to periodic challenges like consumption of high-fat meal or strenuous activity. It contains a non-concentrated, natural profile of tuna oil that is rigorously tested to be below regulatory standards for contaminants and toxins.

Suggested Use: Two softgels twice per day with meals, or as directed.

Special information: Store product in a cool, dark place.
Track omega-3's and optimize health with the Omega-3 Index Plus Test. See page 138 for more information.

---

Supplement Facts

**Trace Minerals-B12™**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B12</td>
<td>4.2 mcg</td>
</tr>
<tr>
<td>Iron</td>
<td>1.4 mg</td>
</tr>
<tr>
<td>Iodine</td>
<td>300 mcg</td>
</tr>
<tr>
<td>Zinc</td>
<td>2.7 mg</td>
</tr>
<tr>
<td>Copper</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Manganese</td>
<td>16 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>210 mg †</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other ingredients: Manganese lactate, honey, zinc amino acid (rice) chelate, iron amino acid (rice) chelate, copper amino acid (rice) chelate, dicalcium phosphate, calcium stearate, prolamine iodine (zein), and cyanocobalamin.

---

**Tuna Omega-3 Chewable**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>2,500 mcg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>3.3 mg</td>
</tr>
<tr>
<td>Tuna Oil</td>
<td>1,080 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>240 mg</td>
</tr>
<tr>
<td>DHA</td>
<td>50 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other ingredients: Gelatin, water, glycerine, d-alpha tocopherol (vitamin E sunflower and soy), natural flavor, and cholecalciferol.
Tuna Omega-3 Oil

Tuna Omega-3 Oil helps bridge the gap in dietary omega-3 intake and supports the body’s natural inflammatory response function as it relates to periodic challenges like consumption of high-fat meal or strenuous activity.* Tuna Omega-3 Oil contains a non-concentrated, natural profile of tuna oil that is rigorously tested to be below regulatory standards for contaminates and toxins.

Along with supporting general health, it also:

- Supports cognition
- Supports skin and hair health
- Supports emotional balance
- Contains DHA, which is important for proper fetal eye and brain development*

**Suggested Use:** Two softgels twice per day with meals, or as directed.

**Special Information:** Store product in a cool, dark place.

**Track omega-3’s and optimize health with the Omega-3 Index Plus Test. See page 138 for more information.**

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 Softgels</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5 mg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Amount per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna Oil</td>
<td>1,330 mg</td>
</tr>
<tr>
<td>DHA</td>
<td>300 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>60 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. †Daily Value not established.

Other ingredients: Gelatin, water, glycerine, and d-alpha tocopherol (vitamin E soy).

**Synergistic Product Support**

- Catalyn
- Trace Minerals-B12

---

**USF Ointment®**

USF Ointment contains essential fatty acids to promote soft, healthy-looking skin.*

- Acts as a skin moisturizer*

**Suggested Use:** Provides a soothing lubricant for local application and temporary relief of dry skin.*

**Special Information:** for external use only

---

**Introduction in 1949**

8085 - Net Wt 1.75 oz. (50 g)

Ingredients: Lard, lanolin, organic flaxseed oil extract, sunflower lecithin, beeswax, bovine orchic extract, and fragrance.

---

**See page 34 for a guide to these dietary icons.**

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

**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.**
Utrophin PMG®

Utrophin PMG provides bovine uterus PMG™ extract and key minerals for uterine support.*
- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: Three tablets daily, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium 20 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium 20 mg</td>
<td>&lt;1%</td>
</tr>
</tbody>
</table>

Proprietary Blend

Bovine uterus PMG™ extract and magnesium citrate.

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract

Vasculin®

Vasculin is designed to support the cardiovascular system.*
- Supports healthy functioning of the heart muscle
- Provides ingredients with antioxidant activity
- Promotes healthy heart connective tissue
- Contains a combination of key ingredients from Cardiotrophin PMG, Cataplex E, Cataplex B, and Cataplex C
- Excellent source of thiamin, niacin, and vitamin B6
- Good source of vitamin B12*

Suggested Use: Two tablets per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C 4 mg</td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin E 0.7 mg</td>
<td>1%</td>
</tr>
<tr>
<td>Thiamin 0.3 mg</td>
<td>15%</td>
</tr>
<tr>
<td>Niacin 10.3 mg</td>
<td>66%</td>
</tr>
<tr>
<td>Vitamin B6 0.6 mg</td>
<td>32%</td>
</tr>
<tr>
<td>Vitamin B12 0.3 mcg</td>
<td>13%</td>
</tr>
<tr>
<td>Calcium 20 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium 10 mg</td>
<td>&lt;1%</td>
</tr>
</tbody>
</table>

Proprietary blend

Bovine heart PMG™ extract, nutritional yeast, veal bone PMG™ extract, rice bran, bovine liver, organic beef (roid), inositol, porcine duodenum, oat flour, organic pea vine juice powder, defatted wheat germ, ribonucleic acid, bovine adrenal Cytoisol™ extract, choline bitartrate, organic alfalfa (aerial parts) juice powder, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, organic alfalfa (aerial parts), bovine spleen, ovine spleen, organic redishi mushroom powder, organic shiitake mushroom powder, and sunflower lecithin.

†Daily Value not established.

Other Ingredients: Calcium citrate, calcium lactate, honey, niacinamide, ascorbic acid, calcium stearate, d-alpha tocopherol (vitamin E sunflower), calcium phosphate, pyridoxine hydrochloride, thiamine hydrochloride, dicalcium phosphate, and cyanocobalamin.

See page 34 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

*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.
Veg-E Complete Pro™ Chocolate

Veg-E Complete Pro Chocolate offers an organic multisource blend of plant-based protein in a convenient powder with delicious chocolate flavor.*

- The blend of organic pea protein, organic pumpkin seed protein, and organic sesame seed protein is a valuable source of several amino acids including the nine essential amino acids
- Supports muscle building and recovery
- Supports satiety and fullness
- Supports cellular function and enzyme action
- Supports energy levels
- Supports gut health
- Supports hair, skin, and nails
- No genetically engineered ingredients
- No artificial sweeteners or artificial flavors
- Natural flavors made without monosodium glutamate (MSG)
- Excellent source of protein and iron
- Good source of dietary fiber and potassium*

Suggested Use: Four heaping tablespoons (scoops) or one packet in 8-12 ounces water, one to three servings per day, or as directed. Mix product thoroughly for 10 to 15 seconds.

Settling of product after mixing may occur. Store mixed product in refrigerator if not consumed immediately.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
<th>Serving Size: 4 heaping tablespoons (scoops) or 1 Packet</th>
<th>Servings per Container: 18 or 10 packets</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>-------------------</td>
<td>---------------------</td>
<td>--------------</td>
</tr>
<tr>
<td>Calories</td>
<td>160</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>4 g</td>
<td>5%*</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
<td>5%*</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>12 g</td>
<td>4%*</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
<td>14%*</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>4 g</td>
<td></td>
</tr>
<tr>
<td>Includes 4 g Added Sugars</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>15 g</td>
<td>30%*</td>
</tr>
<tr>
<td>Calcium</td>
<td>40 mg</td>
<td>3%</td>
</tr>
<tr>
<td>Iron</td>
<td>5 mg</td>
<td>28%</td>
</tr>
<tr>
<td>Sodium</td>
<td>240 mg</td>
<td>10%</td>
</tr>
<tr>
<td>Potassium</td>
<td>480 mg</td>
<td>10%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>24 g</td>
<td></td>
</tr>
<tr>
<td>Organic pea protein</td>
<td>organic pumpkin seed protein, and organic sesame seed protein.</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2.000 calorie diet. †Daily Value not established.

Other ingredients: Organic cocoa (processed with alkali), organic evaporated coconut tree sap (sugar), gum acacia, organic sunflower lecithin powder, maltodextrin, sea salt, monk fruit extract, organic guar gum, natural flavors, and xanthan gum.
Veg-E Complete Pro™ Vanilla

Veg-E Complete Pro Vanilla offers a multisource blend of plant-based protein in a convenient powder with delicious vanilla flavor.*

- The blend of organic pea protein, organic pumpkin seed protein, and organic sesame seed protein is a valuable source of several amino acids including the nine essential amino acids
- Supports muscle building and recovery
- Supports satiety and fullness
- Supports cellular function and enzyme action
- Supports energy levels
- Supports gut health
- Supports hair, skin, and nails
- No genetically engineered ingredients
- No artificial sweeteners or artificial flavors
- Natural flavors made without monosodium glutamate (MSG)
- Excellent source of protein and iron
- Good source of dietary fiber and potassium*

Suggested Use: Four heaping tablespoons (scoops) or one packet in 8-12 ounces water, one to three servings per day, or as directed. Mix product thoroughly for 10 to 15 seconds.

Settling of product after mixing may occur. Store mixed product in refrigerator if not consumed immediately.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Softgel</td>
<td>385 mg †</td>
<td>†</td>
</tr>
</tbody>
</table>

Wheat Germ Oil

Wheat Germ Oil is used for systemic support of the body.*

- Provides ingredients with antioxidant activity
- Important for cell-signaling molecules
- Supports the cells of the immune system and the body’s natural inflammatory response function as it relates to periodic challenges like consumption of a high-fat meal or strenuous activity
- Supports the body’s function during exercise*

Suggested Use: One softgel per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Softgel</td>
<td>385 mg †</td>
<td>†</td>
</tr>
</tbody>
</table>

*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.
Wheat Germ Oil Fortified™

Wheat Germ Oil Fortified contains wheat germ oil and is strengthened with 33.4 mg of natural vitamin E extracted from soybean oil.*

- Provides ingredients with antioxidant activity
- Important for cell-signaling molecules
- Supports the cells of the immune system and the body’s natural inflammatory response function as it relates to periodic challenges like consumption of a high-fat meal or strenuous activity
- Excellent source of antioxidant vitamin E*

Suggested Use: One softgel per meal, or as directed.

Whey Pro Complete™

Whey Pro Complete supports weight management, muscle tissue, immune system response function, and gastrointestinal (GI) health.*

- Protein supplement to increase protein intake
- Supports healthy epithelial cells in the bowel
- Helps promote satiety
- Supports the body’s natural muscle growth and repair processes
- Contains colostrum and inulin for GI-based immune system support
- Can be mixed in a supplement shake or added to foods
- Excellent source of protein*

Suggested Use: Two heaping tablespoons (scoops) or 1 packet per shake. One to three shakes per day, or as directed.

Special Information: Store unopened container in a cool, dark place.

Synergistic Product Support
- Cyrofood Powder
- SP Complete
- Whole Food Fiber

---

**Standard Process**

Whole Food Nutrient Solutions | standardprocess.com | 800-558-8740
**Whole Food Fiber**

Whole Food Fiber is a good source of fiber from nutrient-rich whole foods.*

- Contains both soluble and insoluble fiber
- Supports healthy bowel function
- Promotes regular intestinal motility and elimination
- Supports healthy epithelial cells in the bowel
- Provides food for beneficial microorganisms in the lower gastrointestinal (GI) tract
- Supports the immune system
- Can be used as nutritional support in the Standard Process Purification Program*

**Suggested Use:** One level tablespoon (approximately 6 grams) in a blender drink per day, or as directed.

**Zinc Chelate™**

Zinc Chelate, an excellent source of zinc, is used for support of healthy immune system response function and skin health.*

- Promotes protein synthesis
- Provides cofactor support for enzymatic functioning
- Supports male hormonal health
- Supports digestion*

**Suggested Use:** One tablet per day, or as directed.

**Zinc Test™**

Zinc Test provides a safe and effective way to assess zinc status.*

- Noninvasive, oral test
- Excellent source of zinc*

**Suggested Use:** Hold two teaspoonfuls (10 mL) of Zinc Test in the mouth for at least 10 seconds. A lack of taste or a delayed taste perception in the mouth may indicate a possible zinc insufficiency. If an immediate taste perception occurs, the zinc status may be adequate. Zinc Test can be swallowed after tasting.

**Special Information:** Refrigerate after opening. If spilled, staining may occur.

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**Zymex® Capsules**

Zymex promotes a healthy pH range in the intestinal tract.*
- Encourages a healthy intestinal environment to support a healthy GI microbiome
- Supports healthy intestinal pH

**Suggested Use:** Two capsules per meal, or as directed.

**Synergistic Product Support**
- Gastro-Fiber or Whole Food Fiber
- ProSymbiotic

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**Zymex® Wafers**

Zymex promotes a healthy pH range in the intestinal tract.*
- Encourages a healthy intestinal environment to maintain proper gastrointestinal flora
- Supports healthy intestinal pH
- Helpful for those who cannot or prefer not to swallow pills*

**Suggested Use:** Two wafers per meal, or as directed.

*Special information: Individuals who may be lactose intolerant should consult their health care professional before using this product. This product should be chewed then swallowed.

**Synergistic Product Support**
- Gastro-Fiber or Whole Food Fiber
- ProSymbiotic

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**Zymex® II**

Zymex II contains digestive enzymes to support healthy gastrointestinal (GI) function.*
- Encourages a healthy intestinal environment to maintain proper GI microbiota
- Could support the body's natural inflammatory response function after strenuous exercise when taken between meals
- Can provide digestive system support when taken with meals
- Does not contain pancreatin or betaine hydrochloride, making it appropriate for the acid-sensitive individual*

**Suggested Use:** Two capsules between meals twice daily, or as directed.

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 Capsules</th>
<th>Servings per Container: 75</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>1000 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. | Daily Value not established.

Other Ingredients: Gelatin, water, and calcium stearate.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 Wafers</th>
<th>Servings per Container: 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>2 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>1 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>1,665 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. | Daily Value not established.

Other Ingredients: Honey, calcium lactate, and calcium stearate.

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 Capsules</th>
<th>Servings per Container: 45</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>700 mg</td>
</tr>
<tr>
<td>Defatted almond, fig (fruit), papain, bromelain, amylose, cellulase, and lipase.</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other Ingredients: Gelatin, water, and cellulase.
Zypan combines pancreatin, pepsin, and betaine hydrochloride to facilitate healthy digestion.*

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

**Suggested Use:** Two tablets with each meal, or as directed.

*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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**Supplement Facts**

| Serving Size: 2 Tablets | Servings per Container: 45 or 165 |
---|---|
| **Proprietary Blend** | 800 mg |
| Betaine hydrochloride, bovine pancreas Cylosol® extract, pepsin (1:10,000), pancreatin (3X), stearic acid (vegetable source), ammonium chloride, bovine spleen, and oxine spiken. | 1 |

| Daily Value not established, |
| Other Ingredients: Cellulose and calcium stearate. |
Pea vine on the Standard Process certified organic farm
Programs

Standard Process programs and kits provide targeted support for some of the most common health challenges. These unique combinations are designed to support the functioning of specific body systems as well as overall health.*

SP Detox Balance™ Program

SP Detox Balance™ Program is whole food-based nutrition that supports easy, safe and healthy toxin removal during metabolic detoxification.*

What contributes to toxin build up?

We are exposed to toxins every day. In fact, our bodies produce waste toxins known as endogenous toxins simply by functioning. Our bodies also encounter external (exogenous) toxins, or chemicals made outside the body. Exposure to these toxins can overburden a system’s natural ability to detoxify.

Why do we need Metabolic Detoxification?

Toxins can contribute to: fatigue or difficulty sleeping, indigestion and other temporary gastrointestinal upset, food cravings and weight gain, reduced mental clarity, low libido, skin issues, and joint discomfort.

What is Metabolic Detoxification?

It’s a series of natural biochemical processes responsible for clearing toxins from our bodies. In the three-phase process, the body unlocks fat-soluble toxins and converts them to a water-soluble state that is easier for our bodies to remove. We need key nutrients and phytonutrients to support each of these phases.

How Do the Three Phases of Metabolic Detoxification Work?

◆ Phase I: Unlock

The body transforms fat-soluble toxins to an “unlocked” state that is more water-soluble, and in many cases, more toxic than its original form.

SP Detox Balance™ delivers key nutrients.

◆ Phase II: Neutralize

The highly toxic substances produced in Phase I convert to non-toxic molecules and become even more water-soluble.

SP Detox Balance™ delivers key nutrients.

◆ Phase III: Eliminate

Water-soluble toxins leave cells, and the body eliminates them.

SP Detox Balance™ delivers plant-based fiber to aid toxin elimination.*

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

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10-Day Programs

Standard Process offers two condition specific 10-day programs to support the organs and glands that help maintain a healthy foundation.* The programs include a diet plan, supplements, and a patient guide. The guide includes a:

- Program overview
- Diet plan with approved food lists
- Supplement schedule
- Progress journal
- Post-program section with diet recommendations

Program Guidelines

- Avoid refined carbohydrates, artificial sweeteners, added sugar, chemical additives, processed meats, fried foods, caffeine, and soft drinks.
- Follow eating guidelines that focus on whole, unprocessed foods like vegetables, fruits, and lean protein.
- Drink supplement shakes with whole food and other ingredients.
- Take a simple protocol of supplements throughout the day.

10-Day Blood Sugar Support Program

Following this program for just 10 days supports a well-functioning blood sugar metabolism and establishes new habits to support vitality.*


Each kit comes complete with supplements to support well-functioning blood sugar metabolism and a patient guide that explains the 10-Day Blood Sugar Support Program.*

Each kit contains the following products:

- SP Complete® (any type)
- SP Cleanse®
- Diaplex®
- Gymnema (MediHerb®)

10-Day Healthy Inflammation Response Program

Following this program for just 10 days will help jump-start your patients’ normal inflammation response process and put them on the fast track to living a healthier, more active life!*  

Standard Process 10-Day Healthy Inflammation Response Program Kits

Each kit comes complete with supplements to support well-functioning inflammation response and a patient guide that explains the 10-Day Healthy Inflammation Response Program.*

Each kit contains the following products:

- SP Complete® (any type)
- Black Currant Seed Oil
- SP Cleanse®
- Cyruta® Plus
- Boswellia Complex (MediHerb®)

Please consult the actual product label for the most accurate product information. The generic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

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Purification Program

Are your patients hungry for good health?
Your patients can experience the benefits of helping their bodies cleanse with the Standard Process 21-Day purification program. This isn’t just a cleanse diet—it’s a structured program that combines eating whole food, drinking nutritious shakes, taking supplements made with whole food ingredients, and light exercise.*

The menu includes a varied abundance of fresh vegetables and fruits for the first 10 days, with select proteins added on day 11. The supplements complement a healthy lifestyle with habits and tools that support the body’s natural detoxification mechanisms.

This unique 21-day program is designed to purify, nourish, and help maintain a healthy body weight.*

Patients who have finished the purification report:

- Increased energy
- Better digestion
- Clearer thinking
- Decreased caffeine and food cravings
- Improved weight management
- Shinier hair
- Better management of toxin load in the body
- Clearer skin
- Better sleep*

Build Your Purification Kit
Choose from a number of different purification kits based on your personal preferences. All of our purification kits are gluten-free and vegetarian. Some are also vegan and non-dairy.
Omega-3 Index Plus Test
A single-drop blood test that measures the Omega-3 Index

The Omega-3 Index Plus Test is a blood test that measures the percentage of Omega-3 fatty acids (EPA and DHA) in red blood cell membranes.

- This convenient test uses a single drop of blood to measure the Omega-3 Index
- A finger prick provides enough blood to measure the Omega-3 Index
- Testing is confidential between the patient and their practitioner
- A personalized report will be sent via email and will include individualized recommendations based on test results.

There are three phases of Omega-3 testing:

**Measure:** Eating fish or taking supplements does not guarantee your Omega-3 Index will be in the desirable range – it must be measured.

**Modify:** With your Omega-3 Index results you will have the tools to personalize your Omega-3 intake.

**Monitor:** Track how your dietary changes affect your Omega-3 Index by testing every 4-6 months.

An Omega-3 Index in the desirable range of 8-12% is an indicator of better overall health. As a part of an overall healthy lifestyle, an Omega-3 Index in the 8-12% range may help to maintain heart, brain, eye and joint health. Once you know your Omega-3 Index, you can personalize your diet to modify your Omega-3 Index in as little as 3-4 months.

By partnering with OmegaQuant — the premier lab for Omega-3 Index testing — Standard Process is better able to help people support conditions related to cardiovascular health*, brain health, and a healthy inflammatory process with its family of Omega-3 supplements.*

*As part of a diet low in saturated fat and cholesterol

Synergistic Product Support
- Calamari Omega-3 Liquid
- Cod Liver Oil
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil
- Olprima DHA
- Olprima EPA
- Olprima EPA|DHA

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Standard Process & MediHerb Test Kits

Our test kits provide health care professionals with an efficient way to test and recommend the best supplements for each patient according to their individual needs.

The below items are non-returnable.

**Standard Process Test Kit - 0300**

Two foam trays containing vials filled with more than 140 Standard Process supplements in tablet, capsule, wafer and softgel form.

◆ Measures 22” W x 12½” H x 2” D

**MediHerb Test Kit - M0300**

One foam tray containing vials filled with more than 45 MediHerb tablet and capsule herbal supplements.

◆ Measures 12¾” W x 12¾” H x 2½” D

**MediHerb Liquid Test Kit - M0350**

One box tray containing single liquid extracts and Phytosynergists® to aid in muscle testing and/or electrodermal screening for protocol and supplement evaluation. Also aids in familiarizing patients with liquid extracts prior to using products.

◆ Measures 14” W x 12” H x 1½” D

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Test Kit Accessories

**Display Unit – S0350**

A beautiful handcrafted oak display case that can hold up to 200 test-kit vials. It can be hung on a wall or displayed on a tabletop.

- Measures 27” W X 23” H X 3-6” D
  - narrowest at top.
  
  *(This unit does not include vials or products.)*

**Shoulder Bag – S0360**

A sleek, stylish, black shoulder bag that can hold up to 100 test-kit vials, making traveling with your test kit easy.

- Measures 22 ½” W X 12 ½” H X 2 ½” D
  
  *(This bag does not include vials or products.)*

**Extra Foam Tray – S0370**

A foam tray that can hold up to 100 test-kit vials, allowing other storage applications to be used.

- Measures 22” W X 12 ½” H X 2” D
  
  *(This tray does not include vials or products.)*

**Empty Test Kit Vials (pack of 3) – L9992**

These vials do not include labels.

*limited quantity available per account*

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Key Ingredient Cross-Reference

The products in this cross-reference are listed in descending order according to the amount of ingredient present per unit (softgel, capsule, tablet, wafer, etc.). Not all products are represented in this list. Please go to the individual product description to see all of the ingredients in a certain product.

Acerola
Ferrofood®, Echinacea-C™, Cataplex® C, Spanish Black Radish, Collagen C™

Acid-Forming Chloride Salts
Cal-Amo

Acid Maltase
Enzycore

Acidophilus
See Lactobacillus acidophilus

Adrenal Vacuum-Dried Bovine
Adrenal Desiccated, e-Poise®, Empaphlex®, Cataplex® C, Cataplex® A-C, Drenamin

Adrenal Cytosol™ Extract Bovine
Cataplex® E2, Vasculin®, Folic Acid B12, Cataplex® B12, Cytutra

Adrenal PMG™ Extract Bovine
Drenatrophin PMG®, Empaphlex®, Paraplex®, Symplex® F, Symplex® M, Drenamin®, Allerplex

Alanine
Palmettoplex®

Alfalfa Juice Vacuum-Dried
Organically Bound Minerals, Pancreatrophin PMG

Alfalfa Powder
Diaplex®, Min-Tran

Alfalfa Sprouts
SP Green Food

Alkaline Ash Minerals
Organically Bound Minerals

Almond Flour
Zymex® II, Multizyme

Alpha-Galactosidase
Enzycore

Alpha-Linolenic Acid ALA
Linum B6, Cataplex® F Softgels, Black Currant Seed Oil

American Ginseng Root
Cellular Vitality

Amino Acids
Protefood

Ammonium Chloride
Cal-Amo®, Betaine Hydrochloride, Ostarplex®, Zypan

Amylase
Enzycore, Lact-Enz

Apple Pectin
Whole Food Fiber, Gastro-Fiber®, SP Cleanse

Barley Grass Juice
SP Green Food

Beet Leaf Juice Dried
E-Z Mg®, Betafood®, A-F Betafood

Beet Root
Whole Food Fiber, GI Stability™, Zinc Chelate®, Cataplex® B, Cataplex® B-GF, Enzycore, A-F Betafood, Chezyn, Betafood

Beta Carotene Blakeslea trispora
Cataplex® A, Livaplex

Beta Carotene Chlorophyll Complex™

Betaine Hydrochloride
Zypan®, Betaine Hydrochloride, Cal-Amo®, Diaplex®, Ostarplex

Bifidobacterium lactis 99-12®
ProSynbiotic

Bifidobacterium longum
Lact-Enz®

Bilberry
OPC Synergy®
Key Ingredient Cross-Reference

Bile Salts
Cholacol®, Fen-Cho®, Cholaplex®

Biotin
Cellular Vitality

Black Currant Seed Oil
Black Currant Seed Oil

Bone
Veal
Calcifood® Powder, Calcifood®, Collagen C®, Bio-Dent®

Bone Marrow
Bio®, Ostrophin PMG®, Cataplex® C, Ligaplex® I, Bio-Dent®, Calcifood® Powder, Ligaplex® II, Calcifood®, Rumaplex®, Proteofed®

Bone Meal
Bovine
Calcifood® Powder, Calcifood®, Ligaplex® I, Bio-Dent®, Ostrophin PMG®, Ligaplex® II, Empaphlex®, Rumaplex®

Bone PMG™ Extract
Veal
Ostrophin PMG®, Bio®, Cataplex® C, Ostaplex®, Immuplex®, Ligaplex® I, Ligaplex® II, Vasculin®, Iplex®, Rumaplex®

Brain PMG™ Extract
Porcine
Neurotrophin PMG®, Neuroplex®

Bromelain
Cellular Vitality, Multizyme®, Zymex® II, Enzycore

Brussels Sprouts
Cruciferous Complete®, SP Green Food®

Buckwheat Leaf Juice and Seed
Cyruta® Plus, Cyruta®, Ginkgo Synergy®, Arginex®, Cataplex® GTF, Cataplex® A-C-P, Iplex®, Cholaplex®, Cataplex® C

Buckwheat Leaf Powder
SP Complete® Dairy Free, SP Complete®, SP Complete® Vanilla, SP Complete® Chocolate

Buckwheat Leaf Powder and Juice
E-Z Mg®, SP Green Food®, OPC Synergy®

Burdock Root
Powder
SP Cleanse®

Calamari
Squid
Calamari Omega-3 Liquid

Calcium
Calcium Lactate Powder, Calcifood®, Powder, Cyrofood® Powder, Calcifood®, SP Complete®, SP Complete® Dairy Free, Prebiotic Inulin, Cal-Ma Plus®, Calso®, Calcium Lactate, Cal-Amo®, Min-Chex®, Min-Tran®, Bio-Dent®, Emypime Complex

Cameron
Cal-Amo®

Camu Camu
Ferrofood®, Cataplex® C, Spanish Black Radish

Carbamide
Powder
A-C Carbamide®, Super-EFF®, Ligaplex® II, Okra Pepsin E₃

Carrot
Powder
Whole Food Fiber, Cataplex® A, OPC Synergy®, A-F Betafood®, Cataplex® A-C, Zinc Chelate®, Cataplex® B, Cataplex® B-GF

Cayenne Pepper
Cayenne Pepper, SP Cleanse®

Chlorophyll
Fat Soluble
Chlorophyll Complex®, Chlorophyll Complex Ointment®

Choline
Choline, Cataplex® G, Cardio-Plus®, Cardio-Plus® GF, Myo-Plus®

Chromium
See GTF Chromium

Coenzyme Q₁₀
Cellular Vitality

Collinsonia Root
Collinsonia Root, Cholacol®, Fen-Cho®, GI Stability®

Colostrum
Bovine
Whey Pro Complete

Copper
Trace Minerals-B₃®, Chezyn®, Neuroplex®, Immuplex®

Cordycyceps sinensis
Cellular Vitality

Cyanocobalamin
See Vitamin B₁₂

DHA/EPA
Olprima™ DHA, Olprima™ EPA, Olprima™ EPA/DHA, Calamari Omega-3 Liquid, Cod Liver Oil, Tuna Omega-3 Oil, Tuna Omega-3 Chewable, Linum B₆

Disodium Phosphate
Fen-Cho®

Dried Yeast Fermentate
EpiCor® (Saccharomyces cerevisiae) Epimune Complex

Duodenum
Porcine
Pancreatrophin PMG®, Cataplex® B, Cataplex® B-GF, Ferrofood®, Paraplex®, Vasculin®, Gastrex®, e-Poise®

Echinacea Root
Powder
Echinacea-C®, Collagen C®, Cataplex® A-C, Iodomere®, Cataplex® C

Egg
Whole Egg or Egg White
Cocoa Crisp StandardBar®, Peanut Butter StandardBar®, Cocoa Cherry StandardBar®

Enzymes
Enzycore, Lact-Enz®, Multizyme®, Zymex® II, Zypan®

EpiCor®
Epimune Complex

Epithelial PMG™ Extract
Porcine
Dermatrophin PMG®

Essential Fatty Acids
See Alpha-Linolenic Acid (ALA)
See Gamma-Linolenic Acid (GLA)
See Omega-3

Eye PMG™ Extract
Porcine
Ocuroltophine PMG®, Iplex®

Fennel Seed
Gastro-Fiber®, SP Cleanse®

Fenugreek Seed
Powder
Fen-Gre®, Fen-Cho®, Empaphlex®

Fiber
Prebiotic Inulin, SP Complete® Dairy Free, Whole Food Fiber, SP Complete® Chocolate, SP Complete®, SP Complete® Vanilla, Gastro-Fiber®, Soy Almond Crunch StandardBar®, Berry StandardBar®, Cocoa Crisp StandardBar®, Cocoa Cherry StandardBar®, Peanut Butter StandardBar®

Fig
Powder
Multizyme®, Zymex® II

Flax Meal
SP Detox Balance®, SP Complete® Dairy Free, SP Complete®, SP Complete® Vanilla, SP Complete® Chocolate

Flaxseed Oil
Linum B₆, Cataplex® F Softgels

Folic Acid/Folate
Folic Acid B₁₂, Immuplex®, Cellular Vitality

Galactooligosaccharide
GOS
ProSynbiotic

Gamma-Linolenic Acid
GLA

Garlic
Garlic

Ginkgo biloba
Extract
Ginkgo Synergy®
Whole leaf: Ginkgo Synergy®

Glucamylase
Enzycore

Glucosamine Sulfate
From shellfish
Glucosamine Synergy®
**Key Ingredient Cross-Reference**

**Glutamic Acid**
Palmettoplex®, Protefood®

**Glycine**
Palmettoplex®

**Goto Kola Leaf**
Ginkgo Synergy®

**Grape Seed Extract**
Includes Masquequer® Original OPC
OPC Synergy®, Ginkgo Synergy®

**Green-Lipped Mussel**
*Perna canaliculus*
Nutrimere®, Iodomere®, Iodomere*

**Green Tea**
Extrait: OPC Synergy®
Leaf powder: OPC Synergy®

**GTI Chromium**
Cataplex® GTF, Diaplex®, Immuplex®

**Heart PMG™ Extract**
Bovine
Cardiotrophin PMG®, Myotrophin PMG®, Cardio-Plus®
Cardio-Plus® GF, Myo-Plus®, Vasculin®, Ligaplex® II

**Hemp Oil**
Hemp Oil, Hemp Oil Complex™

**Hydrochloric Acid**
Zypan®, Betaine Hydrochloride, Cal-Amo®

**Hydroxyapatite**
Microcrystalline
See Bone Meal

**Hypothalamus Cytosol™ Extract**
Porcine
Hypothalmex®

**Hypothalamus PMG™ Extract**
Porcine
Hypothalamus PMG®

**Hypothalamus**
Vacuum-Dried Bovine
Neuroplex®

**Inositol**
Inositol Powder, Inositol, St. John’s Wort-IMT™, Cyruta®, Phosfood® Liquid

**Inulin**
Chicory
Prebiotic Inulin, Whey Pro Complete, ProSynbiotic

**Invertase**
Enzyme

**Iodine**
Prolamine Iodine, Prolamine Iodine®, Prolamine Iodine, Min-Chex®, Organically Bound Minerals, Iodomere®, Min-Tran®, Trace Minerals-B₁₂, Cholaplex®, Cataplex® F Tablets, A-F Betafood®, St. John’s Wort-IMT™

**Iron**
Ferrofood®, Chezyn®, Neuroplex®, Livaplex®, Immuplex®, e-Poise®

**Juniper Berry**
Powder
SP Cleanse®

**Kale**
Cruciferous Complete®, SP Green Food®, Enzycore

**Kelp**
Powder
Min-Tran®, Organically Bound Minerals, St. John’s Wort-IMT™

**Kidney**
Vacuum-Dried Bovine
Renafood®, Cataplex® A-C, Cataplex® A, e-Poise®

**Kidney Bean Plant Extract**
Renafood®, Alubaplex®

**Kidney PMG™ Extract**
Bovine
Renatrophin PMG®, Renafood®, Alubaplex®

**L-Cysteine**
Diaplex®, Cataplex® GTF

**L-Glutamine**
Enzycore

**Lactase**
Enzycore

**Lactic Acid Yeast**
Lactic Acid Yeast®, Cyro-Yeast®

**Lactobacillus acidophilus**
Lact-Enz®

**Lactobacillus acidophilus**
Lactobacillus acidophilus LA-5™
ProSynbiotic

**Lactobacillus paracasei**
L. casei 431®
ProSynbiotic

**Liver Powder**
Bovine
Zinc Chelate®, Livaplex®, Folic Acid® B₁₂, Cataplex® B, Cataplex® B-GF, Ligaplex® I, Ligaplex® II, e-Poise®

**Liver PMG™ Extract**
Bovine
Pneumotrophin PMG®, Allerplex®, Emphaplex®

**Lysine Monohydrochloride**
Protefood®

**Magnesium**
Magnesium Lactate, E-Z Mg®, Prebiotic Inulin, Calcium Lactate

**Maitake Mushroom Extract**
Microgold 404™
Epimune Complex

**Maitake Mushroom Powder**
Epimune Complex

**Malt Syrup**
Cyro-Yeast®, Lactic Acid Yeast®

**Mammary PMG™ Extract**
Bovine
Mammary PMG®

**Manganese**
Manganese B₁₂, Ligaplex® I, Ligaplex® II, Trace Minerals-B₁₂, E-Manganese®, Bioist®, Ostrophin PMG®

**Methionine**
Protefood®

**Milk Powder**
Cataplex® D

**Milk Thistle**
SP Cleanse®

**Muscle PMG™ Extract**
Bovine
Myotrophin PMG®, Myo-Plus®

**Mushroom Powder**
Cordyceps sinensis: Cellular Vitality

**Nicamamide/Niacin**
Key Ingredient Cross-Reference

**Nutritional Yeast**
Saccharomyces cerevisiae

**Oat Bran Concentrate**
Whole Food Fiber

**Oat Fiber**
Whole Food Fiber

**Okra Powder**
Okra Pepsin E₃, GI Stability®, Gastrex®, Fen-Gre®, Fen-Cho®

**Omega-3**
Anchovy & Sardine: Olprima™ EPA, Olprima™ EPA/DHA
Cod liver oil: Cod Liver Oil
Flaxseed oil: Linum B₆, Cataplex® F Softgels
Tuna oil: Olprima™ DHA, Tuna Omega-3 Oil, Tuna Omega-3 Chewable

**Orchic Cytosol™ Extract**
Bovine
Min-Chex®, OrcheX®, Neuroplex®, Cholaplex®

**Orchic PMG™ Extract**
Bovine
Orchic PMG®, Symplex® M

**Ortho-Phosphoric Acid**
Phosfood® Liquid

**Ovary Cytosol™ Extract**
Bovine
Ovex®

**Ovary Cytosol™ Extract**
Porcine
Ovex® P

**Ovary PMG™ Extract**
Bovine
Ovatrophin PMG®, Symplex® F

**Pancreas Cytosol™ Extract**
Bovine
Zypan®, Diaplex®, Paraplex®

**Pancreas PMG™ Extract**
Bovine
Pancreatinophin PMG®, Diaplex®, Paraplex®

**Pancreatin (3x)**
Multizyme®, Zypan®, Diaplex®

**Pantothenic Acid**
Cellular Vitality

**Papain**
Zymex® II

**Parathyroid**
Vacuum-Dried Bovine
Cal-Ma Plus®

**Parotid PMG™ Extract**
Bovine
Parotid PMG®

**Peanut Butter**
Peanut Butter StandardBar®

**Peanut Butter StandardBar®**

**Pea Vine Juice**
Vacuum Dried
Cataplex® E, Ligaplex® I, Vasculin®, Catalyn®, Catalyn® GF, Catalyn® Chewable

**Pepsin (1:10,000)**
Betaine Hydrochloride, Zypan®, Okra Pepsin E₃

**Peptidase**
Enzymcore

**Phosphorus**
Disodium Phosphate, Phosfood® Liquid, Calsol®, Calcifood® Powder, Calcifood® Wafers

**Pituitary, Desiccated**
Bovine Anterior
E-Manganese®, Neuroplex®

**Pituitary PMG™ Extract**
Bovine
Pituitrophin PMG®, Paraplex®, Symplex® F, Symplex® M

**Porcine**
Pork

**Prostate Cytosol™ Extract**
Bovine
Prost-X™, Rumaplex®

**Prostate PMG™ Extract**
Bovine
Prostate PMG®, Palmettoplex®

**Proteases**
Enzymcore, Lact-Enz®

**Protein**
SP Detox Balance®, Whey Pro Complete, Cocoa Cherry StandardBar®, Cocoa Crisp StandardBar®, Peanut Butter StandardBar®, Berry StandardBar®, Soy Almond Crunch StandardBar®, SP Complete®, SP Complete® Dairy Free, SP Complete® Chocolate, SP Complete® Vanilla

**Proteolytic Enzymes**
Multizyme®, Zypan®, Zymex® II

**Psyllium Husk**
Powder
Gastro-Fiber®

**Pygeum**

**Pyridoxine Hydrochloride**
See Vitamin B₆

**Quinoa Sprouts**
Cellular Vitality

**Red Clover Flower**
Powder
SP Cleanse®

**Red Wine Extract**
OPC Synergy®

**Riboflavin**
See Vitamin B₂

**Ribonucleic Acid**
RNA
Ribonucleic Acid (RNA), Circuplex®, Cellular Vitality, Congaplex®
## Key Ingredient Cross-Reference

### Rice Bran

### Rice Protein
- SP Complete® Dairy Free, SP Complete® Chocolate, SP Complete® Vanilla, Peanut Butter StandardBar®, Cocoa Crisp StandardBar®, SP Complete®

### Rose Hip Powder
- Echinacea C®, Collagen C®

### Saw Palmetto Berry
- Extract: Palmettoplex®, Powder: Palmettoplex®

### Selenium
- Cataplex® E, Cataplex® E2, Immuplex®, Cardio-Plus®, Cardio-Plus® GF, Myo-Plus®

### Sesame Seed Oil
- Sesame Seed Oil

### Soy Protein
- Soy Almond Crunch StandardBar®, Betacol®, Empathaplex®, Senaplex®, Allerplex®, Niacinamide B6®, Cholaplex®, Rumaplex®, Min-Chex®, Ostaplex®, Orchex®, Livaplex®, Circuplex®, Albaplex®, Diaplex®

### Spanish Black Radish
- Spanish Black Radish

### Spleen

### Spleen PMG™ Extract
- Spleen PMG™ Extract: Bovine, Spleen PMG™ Extract: Bovine

### St. John’s Wort
- Extract: St. John’s Wort-IMT™, Powder: St. John’s Wort-IMT™

### Stinging Nettle Root Extract
- Palmettoplex®, Stinging Nettle Root Extract

### Stomach Parenchyma
- Powder: Stomach Parenchyma, Powder: Stomach Parenchyma, Powder: Stomach Parenchyma

### Sweet Potato
- A-F Betafood®, Zinc Chelate®, Cataplex® B, Cataplex® B-GF, Ligaplex® II, Ligaplex® I, SP Cleanse®

### Thiamine
- See Vitamin B1

### Thymus Cytosol™ Extract
- Thymus Cytosol™ Extract: Bovine, Thymus Cytosol™ Extract: Bovine, Thymus Cytosol™ Extract: Bovine

### Thymus PMG™ Extract
- Thymus PMG™ Extract: Bovine, Thymus PMG™ Extract: Bovine

### Thyroid PMG™ Extract
- Thyroid PMG™ Extract: Bovine, Thyroid PMG™ Extract: Bovine

### Tillandsia and Beet Root

### Tillandsia Powder
- For-Til B12®, Prost-X®, Neuroplex®, e-Poise®, Okra Pepsin E3

### Turkey Tail Mushroom
- Powder: Cataplex® B, Cataplex® B-GF, Cataplex® B-GF, Cataplex® B-GF

### Uterus PMG™ Extract
- Uterus PMG™ Extract: Bovine, Uterus PMG™ Extract: Bovine

### Vitamin A

### Vitamin B1
- Cataplex® B, Cataplex® B-GF, Neuroplex®, Vascular®, Cellular Vitality, Catalyn®, Catalyn® GF, e-Poise®, Cataplex® B-Core

### Vitamin B2
- Cataplex® G, Cardioplus®, Cardioplus® GF, Myo-Plus®, Neuroplex®, Drenamin®, Cholaplex®, Iplex®, Empathaplex®, e-Poise®, Ostaplex®, Cellular Vitality, Catalyn®, Catalyn® GF

### Vitamin B3
- Cataplex® B, Cataplex® B-GF, Neuroplex®, Myo-Plus®, Neuroplex®, Drenamin®, Cholaplex®, Iplex®, Empathaplex®, e-Poise®, Ostaplex®, Cellular Vitality, Catalyn®, Catalyn® GF

### Vitamin B6
- B6-Niacinamide, Niacinamide B6®, Min-Chex®, Orchex®, Circuplex®, Cholaplex®, Neuroplex®, Betacol®, Cataplex® F Softgels, Linum B6®, Albaplex®, Immuplex®, Cataplex® F Tablets, Livaplex®, Senaplex®, e-Poise®, Cataplex® B, Cataplex® B-GF, Cataplex® B, Cataplex® B-GF

### Vitamin B12
- Cataplex® B12, Folic Acid B12, Trace Minerals-B12™, Manganese B12™, For-Til B12®, Ligaplex®, I, Ferrofood®, Immuplex®, Ligaplex® II, Senaplex®, e-Poise®, Cellular Vitality

### Vitamin C

### Vitamin D
- Cataplex® D, e-Poise®, Catalyn®, Catalyn® GF, Cyro-Yeast®, Senaplex®, Empathaplex®, Tuna Omega-3 Chewable, Cod Liver Oil

### Vitamin E
- Wheat Germ Oil Fortified™, E-Manganese™, Tuna Omega-3 Chewable, Immuplex®, Cataplex® E, Cataplex® E2

### Vitamin K
- Naturally-occurring Cruciferous Complete™, SP Detox Balance™, SP Detox Balance™ Chai

### Wheat Germ Oil
- Wheat Germ Oil, Wheat Germ Oil Fortified™

### Whey Protein Concentrate
- SP Complete®, Whey Pro Complete, Berry StandardBar®, Cocoa Cherry StandardBar®, Peanut Butter StandardBar®, Cocoa Crisp StandardBar®, Zymex® Wafers

### Whey Protein Isolate
- Whey Pro Complete

### Yakriton
- Allerplex®, Antronex®, Livaplex®

### Zinc
- Zinc Chelate®, Chezyn®, Neuroplex®, Epimune Complex, Livaplex®, Immuplex®, Trace Minerals-B12™, Palmettoplex®, Manganese B12™
Glossary

Acerola—The cherrylike fruit of the Malpighiaceae family.

Acid maltase—An enzyme that breaks down carbohydrates. Breaks off individual glucose molecules from the maltose units. In combination with amylase and glucoamylase, these enzymes complete the breakdown of starch and other carbohydrates.

Acidophilus—See Lactobacillus acidophilus.

Alfalfa (Medicago sativa)—A perennial flowering legume.

Alginic acid—An organic acid from various algae species.

Alpha-galactosidase—An enzyme that breaks down carbohydrates. Breaks down the 1,6 linkages in difficult-to-digest sugars (melibiose, raffinose, and stachyose), which are found in vegetables and legumes.

American ginseng root—A relative of Korean ginseng with health-supportive properties.

Ammonium chloride—A colorless crystal salt used as a systemic acidifier.

Amylase—An enzyme that accelerates the hydrolysis of starch and glycogen.

Anise powder—An herb from the carrot family with aromatic seeds.

Antioxidants—Substances found in food, especially fruits and vegetables.

Arabic gum—A natural gum from the acacia tree; used as a colloidal stabilizer to make tablets.

Arrowroot flour—A tuberous root that yields a nutritive starch.

Barley—Barley grass used in our formulas consists of the green leaves of the barley plant as opposed to the grain.

Beet root—The underground portion of a beet plant.

Beet leaves—The above-ground portion of a beet plant, also known as Swiss chard.

Beta carotene—The yellow pigment found in many yellow and orange fruits, such as carrots.

Betaine—A sweet, crystalline, quaternary ammonium salt found in beet juice. Can be used as a lipotropic factor or a gastric acidifier.

Bifidobacterium lactis (BB-12)—A research-supported, probiotic strain of Bifidobacterium that supports gut health; evaluated for its ability to compete with other bacteria to support the natural balance of the gut. Bifidobacteria are found normally in the colon, acidify their environment, use a range of carbohydrates for energy, don't produce gas, and can make a variety of water-soluble vitamins.

Bifidobacterium longum—Lactic acid-producing bacteria that support digestion and enhance nutrient absorption. Bifidobacteria are found normally in the colon, acidify their environment, use a range of carbohydrates for energy, don’t produce gas, and can make a variety of water-soluble vitamins.

Biotin—A member of the B-vitamin family that helps support energy and amino acid metabolism. Nutritional yeast, liver, kidney, whole grains, nuts, and eggs are good sources of biotin.

Bovine—Cow.

Bovine bile salts—A purified source of bovine bile salts in a powdered form.

Broccoli—A member of the cabbage family, broccoli is a cruciferous vegetable.

Bromelain—Protein-digesting and milk-clotting enzyme generally found in pineapple juice and stem tissue.

Brussels sprout—A Brassica related to broccoli and cabbage.
**Buckwheat**—A member of the Polygonaceae family, buckwheat is related to sorrel, knotweed, and rhubarb.

**Calamari** *(squid)*—A short-lived marine animal that is consumed as food across the globe.

**Calcium acid phosphate**—Used as a mineral supplement in food and feeds.

**Calcium glycerophosphate**—A white crystalline powder that is soluble in cold water.

**Calcium lactate**—A source of calcium. (Not derived from a dairy product or source.)

**Calcium stearate**—A plant-based stearic acid used for lubrication in the manufacture of products.

**Camu camu**—A low-growing shrub that produces round, light orange-colored berries.

**Carbamide powder**—A food-grade urea.

**Celery**—A member of the Apiaceae or Umbelliferae family it comes in a variety of colors, from white to gold, rich red, and deep green.

**Cellulose**—A substance that makes up the cell walls of plants.

**Chia seeds**—Come from the *Salvia hispanica* plant, a member of the mint family. They are a source of omega-3 fatty acids, fiber, and protein and supply iron, calcium, magnesium, and zinc.

**Chlorophyll extract**—A fat-soluble extract from plant material that acts to support tissue health, maintenance, and regeneration. Chlorophyll is regarded as a natural gastrointestinal (GI) tract deodorant and cleanser.

**Choline bitartrate**—A vitamin of the B complex essential to liver function.

**Chromium yeast**—An excellent source of chromium.

**Cocarboxylase**—A crystalline diphosphoric acid ester of thiamin (vitamin B1). Thiamin is essential for the normal metabolism of carbohydrates and fats.

**Coenzyme Q10**—A fat-soluble component that is involved in energy production in the body. CoQ10 also supplies antioxidant activity to bind free radicals. CoQ10 is found in all tissues but is especially high in tissues with high metabolic requirements (e.g., heart, kidney, liver).

**Collinsonia root**—A member of the mint family, also known as a stoneroot or richweed.

**Colostrum**—The first milk produced by the mammary glands after birth. Bovine colostrum, derived from cows, is rich in peptides, growth factors, and other bioactive substances.

**Cordyceps sinensis**—A mushroom with extensive bioactive compounds used in traditional Chinese medicine.

**Corn**—Corn is known scientifically as *Zea mays*. Corn is used for cornmeal, which is made by grinding corn kernels into a coarse powder.

**Cyanocobalamin**—Also known as vitamin B12, a cobalt-containing compound.

**Cystosol** extract—“Cystosol™” is the trademark used by Standard Process Inc. as a brand name for extracts derived from the cytoplasm of the cell. They contain “materials” such as enzymes, hormone precursors, and synergistic cofactors produced by the cell. These materials serve as the building blocks for cellular metabolic end products that are utilized by the cell itself or transported outside the cell.

**Defatted wheat germ**—Wheat germ is noted for its dense nutritional content of the vitamin B complex and many important trace minerals essential for the full physiological activity of the associated vitamin complexes.

**Dextrin**—Any one of or a mixture of products formed during the hydrolysis of starch.

**Dicalcium phosphate**—A calcium compound used in calcium therapy.

**Dried yeast fermentate** *(EpiCor®)*—A dried product derived from fermented *Saccharomyces cerevisiae* (baker’s or brewer’s yeast), which produces beneficial metabolites containing vitamins, minerals, amino acids, and antioxidants.

**Echinacea root** *(coneflower)*—A perennial member of the daisy family.

**Essential fatty acid (EFA)**—Also known historically as the vitamin F complex, it is a nutritional compound that the body does not make on its own but needs in order to maintain good health. EFAs can only be obtained through the foods we eat—such as fish or flaxseed. Two types of EFAs are omega-3s and omega-6s.

**Fenugreek**—Dried seed from the Fabaceae, or Leguminosae, family. Plant used in Asian cultures to support health.

**Ferrous lactate**—Iron lactate.

**Fig**—An oblong or pear-shaped fruit.

**Flaxseed oil**—Derived from the seeds of the flax plant.

**Folic acid**—A member of the B-vitamin family.

**Galactooligosaccharide** *(GOS)*—A nondigestible carbohydrate used by select probiotic bacteria as food.

**Ginkgo biloba**—Made from leaves and seeds of the ginkgo tree, *Ginkgo biloba* has a long history of use in traditional Chinese medicine.

**Glucoamylase**—An enzyme that specifically breaks off glucose molecules from starch.

**Gluten**—A group of proteins found in wheat and other grains that can cause allergic reactions in sensitive individuals.

**Glycerin**—A colorless, syrupy liquid from the hydrolysis of oils and fats.

**Inositol**—A component of the B-vitamin complex. Inositol acts as an important catalyst in energy reactions that involve the metabolizing of some fats and carbohydrates.

**Inulin**—A complex carbohydrate and soluble fiber. It is beneficial to the gut microflora and supports calcium and magnesium absorption. Inulin is found naturally in many common plants, especially chicory.

**Invertase**—An enzyme that breaks down carbohydrates, specifically table sugar (sucrose), as well as the sugars found in legumes.

**Iron chelate**—Provides an excellent source of iron. Iron is an important nutrient essential for a wide range of vital biological processes, including the synthesis of hemoglobin, and is also involved in the entire process of respiration, including oxygen and electron transport.
Glossary

**Kale**—A green leafy cruciferous plant that belongs to the *Brassica* genus, which includes cabbage, collards, and Brussels sprouts.

**Kelp**—Brown seaweed of the genus *Laminaria* that is a good source of trace minerals.

**Kidney bean (Phaseolus vulgaris)**—An annual legume.

**L-carnitine**—Carnitine is required for transporting long-chain fatty acids into the cells, which is essential for the conversion of fatty acids into energy for the cells, especially in heart muscle. (See the Primary Ingredient Cross Reference for products listed under Heart PMG™ Extract, Bovine; Liver PMG™ Extract, Bovine, and Liver Powder, Bovine.)

**L-glutamine**—An amino acid used to make other amino acids, glucose, and glutathione. Used for energy by immune and intestinal cells.

**Lactase**—An enzyme that breaks down carbohydrates, specifically milk sugar (lactose).

**Lactic acid yeast**—A beneficial yeast that produces lactic acid as a byproduct of metabolism. (See nutritional yeast.)

**Lacto-ovo**—A vegetarian diet in which dairy products as well as eggs are consumed along with plant-based foods.

**Lactobacillus acidophilus**—A bacteria that produces lactic acid from carbohydrates. Supports the digestion process and enhances nutrient absorption.

**Lactobacillus acidophilus (LA-5™)**—A research-supported probiotic strain of bacteria that supports gut health. Evaluated for its ability to interfere with communication between other types of bacteria, support normal bowel function, and enhance nutrient absorption.

**Lactobacillus paracasei ssp. paracasei (L. casei 431™)**—A probiotic strain of lactic acid-producing bacteria. Research suggests this strain supports the gut during challenges and helps maintain the body’s natural immune system response function.

**Lanolin**—Hydrous wool fat used as an excipient for external use.

**Lipase**—A class of enzymes that break down fats.

**Lutein**—A type of phytochemical with antioxidant activity known as carotenoid (or natural pigment). Lutein is found in dark green leafy vegetables, such as kale.

**Lycopene**—A powerful carotenoid with antioxidant activity, found in foods such as tomatoes.

**Magnesium citrate**—Source of magnesium.

**Magnesium lactate**—Source of magnesium.

**Maitake mushroom (Grifola frondosa)**—A mushroom that grows on wood in North America, Asia, and Europe that has a long history of use in traditional Chinese medicine. Maitake can be used in many forms: as an extract made from the mushroom (MaitakeGold 404) or as a powder made from the mycelium (fungal cells that give rise to the mushroom).
Manganese glycerophosphate—A source of manganese, an essential trace mineral important for skeletal and cartilage formation.

Manganese lactate—A manganese salt derived from lactic acid that is a source of manganese. Manganese acts as a cofactor and catalyst in many enzymatic processes.

Manioc—A perennial shrub plant that has large, fleshy rootstocks.

Micronutrients—Essential nutritional elements required in very small or trace amounts for the body to function properly. Examples include iron, copper, manganese, and zinc.

Milk thistle (Silybum marianum)—An annual or biannual plant of the Asteraceae family.

Mixed tocopherols—The antioxidant component of the vitamin E complex.

Nutritional yeast—Inactive yeast with high protein and B-vitamin content.

Oats—A hardy cereal grain, common oats are known scientifically as Avena sativa.

Okra—A plant from the mallow family that is used for its mucilaginous green pods.

Ovine—Sheep.

Pancreatin—A mixture of enzymes, chiefly amylase, lipase, and protease, obtained from the pancreas. Used to digest food or aid in digestion. The Standard Process ingredient is derived from pork.

Pantothenic acid (B 5 )—A vitamin that is part of coenzyme A and participates in protein-altering actions that affect cell activity, signaling, replication, and gene expression.

Papain—An enzyme derived from the papaya family that has protein-digesting properties.

Pareve/parve—A classification under Jewish dietary law meaning the product has been processed so extensively that it can be considered to have been prepared without meat, milk, or other derivatives.

Parsley—A nutritious green herb that belongs to the Apiaceae, or Umbelliferae, family. Its scientific name is Petroselinum crispum.

Pea vine—An annual leguminous vine.

Pea vine juice—The extracted juice from the pea vine.

Pepsin—Main gastric enzyme specific for proteins. Used as a digestive aid. The Standard Process ingredient is derived from pork.

Peptidase—An enzyme that breaks down protein. Can work throughout a wide pH and operates synergistically with our native enzymes to enhance protein digestion.

Phytonutrient—Biologically active nutrients found in plants that give them their color and taste. Also referred to as phytochemicals, they are known to have health-promoting properties.

Porcine—Pork.

Potassium bicarbonate—A transparent crystalline salt.

Prolamine iodine—Iodine bound to any of a various group of simple proteins found in seeds. Standard Process uses corn protein (zein).

Protease—An enzyme that breaks down protein into amino acids. Acts throughout the digestive system.

Protomorphogen™ extract—In the 1940s, Dr. Royal Lee pioneered a unique method of deriving extracts that contain what he called cell determinants from specific organs and glands for clinical use. He believed that these cell determinants functioned in cell regulation, maintenance, and interaction with tissue antibodies. It is clear both from the description of the extraction process and clinical use that these extracts differ from what is commonly referred to as “glandulars.” Furthermore, because these extracts have a distinct clinical application and effect, they should not be confused with glandulars, nor should they be referred to simply as “protomorphogens.” Rather, “Protomorphogen™” is the trademark used by Standard Process Inc. as a brand name assigned to these uniquely derived extracts. “PMG™” is another trademark used by Standard Process Inc. as another brand name for these extracts.

Pygeum (Pygeum africana)—An evergreen tree found in higher elevations of southern Africa.

Pyridoxine hydrochloride—One form of vitamin B 6.

Red clover flower (Trifolium pretense)—A perennial herb, the flower of the red clover is a source of many nutrients.

Resveratrol—A type of phytochemical with antioxidant activity found in the skin of grapes and red wine.

Rhizopus oryzae—A mold grown on Tillandsia usneoides and beet root as a source of enzymes.

Riboflavin—One form of vitamin B 2.

Riboflavin 5'-phosphate—One form of vitamin B 2.

Ribonucleic acid—Nucleic acid occurring in cell cytoplasm and the nucleolus, first isolated in plants but later found in animal cells.

Saccharomyces cerevisiae—Beneficial yeast that produce lactic acid as a byproduct of metabolism. Helps support a healthy GI system.

Saccharomyces cerevisiae var. boulardii—A yeast isolated from fruit skins. Historically, this microbe was used by indigenous people in Cambodia, Laos, and Vietnam to support normal stool consistency. In the gut, this yeast supports the growth of some bacteria and inhibits others through competition and environmental modification of the gut.

Selenium yeast—A rich source of selenium. Selenium is an essential trace element that has antioxidant activity mediated through its role in the formation and function of selenium-dependent glutathione peroxidases. Also believed to help maintain a healthy heart and joints.

Soybean lecithin—A rich source of lecithin, a precursor to choline. A substance that is crucial for proper central nervous system, liver, cardiovascular, and immune system health. A rich source of phospholipids.

Spanish black radish—An excellent source of sulfur, which protects against free radicals and is also beneficial in the healthy functioning of the GI tract.
Sunflower lecithin—A type of phospholipid found in sunflower seeds.

Sweet potato (Ipomoea batatas)—An orange-fleshed root vegetable that belongs to the Convolvulaceae, or morning glory, family.

Tillandsia usneoides (Spanish moss)—A plant belonging to the pineapple family and grown in the southeastern coastal plains of the United States. Spanish moss is a nonparasitic plant that is supported by another plant and has aerial roots exposed to the humid atmosphere.

Turkey tail mushroom (Coriolus versicolor)—This mushroom grows on wood in the rainy/wet temperate zones of North America, Asia, and Europe. Also known as “cloud mushroom,” turkey tail mushroom has a long history of use in Asian medicine. Turkey tail mushroom can be used in many forms: as an extract made from the mushroom or as a powder made from the mycelium (fungal cells that give rise to the mushroom).

Vitamin P complex—A bioflavonoid also known as rutin. It naturally occurs in buckwheat.

Wheat germ oil—One of the richest sources of the complete vitamin E complex. Vitamin E is beneficial in multiple metabolic processes.

Whey protein—Whey (milk) protein is the protein and amino acid components extracted from whey. Whey is the clear liquid left after the protein of milk has been clotted and most of the fat removed, e.g., after cheese production.

Whole desiccate—The whole, dried glandular tissue. It contains proteins of the entire organ or gland in a concentrated form.

Yakriton—A liver fat extract.

Zinc chelate—Contains zinc that is bound to rice protein to maintain healthy zinc levels.
FAQs
The most commonly asked questions about Standard Process and our products:

Ingredient Concerns

Q  What ingredients are organically grown on the Standard Process Farm?  
   (See Page 22 for more information.)
   A  The crops we grow organically are alfalfa, barley grass, beets, broccoli, Brussels sprouts, 
      buckwheat, celery, kale, kidney beans, oats, parsley, pea vine, red clover, and Spanish 
      black radishes.

Q  Why are honey, arabic gum, cellulose, and calcium stearate added to products?  
   (See Page 17 for more information.)
   A  Honey and arabic gum are used as binders in our tablet manufacturing process. Cellulose is used to 
      give body to the powders. Calcium stearate, derived from vegetable sources, is used as a lubricant to help products release from the tablet and capsule machines. We do not use artificial 
      flavoring or coloring.

Q  Is your calcium stearate derived from hydrogenated oils? Is it safe for consumption?  
   A  The calcium stearate we use is derived from palm oil, which is a saturated fat, like cocoa butter, dairy fats, etc. 
      Calcium stearate is approved by the FDA to be used as a lubricant and is approved for use in food products.

Q  Is the gelatin used to make your capsule and softgel products derived from animal material?  
   A  In many cases, the gelatin used is derived from bovine and/or porcine sources. Cellulose is used to make vegetarian capsules.

Q  Are the gelatin capsules considered pareve/parve?  
   A  Our hard-shell gelatin capsules are not evaluated for any kosher standards at this time.

Q  If a patient is concerned about gelatin consumption, is there any way for that patient to still receive the benefits of products in capsules or softgels?  
   A  Yes. Some patients open the capsules or squeeze the liquid out of the softgels and mix the contents into a food or beverage, such as applesauce, yogurt, or a nutritional shake.
Q Why is sucrose listed on your labels?
A The sucrose found in our products comes from natural sources such as sugar cane. Sucrose, along with starch and arabic gum, is used to coat vitamin A and vitamin D (cholecalciferol), making them into a powdered form that helps prevent oxidation of these vitamins. The amount of sucrose in the actual product is very minimal.

Q Does the nutritional yeast in Standard Process products cause yeast infections?
A Nutritional yeast, S. cerevisiae, is not pathogenic and does not cause candida or other yeast infections.

Allergen and Sensitivity Concerns

Q What allergens might be found in Standard Process products?
A “Our products are processed in a facility that manufactures other products containing soy, milk, eggs, wheat, peanuts, tree nuts, fish, and shellfish.” The preceding statement is printed on every product label to alert extremely sensitive patients. Please read our labels carefully for any possible ingredient allergens before recommending supplements to patients who are sensitive to certain foods. While we take precautions to avoid cross-contamination by thoroughly cleaning and sanitizing equipment and cleaning production suites, it is possible that some allergen residue may be present.

Q Does Standard Process have a list of gluten-free products?
A Yes. Our complete list can be found in the Product Selection Guide on Page 4, and on our website. Products marked with the GF symbol are on our gluten-free list. Patients and health care professionals should know that we follow the Food and Drug Administration (FDA) guidelines, which state that products that contain less than 20 parts per million (ppm) of gluten can be labeled as gluten-free. All of our products that are designated as gluten-free contain less than 20 ppm and are tested every time they are manufactured to be sure that they meet this standard.

Q Which of your products contain soy?
A Some products contain soybean ingredients, such as soy powder, soy nuggets, and soy protein, but they are all clearly indicated on the product labels. We also carry Soybean Lecithin softgels in our product line. For a list of products containing soy protein, please see page 145.

Q Are any of your products made with peanut and/or tree nut ingredients?
A Only Peanut Butter StandardBars continue to be made with peanut butter. Recognizing the severity of peanut allergies, we have removed peanut bran from other products and replaced it with rice bran. Some StandardBar flavors contain almond butter. Zymex II and Multizyme contain almond flour.

Q Which products contain shellfish?
A Nutrimere and Iodomere contain green-lipped mussel. Glucosamine Synergy contains glucosamine sulfate that is derived from crab and shrimp. While not a shellfish, calamari (the source of oil in Calamari Omega-3 Liquid) is in the same family and may trigger a reaction in those who are allergic to shellfish. Please consult the product labels for the complete ingredient listing on each product.

Q How much lactose is found in Zymex Wafers?
A Zymex Wafers contain around 220 mg of lactose per wafer. This is roughly the same amount of lactose found in a teaspoon of reduced-fat milk.
FAQs

Quality Concerns

**Q** What is Standard Process’ seed source? Are the seeds genetically engineered?  
(See Page 15 for more information.)

**A** All of the seeds we use on our farm are untreated and are not genetically engineered. We use certified organic seeds when available.

**Q** Why would a product look different from bottle to bottle?  
(See Page 16 for more information.)

**A** Because of the variability in sources of natural and organic ingredients, color, texture, and odor may vary from batch to batch. However, the basic formula remains constant, and product testing ensures quality.

**Q** If the capsules are not full, is there an adequate amount of product in them?  
(See Page 17 for more information.)

**A** Yes. Capsule machines are continuously monitored to ensure that precise amounts of product are enclosed in gelatin and/or cellulose capsules. Capsules are packaged by weight, not volume. Therefore, the denser the product, the less you will find in the capsule.

**Q** Do you test for contaminants in your marine oils?

**A** Consistent with our commitment to produce and sell only the highest-quality dietary supplements, each batch of marine oil is tested for potential oxidation, mercury, polychlorinated biphenyls (PCBs), and dioxin. The product is also tested for bacteria and to verify our label claims. These tests are carried out by Standard Process and third-party labs. We use this process for testing Tuna Omega-3 Oil, Tuna Omega-3 Chewable, Cod Liver Oil, and Calamari Omega-3 Liquid. Below are the respective limits for each batch:

<table>
<thead>
<tr>
<th>Analyte</th>
<th>Limits</th>
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<tbody>
<tr>
<td>Peroxide Value</td>
<td>&lt;5 meq O₂/kg</td>
</tr>
<tr>
<td>p-Anisidine Value</td>
<td>&lt;20 AnV</td>
</tr>
<tr>
<td>Mercury</td>
<td>&lt;10 parts per million</td>
</tr>
<tr>
<td>PCBs</td>
<td>&lt;10 parts per trillion (TEF)</td>
</tr>
<tr>
<td>PCDD (Dioxin)</td>
<td>&lt; 2 parts per trillion</td>
</tr>
</tbody>
</table>

During manufacturing, our marine oils are processed to retain their natural triglyceride structure. We also take great care in sourcing our marine-oil products. Tuna comes from the abundant skipjack and/or yellowfin tuna populations. Our calamari oil is certified as sustainable by a nonprofit, nongovernmental organization called Friend of the Sea®.
Q Should Standard Process tablets dissolve in water or vinegar?
A All products meet the standard disintegration levels set forth by the United States Pharmacopeia (USP). Water and vinegar are not good models for how the stomach digests foods.

Q How is the manufacturing equipment cleaned between different product runs?
A Between each separate product run, any equipment that comes in contact with ingredients or finished product is washed and sanitized. Swab samples are taken from several areas of each piece of equipment. These samples are exposed to a luminometer, which fluoresces in proportion to the amount of adenosine triphosphate (ATP) in the sample. ATP is found in and around all biological matter and would indicate a possible bacterial presence. If the luminometer measures ATP results beyond an acceptable level, the cleaning process is repeated and additional ATP tests are conducted. After the cleaned equipment passes the ATP testing protocol, the equipment is sanitized. Only then is the equipment ready for use with a new batch of product. If a clean piece of equipment is unused for more than 24 hours, it is resanitized prior to use. Sanitizing solutions are rotated regularly to avoid bacterial resistance. The surrounding production suite, including the floors, walls, and vent covers, is also cleaned.

Product Usage

Q Why is it better to take supplements throughout the day instead of all at once?
A The body processes most compounds based on concentration; so the more there is, the faster your body works to process it. The key is getting the right concentration at the right time. In general, taking smaller amounts throughout the day allows the body to maintain a lower but more consistent amount for a longer period of time, sustaining the molecular mechanisms supported by the consumed compounds.

Q Why is it recommended that some Standard Process supplements be chewed?
A Some Standard Process supplements are designed as chewables for those who cannot swallow capsules or tablets. After chewing, taste-bud receptors tell the brain what is entering the digestive system. Tasting is considered the first stage of digestion, when salivary secretion enzymes are activated.

Q Which Standard Process supplements should not be chewed and why?
A Zypan, Betaine Hydrochloride, and Cal-Amo should never be chewed because the acids may cause potential damage to tooth enamel. Chlorophyll Complex softgels will temporarily stain the teeth and turn the tongue green.
FAQs

Q  What does the ‘Best By’ date mean?
A  For 90 years, Standard Process has been committed to making high quality whole food-based supplements that change lives. Please refer to the “Best By” date on all product boxes and bottles to determine how long a product maintains optimal quality and/or flavor. Standard Process only guarantees product potency through the “Best By” date.

Q  How do I read “Best By” and “Lot Code” information on Product Boxes and Bottles?
A  Standard Process no longer advises healthcare practitioners and patients to use product lot codes to verify when a product was produced. In early 2019, the company implemented a new Enterprise Resource Planning system that randomly generates lot codes for internal production traceability only. Due to varying degrees of potency, quality and/or flavor of product ingredients overtime, the “Best By” date continues to serve as the best reference for customers.

Example:

Best By

08-1-20  85 --*-- 1

Date  Lot Code
(Randomly Generated)

Q  How do I read your product labels?
A  Below is an example of the different parts of our label and what they refer to.

- **Product name**
- **Product number**
- **Number in bottle (size)**
- **Suggested use**—directions for dose or use; may contain precautionary statements like, “Chewing this product is not recommended.”
- **Warning and caution statements**—both from the FDA and Standard Process
- **Serving size**
- **Servings per container**
- **Universal Product Code (UPC)**—current UPCs are listed on our website
- **Nutrient claims for the product**—order mandated by the FDA
- **Shows ingredients in product:**
  - **Proprietary blend**—ingredients that do not specifically contribute to the label claims; listed from “most to least” based on formula
  - **Other ingredients**—ingredients that contribute to the nutrient claims; tableting/capsuling aids; also listed “most to least”
Q  What do I need to consider when recommending a combination of products?

A  Standard Process products are thought to work synergistically and support multiple aspects of health. In some cases, combined products can result in very high levels of certain vitamins or minerals. Where warranted, guidance is provided for individual products on the label and in this catalog via warnings and cautions. Additional information about vitamin and mineral levels is provided through the daily values reported on the label. These values, set by the FDA, indicate how much of the recommended daily consumption of the nutrient is found in a serving. Several excellent resources detailing vitamin/mineral action and current knowledge regarding recommended levels are available online at:

Linus Pauling Institute
http://lpi.oregonstate.edu/infocenter/index.html

Food and Nutrition Information Center
http://fnic.nal.usda.gov/

Office of Dietary Supplements
http://ods.od.nih.gov/Health_Information/Health_Information.aspx

Mayo Clinic
http://mayoclinic.com/health/nutrition-and-healthy-eating/MY00431
Changing lives is our passion and has been since our company’s inception in 1929. This passion is what drove our founder, Dr. Royal Lee, to develop and pioneer the first whole food supplement on the market, the revolutionary Catalyn.

At Standard Process:

We change lives with our whole food philosophy.
We grow ingredients on our organic farm in Wisconsin.
We’re serious about quality.
We make products to support the health of the whole family.
We partner with health care professionals.
We’ve been trusted for generations. Our products have been transforming lives since 1929.
Our Corporate Values
Standard Process demonstrates commitment to the **Whole**: 

| PERSON | By fostering the physical, emotional, intellectual, and spiritual health of customers and employees |
| PRODUCT | By emphasizing the importance of concentrated whole food ingredient sources and herbs in the product line |
| PROCESS | By ensuring the highest quality in every stage of development, from farming through shipping |
| PLANET | By utilizing environmentally safe farming, manufacturing, and business practices |
| POSTERITY | By preserving and strengthening the company for all future generations |
Product Catalog

Quality is our passion
“MediHerb® was born out of my desire for efficacious herbal products. This continues to underpin every aspect of our company from raw material sourcing, manufacturing, quality assurance and research through to our world-class education programs.”

PROFESSOR KERRY BONE
MEDIHERB® CO-FOUNDER AND DIRECTOR OF RESEARCH & DEVELOPMENT
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Products with this logo are part of the **Kerry Bone’s Essentials** range
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† (QA) = Quantified Activity Extract
The MediHerb® Philosophy

“MediHerb® was born out of my desire for efficacious herbal products. This continues to underpin every aspect of our company from raw material sourcing, manufacturing, quality assurance and research through to our world-class education programs.”

Professor Kerry Bone, MediHerb® Co-Founder and Director of Research and Development

At MediHerb® we have redefined quality in herbal supplements and our commitment to exceeding this means we are the first choice for many health care professionals in the United States, Australia, New Zealand, South Africa and the United Kingdom. We have engaged the right mix of passionate people to meet the challenge of addressing quality and understanding the key phytochemicals in each herb and how they work in the body in a complex, interactive way. It is a philosophy that we have always stood by, remains integral to our future focus, and is always supported by our values and commitments.

MediHerb® is extremely proud to partner with Standard Process Inc. as our exclusive United States distributor for the MediHerb® line of quality herbal products. With a mutual commitment to product quality, a strictly monitored manufacturing process and rigorous product testing, Standard Process mirrors our devotion to providing solutions for good health. Like us, Standard Process also recognizes the importance of patient education, and that is why our products are available exclusively through qualified health care professionals. Together we strive to uphold our belief that whole food supplements and herbal products are natural complements for optimal health.*

* 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.
Our values

We proudly come to work every day to provide high-quality solutions that deliver on the needs of our patients and yours. We are continually motivated and energized to help empower people to be healthier in the most natural way. This is emphasized through our knowledge, our relationships and our vision.

Our knowledge
From discovering adulteration in Skullcap raw materials and developing a method to identify the correct species, to undertaking research with herb growers and agronomists for the best growing, harvesting and drying requirements for herbs; we are always investing in our knowledge base to share the latest developments with the industry in our quest for quality. We are a team of practicing natural health care professionals and scientists whose thought leadership has seen us partner with like-minded groups to drive herbal research, innovation, authenticity and safety.

Our relationships
The long-term relationships we have fostered with reputable growers ensure we always obtain optimal quality materials. Since the beginning, we have actively supported herb growers, and provide them with technical support and information on varietal selection, climatic and soil requirements, time of harvest, harvesting techniques, drying parameters, storage requirements, post-drying and feedback on herb quality. In addition, we collaborate closely on groundbreaking research projects to support our quest for quality. Our research partners (current and past) are part of leading Australian and international institutions, including the University of Queensland, Griffith University, Southern Cross University, the University of New England, Swinburne University of Technology, the University of Western Sydney, the University of Wisconsin, Oregon Health and Science University, the University of Pisa and the University of Modena and Reggio Emilia.

Our vision
MediHerb® was established by practitioners for practitioners, and from day one we have been passionate about investing in the future of natural herbal supplements and delivering innovative health care solutions. We will continue to facilitate the mainstream acceptance of the professional natural herbal supplements industry as a significant contributor to health globally. We are excited about the discoveries to come and to continue to advance knowledge and excellence through the latest scientific evidence and centuries of traditional wisdom. Most of all, we look forward to continuing to partner with you, our network of passionate professionals, to give your patients natural health care solutions that work and make a difference in their lives.
Our commitment

MediHerb® was co-founded in 1986 by Professor Kerry Bone; one of the world’s most inspiring herbal practitioners, scientists and academics whose reputation is cemented by his significant contribution to education, research and advocacy for the profession.

Today the genuine passion of our team continually upholds the values and commitment of our founder and drives our benchmark of quality in natural health care. This is supported by our focus to combine the time-honored wisdom of traditional knowledge with sound clinical experience, the rigor of scientific research and power of education to ensure we continue to deliver unparalleled quality in our products.

Every day patients worldwide will experience the MediHerb® way in natural health—our unique manufacturing processes, unrivaled testing regimes, focus on research, and commitment to our practitioners, growers and suppliers; herb sourcing expertise, clinical formulations and of course, the passion of our people.

To quality

Our unique approach to quality is unsurpassed in the world today. It is paramount to everything we do and evident across our entire business. Herbal products in Australia are regulated by the Australian government’s Therapeutic Goods Administration (TGA), a body similar to the U.S. Food and Drug Administration (FDA).

The TGA also applies the same standards to pharmaceutical manufacturing in Australia. There is a vast difference between the U.S. Current Good Manufacturing Practice (CGMP) for dietary supplements, and Australia’s pharmaceutical GMP (which is equivalent to the U.S. FDA drug CGMP). As an exporter to the United States and a manufacturer in Australia, we comply with both.

At MediHerb®, we rigorously source and test all raw materials in our TGA-certified laboratories, and research and develop herb active constituents and clinical applications. Our precisely engineered manufacturing and extraction processes are revolutionary while our unique “Quantified Activity” (QA) system ensures consistent quality extracts with guaranteed minimum levels of active constituents. Only when all quality aspects of raw materials are confirmed does the manufacturing process begin.

Skullcap: championing authenticity in herbs

Our stringent testing regimes are renowned for guarding against substitution of species, adulteration of herbs and poor quality. It is of paramount importance to us that the herbs approved for use in MediHerb® products are of the correct species and plant part, have the legitimate active constituent profile and are free from contamination. Due to our rigorous testing processes, we have found many issues relating to quality over the years.

One of our most notable discoveries was the substitution of Scutellaria lateriflora (Skullcap) with other Scutellaria spp. and Teucrium spp. We also identified that the substitution of Stephania tetrandra by Aristolochia spp. has the potential to cause kidney failure. Amongst many other examples we also found that Crataegus monogyna (Hawthorn), Vitex agnus-castus (Chaste Tree) and Turnera diffusa (Damiana) extracts were adulterated with rutin, and samples of Vaccinium myrtillus (Bilberry) contained a coloring agent used to imitate anthocyanins (the compounds responsible for the ripe blue color of the berries).

Bilberry: changing global safety standards

In 2003, we received samples of Vaccinium myrtillus (Bilberry fruit extracts), which showed differing behaviors. Using the industry standard method (spectrophotometric assay) to determine the anthocyanin (color quality marker) content, we found that two extracts had 25% levels as claimed by the manufacturers, but when we applied our high-performance liquid chromatography (HPLC) testing, one extract was found to contain just 9%.

Further testing identified the addition of an adulterant—amaranth, which is a synthetic dark red dye. The testing also revealed that when deliberate adulteration occurs in an extract, a spectrophotometric assay is inadequate to accurately determine the levels of compounds such as anthocyanins.

One of our proudest achievements is that this work was published and led to a change in global regulatory testing standards for Bilberry.
Our commitment

To safety
Safety is paramount in every aspect of our operations and stringent testing regimes to guard against substitution, adulteration and poor quality. Our quality assurance process tests herbs for species identity, plant part, color, aroma, texture, content of specified actives, microbial levels, amount of extraneous matter, pesticides and herbicides, heavy metals and aflatoxins. Strict standards are predetermined to ensure only quality materials from reputable sources are used and every ingredient goes through thorough assessment.

To efficacy
As practicing health care professionals ourselves, we fully understand the necessity for products that meet a genuine health need. This is reflected by our diligence towards research and ability to select herbs phytochemically as nature intended. Based on the latest credible evidence, our team of naturopaths, scientists and herbal experts carefully collaborate to formulate every product with the highest quality ingredients. We are committed to the development of high quality herbal products with a focus on meeting patient needs, validating the herbal formulas through clinical trials and in vitro research and researching the phytochemistry of herbal plants. By combining phytochemical, biochemical, clinical and traditional herbal knowledge, we can continue to produce high-quality products to meet changing health care needs.

See diagram on page 7

Echinacea: the MediHerb® “Quantified Activity” (QA) Program

Our QA program is unique to MediHerb® and uses the latest research and clinical experience underpinned by batch consistency to define stringent guidelines to produce consistent quality extracts with guaranteed minimum levels of active constituents. To date we have quantified the activity of over 70 herbs through this program—a world first.

Representing the most up-to-date scientific knowledge available, the process of developing QA extracts is complex, however, once constituents are selected and QA levels are set, we focus on ensuring the supply of consistent quality raw materials and the retention of the constituents throughout the manufacturing process. QA extracts are carefully selected whole herbs manufactured using our 1:2 Cold Percolation process to contain the active constituents from the raw herb. Our program links together all possible parameters that can affect product and extract quality, guaranteeing a high quality extract every time.

Our commitment to guarantee supply of authentic Echinacea led to the development of our QA program, as the herb was suffering from global confusion over what constituted authentic Echinacea. This was due to another herb’s uncanny physical root similarity. We adopted sophisticated analyses to compare Echinacea’s chemical fingerprint with a certified reference sample from the correct species. We also investigated methods to quantify the herb’s alkylamides and other important compounds, resulting in our high performance liquid chromatography (HPLC) methodology. Armed with these stringent testing processes, we worked with Echinacea growers to determine appropriate growing conditions and handling parameters, and internally we established protocols to ensure optimum retention and stability of alkylamides during all phases of the production process. This allowed us to establish our standard for acceptance of Echinacea raw material based on alkylamide content.
MediHerb® unique tableting process when using our liquid extracts

1. Liquid extract
   - 1:2 proprietary Cold Percolation
   - Quality control analysis
     - As per quality chart on page 10
     - Pass/Fail/Reject

2. Vacuum concentrator
   - Low temperature
   - Turns liquid extract into concentrate and removes ethanol. This process ensures no damage to the delicate active constituents
   - Quality control analysis
     - As per quality chart on page 10
     - Pass/Fail/Reject

3. Granulation
   - Low temperature
   - Vacuum oven
   - Milled to tiny granules and mixed with hypoallergenic tablet excipients
   - Quality control analysis
     - As per quality chart on page 10
     - Pass/Fail/Reject

4. Tablet punch
   - Presses tablet and either hypromellose coating or enteric coating is applied
   - Quality control analysis
     - As per quality chart on page 10
     - Pass/Fail/Reject

Bottled for sale
Total process takes 1 month
To manufacturing

After testing, all herbs are transferred to our temperature-controlled warehouse to preserve the herbs before undertaking our unique 1:2 Cold Percolation manufacturing process. Extensive scientific testing proves that this is unlike any other herbal extraction method and is the benchmark for producing the highest quality extracts using no heat or concentration. It ensures herbal constituents remain intact with only ethanol or purified water (and occasionally glycerol).

Each liquid variety is processed using specific ethanol percentages for optimum extraction. Our extraction equipment is built from stainless steel, and we use pharmaceutical-grade filtering units. All process water is purified by reverse osmosis, and our experience with developing specific ethanol percentages for each herb helps us maximize quality. Our internal benchmarks for each herb must be met or exceeded for acceptance into manufacturing.

Our unique tablet manufacturing process also uses our 1:2 Cold Percolation liquid extracts to ensure potency equivalent to the original galenical liquid extract. It has also been subject to extensive research and development to ensure that the finished tablet has the same active constituents as the liquid extract, and that the full phytochemical profile has been retained.

See diagram on page 11

To testing

Herbs are naturally complex and not all are grown, harvested, dried or stored in the same way. We use the latest technology, invest in the best equipment, and employ and train the best scientific talent who understand the complexities of phytochemistry in order to undertake highly detailed testing throughout all stages of the sourcing and manufacturing process. This guarantees validation of species and plant parts and quality of active ingredients and phytochemical profiles. Our tests include:

- **High Performance Thin Layer Chromatography (HPTLC)** is a high resolution thin layer chromatography separation technique where liquid extract is precisely spotted onto a high-resolution silica gel plate and exposed to solvent to separate the extract into a series of molecules characteristic to the plant based on sample interactions with the plate and the solvent. HPTLC is the next generation of thin layer chromatography (TLC) as it is quicker and more sensitive. This means that the separation provides more detailed information allowing lower levels of adulteration to be detected. HPTLC may also be able to quantify compounds whereas TLC can only identify presence. HPTLC also features an auto sampler to eliminate any variation from different technicians setting up the sampling manually, which can happen under the TLC process.

- **Gas Chromatography (GC)** is a separation technique performed in the gas phase for volatile components such as essential oils. Samples can be introduced either as a liquid or a gas (headspace injector) using an inert carrier gas into a hot injector block. The volatilized constituents then pass onto a heated capillary column separating the gaseous constituents based predominately on their boiling point and the interaction with the column chemistry. The constituents are moved into a flame and the resultant by-products pass through electrodes to generate a signal (detection can also be done by Mass Spectrometry).
Ultra High Performance Liquid Chromatography (UHPLC) is a separation technique performed in the liquid phase. Liquid samples are injected into a solvent stream under high pressure at an extremely rapid flow rate, which is carried onto a high resolution packed column and separated into individual constituents based on the interaction between the solvent and column chemistry. Constituents are detected and quantified by Photo-Diode Array (PDA), which measures the absorption spectrum of each chemical constituent at an extremely rapid acquisition rate. UHPLC offers a three times higher pressure rate than HPLC and is much faster and more sensitive. Notably, it allows us to gain more detailed information about the breakdown of various peaks and marker compounds for a more accurate identification. In addition, the use of less solvent is a great environmental benefit. UHPLC allows us to establish our own test methods for compounds creating a greater understanding of phytochemistry.

Mass Spectrometry (MS) is an extremely specific and sensitive technique that volatilizes, ionizes and filters molecules in complex mixtures. It can be used to identify molecular weights of molecules or for quantification purposes. They can be connected to most separation techniques to detect the eluting molecules from the column. MS is used routinely with GS and UHPLC testing.

Ultraviolet/Visible Detector (UV-vis) is a quantitative technique that exposes the sample to light and measures how the molecule interacts in the Ultraviolet/Visible region (electron excitation spectra). It can also be useful in elucidating molecular structure and can be attached to a UHPLC as a detection technique (i.e. photo diode array). UV-vis is a sensitive technique used to measure the spectrum of each phytochemical as it passes the detector (diode array) and depending on the herb being tested, is connected to UHPLC.

Fourier Transform Infrared Spectrometry (FTIR) is an identification technique that exposes the sample to light and measures how the molecule interacts in the infrared region (molecule vibrational spectra). This testing is useful in elucidating molecular structural information by identifying samples and quantification. FTIR is the next generation UV-vis. It is more sensitive and more detailed and useful for delivering unknown compounds as it gives detailed information about the functional groups attached to the molecule.

We hold all our suppliers to our benchmark testing standards, and before any herb is purchased, we analyze a batch sample to ensure compliance with our strict quality criteria. The purchased batch is also sampled and subjected to the same battery of tests. Only if the herb passes this second set of tests is the batch accepted into the factory for further processing. Our stringent testing processes reveal any quality issues from substitution of species to adulteration or simply a poor quality plant. All herbs approved for use in our products are the correct species, plant part, active constituent profile and are free from contamination.

Golden Seal: identifying substitution issues

Golden Seal (Hydrastis canadensis) is very expensive and has always been in short supply; thus it is commonly substituted with cheaper herbs that greatly affect quality. These cheaper species do not contain hydrastine, rather they contain only berberine and berberine-related compounds. They do, however, produce an extract of the same color as Golden Seal. Berberine is a potent antibacterial agent, but it is the hydrastine that is believed responsible for the unique trophorestorative effects of Golden Seal upon mucous membranes.

Similarly, the hair roots of Golden Seal, which have lower levels of hydrastine than the rhizome, are sold as the root and rhizome. The presence of hydrastine and the differentiation of adulterants are easily determined by UHPLC, and, therefore, we only purchase cultivated Golden Seal as it is now considered endangered.
MediHerb® quality assured sourcing of herbs

Raw material is sourced from quality herb suppliers worldwide

Pre-shipment sample requested

Samples sent to lab for:
- Identification (HPTLC fingerprint)
- Validation (species, plant part)
- Quality (actives, phytochemical profile)

Chromatography
Method used to separate the phytochemicals in a herbal extract into individual components

Also tested for:
- Macro/microscopic analysis
- Pesticides/heavy metals
- Aflatoxins
- Microbial levels

High Performance Thin Layer Chromatography (HPTLC):
The liquid extract is spotted onto a silica gel plate which is then placed into a trough containing solvent. The solvent then separates the extract into a series of bands (phytochemicals) characteristic to the plant.

Ultra High Performance Liquid Chromatography (UHPLC):
The herbal extract is injected into a liquid stream which is carried onto a column and separated into its various constituents. These are then detected when they exit the column. Normally a Photo-Diode Array (PDA) measures the absorption spectrum of each chemical constituent. However, not all constituents can be seen by PDA and therefore Evaporative Light Scattering Detection (ELSD), Fourier Transform Infrared Spectrometry (FTIR) and Mass Spectrometry (MS) are also used to detect compounds such as saponins.

Gas Chromatography (GC):
This method works only for volatile chemicals. The herbal extract is inserted into a hot injector block and the volatile constituents pass onto the heated column which separates the constituents based on their boiling point. The existing chemicals are then burnt in a flame and the resultant electric signal is detected.

Mass Spectrometry (MS)
Method used to separate the phytochemicals in an herbal extract into individual components

Order arrives
Quarantined samples taken

Order is placed only if the above quality criteria have been met

To Lab: All QA procedures detailed above are repeated on the purchased batch samples

When, and only when, all aspects of quality control of the raw material are confirmed, will the manufacture of MediHerb® products begin. An herb is sent back if it does not comply.
Cool room storage of herbs for quality assurance
Minimizes degradation of actives, control of insects, ideal storage condition for raw materials whose actives can degrade

Raw material milled under cryogenic conditions so no heat can affect the phytochemicals

Proprietary Cold Percolation
A unique slow process over 7–10 days known ONLY to MediHerb®, developed by Kerry Bone, to extract the full spectrum of compounds of the herb without causing damage or degradation

Liquid extracts
The majority of our liquid extracts are made as 1:2 liquid extracts as this is the most effective method to extract the full phytochemical profile in a convenient dosage unit. However we also make liquid extracts with other ratios depending on the optimum extraction of the individual herb

Samples sent to the QA Laboratory where they are analyzed for phytochemical profile, level of actives, consistency, verification of original herb with no deterioration or degradation. This is the third round of testing performed. When the extract meets all criteria

Bottled for sale
Our commitment

Echinacea: the landmark research project

The most well-known herbal support for the immune system is Echinacea, yet it is both misunderstood and underestimated. There are many Echinacea products available, which differ according to plant species, plant part (root, leaves, seeds or a combination), quality markers and dosage. In 2003, MediHerb® began an extensive research project designed to identify the bioavailable components of Echinacea Premium and how they exert an effect on the immune system. MediHerb® research results made a substantial contribution to a new understanding of lipophilic extracts of Echinacea, which conclude that alkylamides must be used as the markers of quality and activity, the root of Echinacea is the preferred plant part given its high levels of alkylamides and the preferred species of Echinacea are *E. angustifolia* and *E. purpurea* since they contain high levels of alkylamides. In addition, our research has proven that Echinacea must be extracted using an alcohol percentage sufficiently high to efficiently extract the alkylamides.*

To research

We are a global leader in herbal scientific knowledge and often partner on research projects to advance quality and efficacy with reputable establishments. Our outstanding team of scientists and health care professionals drive our research, development and quality control practices. We also collaborate with health care professionals for real-time patient feedback. Significant innovations include our revolutionary process of manufacturing herbal tablets from liquid extracts and 1:2 Cold Percolation manufacturing process. Our Research and Development team combine experience in food and herbal products, university research, drug analysis in hospitals, pharmaceuticals, quality assurance, technical writing, clinical nutrition and work in situ with our own herbalists and naturopaths, along with a board of leading American, Australian and other international herbalists. This ensures we can combine the best of science, traditional knowledge and current clinical knowledge to produce high quality herbal and nutritional solutions.

To innovation

Innovation is the lifeblood of our business and supports our culture of excellence. We undertake a rigorous new product development process to ensure that appropriate steps are undertaken when investigating the introduction of a new product. This allows us to develop a shortlist of key herbs that are then subjected to closer analysis. This involves detailed examination of the clinical outcomes, phytochemistry and biological activity, analytical methodology, continuity of supply, economic sustainability, synergy of the final formula, cost to the patient and practicality of final dose formulation. Once the prototype formulation is agreed upon, we may then undertake a human feedback trial to prove the quality of the product and regularly supply product to support other industry research projects.

Saligesic and Cramplex: working together on clinical feedback trials

Our clinical feedback trials involve our network of health care professionals in the development and validation of new products prior to launch. By working together, we are able to gather valid clinical data in a timely and cost-effective manner. Feedback trials completed for Saligesic (a highly potent Willow Bark product for exercise-related lower back pain) and Cramplex (a formulated product for the relief of mild discomfort associated with menstruation) prior to their launch helped us clearly demonstrate their efficacy.*

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* [Graphs and tables depicting feedback trial results for Saligesic and Cramplex.]
Our commitment

To professional supplements
We are committed to actively support natural health care professionals and passionately advocate for quality to benchmark natural supplements to the highest of standards. In particular, our founder, Kerry Bone, was integral in establishing professional standards of the industry, including leading MediHerb® discovery of the adulteration of a commonly available Bilberry extract—the catalyst for a global change in testing regulations. We invest significantly in our profession by funding clinical trials. Our reputation for scientific knowledge means we often collaborate on projects investigating herbal applications, so we apply stringent criteria to assess viability. The trial must fit with our philosophy of superior quality, innovative, and holistic herbal solutions, and must be conducted at a reputable research establishment. We do not fund or involve ourselves with research that utilizes animals as human models. As practicing clinicians, we also regularly conduct professional seminars for health care professionals and are dedicated to being a key source of knowledge for the natural health care profession. Through our website, mediherb.com we also provide extensive clinic and reference tools, library resources and webinars.

To ingredients
We handle and process raw materials with the utmost of care. As the largest purchaser and processing plant of herbs in Australia, we assist growers with support on varietal selection, climatic and soil requirements, time of harvest, harvesting techniques, drying parameters and storage requirements. Where possible, we source organically grown and wild-crafted herbs, including internationally where conditions and handling requirements are the optimum. For example, Cat’s Claw from Peru. We work with growers to help cultivate endangered species and our unique system of identifying and classifying any threat allows us to immediately find alternatives or reduce that threat. Our commitment to efficacy has also uncovered examples of substitution including Echinacea, commercial Wild Yam, Cat’s Claw and Golden Seal. If any herb does not meet our standards, we go out of stock rather than supply an inferior product, so you can always be confident in consistent results with patients from batch to batch.

Wild Yam: identifying quality issues
There are around 600 species of Yam, many of them wild species that flourish in damp woodlands and thickets. *Dioscorea villosa* (also known as Colic Root or Wild Yam) is a twining, tuberous vine native to eastern North America. The roots initially taste starchy, but soon after are bitter and acrid—nothing like the taste of Yam or Sweet Potato. Commercial Wild Yam extracts available for use as raw materials are often from *Dioscorea opposita* (Chinese Yam Root), which has a different phytochemical profile. It is widely misconstrued that *Dioscorea villosa* contains diosgenin and many products have this as a statement on their labels. However it does not contain diosgenin, but rather the diosgenin precursors. Unfortunately, the phytochemical profile of Wild Yam is poorly defined and based on outdated scientific literature, so we undertook a project in conjunction with Associate Professor James De Voss from the University of Queensland Australia to investigate its phytochemistry.

Commercially available *Dioscorea villosa* is in the form of dried roots, usually harvested at the end of summer or fall when the plant is dying back to its rootstock. It was found that these roots contained only very small amounts of dioscin, not the predominance as previously thought. The major saponin found in the fall-harvested roots were in fact the furostanol-based saponins, methylparvifloside, and methylprotodeltonin, while the spirostanol-based saponins, Zingiberensis saponin I and deltonin, were the major saponins for samples harvested in summer. The storage saponins from the fall differ from the summer saponins by the presence of an extra glucose molecule. The two main compounds found in commercial material—harvested in the fall—are significantly different as they contain extra glucose residues.
Our commitment

To sustainability

In addition to working with domestic growers, we also source herbs from abroad and recognize the importance of supporting indigenous communities in quality and sustainability standards. As these communities depend on the income of the herb crops for their well-being, it is particularly important that they understand quality issues and are educated as to how to best grow or sustainably harvest the herb. Working together, we can ensure that they will sell their crops and provide income for their community. In addition, we have a documented process to avoid using herbal plants that are on the brink of becoming classified as endangered species. We have developed a system of identifying and classifying the “threat” to particular herbs. “Threatened” is not an official classification; rather it is determined by us based on information received from independent, reliable sources such as CITES (Convention on International Trade in Endangered Species of Wild Fauna and Flora), TRAFFIC (Wildlife Trade Monitoring Network) and United Plant Savers. When a wild-crafted herb is classified as “threatened” by us, steps are taken immediately to find alternatives to overcome or reduce the threat.

Guidelines: MediHerb® commitment to endangered species

1. Where the threatened status of an herb is specific to a region or country, we do not acquire the herb from that region or country.
2. We use cultivated herb sources of threatened herbs.
3. Where no cultivated source is available, we seek to establish cultivation in conjunction with herb growers.
4. If 2 and 3 are not options, we then investigate the wild crafting techniques and protocols to ensure they are conducted sustainably and ethically.
5. In certain cases, substitution of the threatened herb with a clinically similar interchangeable species will be possible. This option requires technical and Research and Development involvement.
6. We actively promote the use of alternate herbs in place of endangered herbs by educating health care professionals.
7. Where a threatened or endangered herb is part of a tablet or liquid formulation, we will reformulate the product to include a different herb.
8. When an herb is listed in the CITES Appendix II and a cultivated source is not available, we cease to use that herb and delete the product from the range, for example Pygeum.
“Our mission always remains to provide high-quality herbal solutions to health care professionals”
Our people

Our passionate team includes practicing natural health care professionals and scientists. We have a proud history of seeking out people with the right expertise to further our mission of providing you with the best possible products that deliver on the needs of you and your patients.

Meet our leaders

Kerry Bone
BSc (Hons), Dip Phyto FNIMH, FNHAA, AHG, MCPP, FANTA

Kerry is recognized internationally as a pre-eminent herbal practitioner, scientist and academic with a reputation cemented by his significant contribution to excellence in education, research and advocacy. Kerry’s passionate commitment to product development, research, writing, education and clinical practice positions him as a pioneer in the international herbal industry. He is the founder of MediHerb®, author of six books, contributor to over 100 articles on herbal knowledge to peer-reviewed journals around the world and has remained dedicated to his practice for over 30 years.

Hans Wohlmuth
PhD (Pharmacognosy), BSc (Biology)

Hans is MediHerb® Research and Development Manager. During his 16 years at Southern Cross University, Hans taught Pharmacognosy and Complementary Medicine. He also established the Medicinal Plant Herbarium and co-founded the Herbal Authentication Service. Hans is an active researcher and has published more than 50 scientific articles on herbal plants, natural products and complementary medicine. He is a member of the TGA Advisory Committee on Complementary Medicines and serves on the Advisory Board of the American Botanical Council. He also has editorial roles with several journals including the “Australian Journal of Herbal Medicine” and “Advances in Integrative Medicine”.

David Leach
BSc (Hon), PhD, MRACI, CChem

David is MediHerb® Senior Research and Development Chemist, an Adjunct Professor at the University of Western Sydney and one of Australia’s most respected phytochemists. David has more than 30 years of experience in the field of herbal plant and natural product chemistry. His far-ranging expertise includes herbal supplements, native Australian plants and natural, plant-derived insecticides. David has also co-authored more than 100 scientific publications in international peer-reviewed journals and is an inventor of three patents on phytochemicals. He has given numerous presentations at conferences around the world and is a member of the Australian Standards Association’s Essential Oil Committee.

Michelle Morgan
BSc (Chemistry), DHM

Michelle is a qualified herbalist and has worked in the scientific field as a laboratory technician for many years including more than three as a Quality Assurance Chemist. Since 1995, Michelle has worked at MediHerb® as a Technical Writer responsible for information gathering and organizing technical publications. Michelle assisted in the research and writing of several herbal textbooks including the award-winning “The Essential Guide to Herbal Safety” published by Elsevier in 2005.
Our people

**Amanda Williams**
BBus, Adv Dip Nat, Dip Bot Med

Amanda is an experienced naturopath with more than 18 years clinical experience. Since 2000, Amanda has worked with MediHerb® in international business development and was instrumental in the U.S. partnership with Standard Process. A popular speaker who can convey the technical complexity of herbalism in an easy to understand and clinically relevant manner, Amanda has traveled across the U.S. delivering seminars to health care professionals and in Australia to the general public.

**Berris Burgoyne**
BHSc, ND, Dip Herb

Berris is a renowned naturopathic clinician with more than 26 years of clinical experience. She owns and runs a highly successful naturopathic clinic in Brisbane, Australia and is a senior member of the MediHerb® team as a technical writer and educator. Berris was one of Kerry Bone’s first herbal students and regularly lectures alongside him in Australia and New Zealand. She has also lectured extensively in the U.S., Canada, the UK and South Africa.

**Joanne Boyd**
Adv Dip HSc (Nat), Adv Dip HSc (HerbMed), Dip (Nut)

Joanne is an Australian-trained naturopath who has worked in various areas of the Complementary Medicine industry for more than 18 years. She has lectured at several colleges in Australia teaching herbalism, nutrition, and naturopathic clinical skills. Joanne has been a part of the MediHerb® team for more than 14 years and provided education and support for sales representatives and clinicians in Australia, the U.S., Canada and the UK.

**Angela Hywood**
BHSc(Naturopathy), DipBotMed, DipHom, DipCN, DipNFM, MANTA, MNHAA

Angela Hywood is an experienced naturopathic clinician with over 20 years of clinical experience, specializing in integrative endocrinology, fertility, and pregnancy care. Prior to Angela’s career in naturopathy, she studied at the School of Pharmacy, Curtin University of Technology in Perth, Western Australia and has a strong interest in herbal safety, particularly herb-drug interactions and pharmacology. Angela is a well-known speaker at complementary and integrative medicine conferences both in Australia and internationally; and has published articles in complementary medicine journals in Australia and the U.S. Angela’s clinical passion in the art and science of herbal medicine, clinical nutrition, homoeopathy, whole food nutrition and lifestyle medicines are tailored into dynamic clinical programs for her patients.
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Cardiovascular System

**Heart Health**
- Coleus Forte: Support Cardiovascular Health
- Garlic Forte: Support Healthy Normal Cholesterol
- Ginkgo Forte: Microcirculation Support
- Hawthorn: Normal Heart Function Support
- HerbaVital: Aging Support
- Vitanox®: Antioxidant Activity Support

**Circulation**
- Bilberry 6000mg: Healthy Eye Support
- Garlic Forte: Support Healthy Normal Cholesterol
- Ginkgo Forte: Microcirculation Support
- Gotu Kola Complex: Tissue & Capillary Integrity
- HerbaVital: Aging Support
- Vascular Care Complex: Venous Support
- Vitanox®: Antioxidant Activity Support *

Digestive System

**Upper GIT**
- Black Cumin Seed Forte: Multi-Action Liver & Fat Metabolism Support
- ChelaCo: Antioxidant Liver Support
- Coleus Forte: Promote Healthy Digestion
- Digest Forte: Core Digestive Support
- Gymnema: Anti-Sweetness Activity
- HiPep: Healthy Stomach Acid
- LivCo®: Liver-Cleansing Support
- Livton Complex: Digestive System & Liver Support
- Metabol Complex: Metabolic Support
- Milk Thistle Forte: Core Liver Support
- Rhodiola & Schisandra: Nervous System Support During Stress

**Lower GIT**
- Artemisinin Complex: Depurative Support
- Berberine Active: Bowel Regularity Support
- Burdock Complex: Healthy Elimination Support
- Colax: Intestinal Motility Support
- Garlic Forte: Immune System Support
- Golden Seal 500mg: GIT Immune System Support
- Gotu Kola Complex: Tissue & Capillary Integrity
- Gut Flora Complex: Healthy GIT Function Support
- Myrrh Forte: Healthy Intestinal Environment
- Turmeric Forte: Healthy Digestion Support
- Vitanox®: Antioxidant Activity Support
- Wormwood Complex: Healthy Intestinal Environment *

Endocrine

**Adrenal**
- Adrenal Complex: Stress Response Support
- Ashwagandha Complex: Calming Stress Support
- Bacopa Complex: Brain Tonic
- Eleuthero: Adaptive Adrenal Support
- Rhodiola & Ginseng Complex: Enhance Vitality & Stamina
- Rhodiola & Schisandra: Nervous System Support During Stress

**Pancreas**
- Bilberry 6000mg: Healthy Eye Support
- Black Cumin Seed Forte: Multi-Action Liver & Fat Metabolism Support
- Ginkgo Forte: Microcirculation Support
- Gotu Kola Complex: Healthy Skin, Capillary & Circulation Support
- Metabol Complex: Normal Pancreatic Function Support
- Milk Thistle Forte: Core Liver Support

**Thyroid**
- Adrenal Complex: Endocrine Balance Support
- Thyroid Complex: Thyroid Support *

*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.
**Female Health**

**Menstruation/PMS**
- **Chaste Tree**: Natural Hormone Balance
- **Cramplex**: Antispasmodic Support
- **Evening Primrose Oil**: Healthy Prostaglandins
- **FemCo**: Female Vitality
- **LivCo®**: Liver-Cleansing Support
- **Nevaton® Forte**: Core Nervous System Support

**Child-Bearing Years**
- **Adrenal Complex**: Stress Response Support
- **Chaste Tree**: Natural Hormone Balance
- **Evening Primrose Oil**: Healthy Prostaglandins
- **FemCo**: Female Vitality
- **LivCo®**: Liver-Cleansing Support
- **Thyroid Complex**: Thyroid Support
- **Tribulus**: Support Healthy Sex Hormones

**Menopause**
- **Adrenal Complex**: Stress Response Support
- **Bone Complex**: Bone Tissue Support
- **Eleuthero**: Adaptive Adrenal Support
- **HerbaVital**: Aging Support
- **Thyroid Complex**: Thyroid Support
- **Tribulus**: Support Healthy Sex Hormones
- **Valerian Complex**: Sleep Support
- **Wild Yam Complex**: Core Menopause Support *

**Male Health**

**<50**
- **Adrenal Complex**: Stress Response Support
- **LivCo®**: Liver-Cleansing Support
- **Rhodiola & Schisandra**: Nervous System Support During Stress

**50+**
- **Adrenal Complex**: Stress Response Support
- **HerbaVital**: Aging Support
- **ProstaCo**: Prostate Support
- **Rhodiola & Ginseng Complex**: Enhance Vitality & Stamina
- **Tribulus**: Support Healthy Sex Hormones *

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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.*
### Nervous System

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrenal Complex</td>
<td>Stress Response Support</td>
</tr>
<tr>
<td>Ashwagandha Complex</td>
<td>Calming Stress Support</td>
</tr>
<tr>
<td>Bacopa Complex</td>
<td>Cognitive Function</td>
</tr>
<tr>
<td>Ginkgo Forte</td>
<td>Mental Clarity</td>
</tr>
<tr>
<td>Kava Forte</td>
<td>Naturally Relaxing</td>
</tr>
<tr>
<td>Nervagasic</td>
<td>Nervous System Discomfort</td>
</tr>
<tr>
<td>Nevaton® Forte</td>
<td>Core Nervous System Support</td>
</tr>
<tr>
<td>Rhodiola &amp; Ginseng Complex</td>
<td>Enhance Vitality &amp; Stamina</td>
</tr>
<tr>
<td>Rhodiola &amp; Schisandra</td>
<td>Nervous System Support During Stress</td>
</tr>
<tr>
<td>St John’s Wort 1.8g</td>
<td>Nervous System Support</td>
</tr>
<tr>
<td>Valerian Complex</td>
<td>Sleep Support *</td>
</tr>
</tbody>
</table>

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### Respiratory

#### Short-Term

- Broncafect®: Cough Reflex Support
- Sinus Forte: Upper Respiratory Support

#### Long-Term

- PulmaCo: Lower Respiratory Support
- ResCo®: Lower Respiratory Support
- Sinus Forte: Upper Respiratory Support *

* 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.

### Skin

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albizia Complex</td>
<td>Seasonal Stress Support</td>
</tr>
<tr>
<td>Andrographis Complex</td>
<td>Short-Term Immune System Support</td>
</tr>
<tr>
<td>Chaste Tree</td>
<td>Natural Hormone Balance</td>
</tr>
<tr>
<td>Coleus Forte</td>
<td>Healthy Skin Support</td>
</tr>
<tr>
<td>DermaCo</td>
<td>Skin Cleansing Support</td>
</tr>
<tr>
<td>Echinacea Premium</td>
<td>Everyday Immune System Support</td>
</tr>
<tr>
<td>Gotu Kola Complex</td>
<td>Healthy Skin, Capillary &amp; Circulation Support</td>
</tr>
<tr>
<td>Gut Flora Complex</td>
<td>Healthy Intestinal Environment</td>
</tr>
<tr>
<td>Rehmannia Complex</td>
<td>General Detoxification Support</td>
</tr>
<tr>
<td>Vitanox®</td>
<td>Antioxidant Activity Support *</td>
</tr>
</tbody>
</table>

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### Musculoskeletal

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone Complex</td>
<td>Bone Tissue Support</td>
</tr>
<tr>
<td>Boswellia Complex</td>
<td>Joint Support</td>
</tr>
<tr>
<td>Cramplex</td>
<td>Antispasmodic Support</td>
</tr>
<tr>
<td>Gotu Kola Complex</td>
<td>Healthy Skin, Capillary and Circulation Support</td>
</tr>
<tr>
<td>Kava Forte</td>
<td>Naturally Relaxing</td>
</tr>
<tr>
<td>Nervagasic</td>
<td>Nervous System Support</td>
</tr>
<tr>
<td>Rehmannia Complex</td>
<td>Mild Exercise-Related Joint Pain Relief</td>
</tr>
<tr>
<td>Salgescis</td>
<td>Musculoskeletal Support</td>
</tr>
<tr>
<td>St John’s Wort 1.8g</td>
<td>Nervous System Support</td>
</tr>
<tr>
<td>Turmeric Forte</td>
<td>Healthy Inflammatory Response</td>
</tr>
<tr>
<td>Vascular Care Complex</td>
<td>Venous Support *</td>
</tr>
</tbody>
</table>

* 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.

### Urinary System

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andrographis Complex</td>
<td>Short-Term Immune System Support</td>
</tr>
<tr>
<td>Burdock Complex</td>
<td>Healthy Elimination Support</td>
</tr>
<tr>
<td>Cramplex</td>
<td>Antispasmodic Support</td>
</tr>
<tr>
<td>Cranberry Complex</td>
<td>Core Urinary Tract Support</td>
</tr>
<tr>
<td>Echinacea Premium</td>
<td>Everyday Immune System Support</td>
</tr>
<tr>
<td>Gut Flora Complex</td>
<td>Healthy Intestinal Environment</td>
</tr>
<tr>
<td>ProstaCo</td>
<td>Prostate Support *</td>
</tr>
</tbody>
</table>

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How to Read a MediHerb® Label

A product label is very often your only guide to the quality, strength and efficacy of a product; therefore it is of crucial importance that you understand how to interpret label supplement fact information correctly so you, the health care professional, can make an informed choice. A MediHerb® product label provides full disclosure of all ingredients in a consistent, clear and concise manner to pharmaceutical GMP standards.

The diagram below summarizes what you should look for on a label and describes the key elements of a tablet label including a brief explanation of the tableting excipients used.

---

**Supplement Facts**

Serving Size: 1 Tablet  
Servings per Container: 90  

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fenugreek seed 100:1 extract 100 mg † from Trigonella foenum-graecum seed 10 g containing 4-Hydroxyisoleucine 20 mg</td>
<td>†</td>
</tr>
<tr>
<td>Black Cumin seed 5:1 extract 100 mg † from Nigella sativa seed 500 mg</td>
<td>†</td>
</tr>
<tr>
<td>Bitter Melon fruit 6:5:1 extract 92.3 mg † from Momordica charantia fruit 600 mg</td>
<td>†</td>
</tr>
<tr>
<td>Cinnamon stem bark 12:1 extract 83.3 mg † from Cinnamomum verum stem bark 1 g</td>
<td>†</td>
</tr>
</tbody>
</table>

†Daily Value (DV) not established.

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

---

1. **Common Name**
   Many herbs have the same or similar common names, therefore it is important to list the botanical name (see point 5) to avoid confusion.

2. **Plant Part**
   Using the correct plant part is crucial since different plant parts can have varying or no efficacy, eg Dandelion Root supports liver function and Dandelion Leaf stimulates healthy urine flow.

3. **Extract Ratio**
   This indicates the strength of the extract. The number on the left represents the amount of herb and the number on the right represents the amount of extract, eg a 4:1 ratio means 4 kilograms of herb are extracted to make 1 kilogram of extract.

4. **Extract**
   Different preparation types are sometimes used, eg Powdered herb, so it is important to understand the type of preparation being used. MediHerb® liquid extracts are used in the manufacture of our tablets. See tablet process on page 7.

5. **Botanical Name**
   The botanical name is essential for determining identity and therefore efficacy.

6. **Quantity of Starting Material**
   This states the quantity of dried herb equivalent used in each tablet.

7. **Quantity of Extract**
   This states the quantity of extract used in the tablet.

8. **Quantified Activity and/or Standardization**
   Represents the quality of an extract as a specific active or marker compound. See Quantified Activity and Standardization on page 6.

9. **Tablet Excipients**
   MediHerb® uses a range of pharmaceutical grade excipients in the manufacture of its tablet range. These excipients are carefully chosen using experience gained from over 10 years of manufacturing herbal tablets and are necessary to aid the manufacturing process, stability, disintegration and to allow ease of swallowing.

For further information on the function of the excipients refer to the Excipient Glossary, page 127.
Our Products

As a health care professional, you have invested a great deal of time and energy into earning your qualifications. At MediHerb® we believe you should protect that investment by using only the highest quality herbal products supported by authoritative technical and clinical information. This document is a detailed reference of all MediHerb® herbal products, indexed by herb (botanical and common names) and set out in an easy to use format.

Please take the time to read the MediHerb® Philosophy so that you may understand the depth of our passion for superior quality, efficacious herbal formulas. MediHerb® has a total commitment to quality, which covers every aspect of our approach from research and development right through to manufacturing. Like so many decisions you will make in your clinical practice, you need to evaluate the increasing number of herbal products and suppliers by certain criteria. It is vital to your success as a health care professional that you consider these criteria closely and carefully.

The MediHerb® Product Catalog is an essential resource for any health care professional seeking to make an informed choice.

Products with this logo are part of the Kerry Bone’s Essentials range.

These are the top 20 herbal tablets that Kerry Bone uses in his clinical practice. For more information on Kerry Bone’s Essentials visit www.mediherb.com or www.standardprocess.com
Adrenal Complex contains Licorice and Rehmannia, a combination that contains many compounds including triterpenoid saponins (especially glycyrrhizin), other saponins, iridoid glycosides and many flavonoids.

The Licorice component of this tablet is standardized to contain 25 mg of glycyrrhizin per tablet to ensure optimal strength and quality.

Together these herbs and the substances within them are used traditionally to:
- restore adrenal function
- support adrenal gland health
- help the body adapt to the challenges of everyday life*

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation.

**Additional Support**
- Consider Rhodiola & Ginseng Complex tablets to promote vitality and stamina.
- Consider Thyroid Complex tablets to support healthy thyroid function and normal energy production.
- Combines well with Echinacea Premium tablets or liquid, Andrographis Complex tablets or Astragalus Complex tablets for immune system support.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Consider Nevaton® Forte tablets to support a healthy nervous system response.
- Combine with Eleuthero tablets to enhance the body’s ability to adapt to temporary stress.
- Combine with Kava Forte tablets to calm the nerves.
- Consider Nervagesic tablets to ease temporary mild nervous system tension.*

**Supplement Facts**

| Serving size: | 1 tablet |
| Servings per container: | 40, 120 |
| Amount per Serving | %DV |
| Calcium | 64 mg | 4% |
| Licorice root 7:1 extract from Glycyrrhiza glabra root 1.75 g | 250 mg | 1 |
| Containing glycyrrhizin 25 mg | |
| Rehmannia rhizome 5:1 extract from Rehmannia glutinosa rhizome 750 mg | 150 mg | 1 |

*Daily Value (DV) not established.

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

**Content**
- 40 Tablets: M1050
- 120 Tablets: M1055

**Suggested Use**
1 tablet 2 - 3 times daily, or as directed.

**Educational Tools**
Product Detail Sheet available online

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*For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.*

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Albizia Complex contains Albizia, Chinese Skullcap and Feverfew.

This combination of herbs contains many compounds including saponins, flavonoids (especially bacalain), and sesquiterpene lactones (particularly parthenolide).

These herbs were used traditionally to help:
- maintain normal respiratory tract and healthy skin
- assist in maintaining healthy breathing passages to support normal breathing
- respond normally to seasonal stresses
- support normal immune system response
- support the body’s organs of elimination*

Caution: Contraindicated in individuals with known hypersensitivity to Feverfew, parthenolide or other members of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ◆

Additional Support
- To support healthy mucous membranes of the nose and sinus combine with Sinus Forte tablets.
- For skin health combine with DermaCo tablets.*

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 of this tablet is standardized to contain 10 mg of andrographolide per tablet to ensure optimal strength and quality.

These herbs were used traditionally to:
- help maintain healthy immune system function
- support healthy respiratory system function
- support and maintain normal body temperature already in a normal range
- support healthy immune system response during seasonal stresses
- encourage adaptive response to everyday stress
- promote healthy liver function*

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

Additional Support
- For immune system support, combine with Echinacea Premium tablets or liquid.
- Combine with Herbal Throat Spray Phytosynergist® to soothe the throat.
- Combine with Gut Flora Complex capsules for additional immune system support and to help maintain healthy intestinal environment.
- Combine with Artemisinin Complex tablets to support normal flushing of naturally occurring toxins from the body.
- Combine with Viranon tablets to promote the body’s normal resistance function.
- Combine with Mynrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.*

Holy Basil (Ocimum tenuiflorum)
Artemisinin Complex

Artemisinin Complex contains Sweet Wormwood and Sarsaparilla, a combination that contains many compounds including sesquiterpene lactones especially artemisinin and steroidal saponins, including sarsasapogenin and smilagenin.

Artemisinin Complex contains herbs used traditionally to:
- support normal flushing of natural toxins from the body
- encourage healthy function of organs of elimination
- cleanse the blood
- encourage healthy bowel function
- support healthy digestion
- support a healthy intestinal environment*

**Caution:** In rare circumstances Artemisia annua may be associated with liver harm. Do not use continuously for more than 7 days. Contraindicated in pregnancy and lactation. Contraindicated in those with known sensitivity to the pollen of Artemisia species. Monitor patients for the following symptoms and discontinue product use if present - nausea, stomach pain, pale stools, dark urine, itching all over, the whites of the eyes have turned yellow or the skin is yellow (jaundice). For other contraindications and cautions consult your health care professional.

**Additional Support**
- Consider Echinacea Premium tablets or liquid, Astragalus Complex tablets or Andrographis Complex tablets for additional immune system support.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.
- Combine with Viranon tablets to promote the body’s normal resistance function.
- Consider Gut Flora Complex capsules to support a healthy immune system response and encourage a healthy intestinal environment.*

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**Ashwagandha Quality Story**

Ashwagandha (*Withania somnifera*) is an Indian (Ayurvedic) herb which contains a group of clinically important steroidal compounds referred to collectively as withanolides.

Ashwagandha contains more than fifty withanolides which vary greatly depending upon the geographic location and plant part. The withanolide profile and content is a key determinant of Ashwagandha quality and efficacy. Liquid Chromatography/Mass Spectrometry (LC/MS) is the method of choice for characterizing such a wide range of similar compounds and unequivocally identifying key major components such as withaferin A and withanolide A. This technique is used routinely in the MediHerb® Quality Control Laboratories to identify and analyze Ashwagandha and other saponin-containing herbs.

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate: &lt; 1 g</td>
<td>&lt;1%*</td>
</tr>
<tr>
<td>Sweet Wormwood herb 3:1 extract from <em>Artemisia annua</em> herb 8.0 g Containing artemisinin 40 mg: 266.7 mg †</td>
<td></td>
</tr>
<tr>
<td>Sarsaparilla root 4:1 extract from <em>Smilax officinalis</em> root 800 mg: 200 mg †</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

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

**Content**

- 90 Tablets M1117

**Suggested Use**

1 tablet 3 – 6 times daily, or as directed.

**Educational Tools**

- L0626: Artemisinin Complex and Myrrh Forte Brochure
- L0333: Supporting Immune System Function & Internal Defenses Handout
- Product Detail Sheet available online

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* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

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Ashwagandha Complex contains the following herbs: Ashwagandha, Licorice, Skullcap and Korean Ginseng.

This combination of herbs contains many compounds including steroidal compounds (including the complex mixture of steroidal saponins called ginsenosides), alkaloids, triterpenoid saponins (especially glycyrrhizin), other saponins and many flavonoids. The Korean Ginseng component of this tablet is standardized to contain 1.68 mg per tablet of ginsenosides (calculated as \( R_b \) to \( R_b \), is NLT 0.4 by HPLC) to ensure optimal strength and quality.

Together these herbs and the substances within them are used traditionally to:
- work as a tonic to maintain or improve general well-being
- help the body adapt to the changes of everyday life
- maintain feelings of general well-being when experiencing temporary stress
- support a healthy immune system
- promote vitality and stamina in people of any age
- support and maintain the body as it ages
- help maintain healthy mood balance*

**Caution:** 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.

### Additional Support
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combines well with St John’s Wort 1.8g tablets as a tonic for the nervous system.
- Combine with Eleuthero tablets to enhance the body’s natural ability to adapt to temporary stress.
- Combine with Tribulus tablets to support normal hormone production in men and women.
- Consider Thyroid Complex tablets to support healthy thyroid function for normal energy and production, and to improve general well-being.*

**Supplement Facts**

| Serving size: | 1 tablet |
| Servings per container: | 40, 120 |
| Amount per Serving | %DV |
| Calcium | 58 mg | 4% |
| Skullcap herb 4:1 extract from Scutellaria lateriflora herb | 117.5 mg | 117.5 mg † |
| Licorice root 7:1 extract from Glycyrrhiza glabra root | 107.15 mg | 107.15 mg † |
| Ashwagandha root 10:1 extract from Withania somnifera root | 95 mg | 95 mg † |
| Korean Ginseng root 5:1 extract from Panax ginseng root | 20 mg | 20 mg † |
| Containing ginsenosides* 1.68 mg | 20 mg † |

† Daily Value (DV) not established.

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

**Content**

- 40 Tablets: M1630
- 120 Tablets: M1635

**Suggested Use**

- 1 tablet 3 times daily, or as directed.

**Educational Tools**

- L0691: Ashwagandha Complex Brochure
- Product Detail Sheet available online

See Ashwagandha Quality Information on page 26
See Korean Ginseng Quality Information on page 65

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* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

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**Astragalus Complex**

Astragalus Complex is an immune tonic blend containing Astragalus, *Echinacea purpurea* root and Eleuthero.

This combination of herbs contains many compounds including triterpenoid saponins, flavonoids, sterols, caffeic acid derivatives (especially cichoric acid), alkaloids, and a diverse group of constituents called eleutherosides. The Eleuthero component of this tablet is standardized to contain 600 mcg of syringaresinol diglucosides (eleutherosides) per tablet to ensure optimal strength and quality.

Together these herbs and the compounds within them traditionally help to:
- support healthy immune system function
- maintain feelings of general well-being
- support upper respiratory tract function
- facilitate the body’s normal response to occasional stress
- promote a healthy response to environmental stress

**Caution:** Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

**Additional Support**
- Combines well with Ashwagandha Complex tablets to support healthy immune system response.
- To support vitality combine with Ganoderma & Shiitake tablets.
- Combine with Eleuthero tablets for support of physical endurance.
- Consider FemCo tablets to support vitality in women.
- Combine with Viranon tablets to promote the body’s normal resistance function.*

**Bacopa Complex**

Bacopa Complex combines the herbs Bacopa, Schisandra, Eleuthero and the 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. This tablet contains 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 syringaresinol diglucosides per tablet.

The herbs contained in this formulation have been traditionally used 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 stress
- support healthy memory and concentration as a brain tonic *

**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

**Additional Support**
- Combines well with Ginkgo Forte tablets to promote alertness and mental clarity.
- Consider St John’s Wort 3.8g tablets to support healthy mood balance.
- Consider Rhodiola & Ginseng Complex tablets and Rhodiola & Schisandra tablets for increased stamina, vitality and endurance.*

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* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount (mg)</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Astragalus root 4:1 extract</td>
<td>212.5 mg</td>
<td></td>
</tr>
<tr>
<td><em>Echinacea purpurea</em> root 850 mg</td>
<td>130 mg</td>
<td></td>
</tr>
<tr>
<td>Eleuthero root 10:1 extract</td>
<td>75 mg</td>
<td></td>
</tr>
</tbody>
</table>

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

**Content**

<table>
<thead>
<tr>
<th>Product No</th>
<th>Tablets</th>
</tr>
</thead>
<tbody>
<tr>
<td>M1123</td>
<td>40</td>
</tr>
<tr>
<td>M1127</td>
<td>120</td>
</tr>
</tbody>
</table>

**Suggested Use**

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

**Educational Tools**

Product Detail Sheet available online

See *Echinacea Quality Information* on page 42

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount (mg)</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Schisandra fruit 6:1 extract</td>
<td>110 mg</td>
<td>8%</td>
</tr>
<tr>
<td><em>Echinacea purpurea</em> root 500 mg</td>
<td>75 mg</td>
<td></td>
</tr>
<tr>
<td>Eleuthero root 10:1 extract</td>
<td>50 mg</td>
<td></td>
</tr>
<tr>
<td>Rosemary (Rosmarinus officinalis)</td>
<td>10 mg</td>
<td></td>
</tr>
</tbody>
</table>

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

**Content**

<table>
<thead>
<tr>
<th>Product No</th>
<th>Tablets</th>
</tr>
</thead>
<tbody>
<tr>
<td>M1130</td>
<td>40</td>
</tr>
</tbody>
</table>

**Suggested Use**

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

**Educational Tools**

Product Detail Sheet available online

See *Schisandra Quality Information* on page 56

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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.
Berberine Active

Berberine Active contains an extract of *Phellodendron amurense* which has been traditionally used to support healthy liver function, immune system health and promote regularity of bowel function.

Berberine Active is standardized to contain 200 mg of berberine, the main active constituent of *Phellodendron* which is an alkaloid of the isoquinoline group to ensure optimal strength and quality.

The compounds in *Phellodendron* are used traditionally in Chinese herbal preparations to:

- promote regularity of bowel function
- support a healthy bowel environment
- support healthy liver function
- act as a general tonic herb
- provide antioxidant activity*

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Additional Support**

- Combine with Metabol Complex tablets to support the metabolism of fats.
- Combine with Gymnema tablets to help reduce sweet cravings and inhibit sweet taste sensation.
- Combine with DéGest Forte tablets for additional digestion and intestinal function support.
- Combine with Black Cumin Seed Forte tablets for gastrointestinal support.
- Consider Gut Flora Complex capsules for additional support of bowel function and healthy bowel environment.
- Consider Milk Thistle Forte tablets for additional liver support.
- Combine with Turmeric Forte tablets to support a healthy inflammation response.
- Consider Livton® Complex tablets to support healthy liver function and aid in the elimination of normal toxin accumulation in the liver.
- Combine with HerbaVital tablets to support healthy circulation and general well-being.
- Consider Coleus Forte tablets to support healthy digestion.
- Combine with Vitanox® tablets for additional antioxidant activity*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>60</td>
</tr>
<tr>
<td>Phellodendron 20:1 extract from <em>Phellodendron amurense</em> stem bark 8.8 g containing berberine 200 mg</td>
<td>440 mg †</td>
</tr>
<tr>
<td>† Daily Value (DV) not established.</td>
<td></td>
</tr>
</tbody>
</table>

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

**Content**

- Product No 60 Tablets M1650

**Suggested Use**

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

**Educational Tools**

- L00044: Berberine Active Brochure
- L00043: New Herbal Support for a Modern Lifestyle Handout
- Product Detail Sheet available online

* 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.
Bilberry 6000mg

Bilberry contains anthocyanins (also called anthocyanosides, which are the blue pigments responsible for the color of ripe Bilberries), flavonoids, oligomeric procyanidins and other phytochemicals.

This product is standardized to contain 21.6 mg of anthocyanosides per tablet to ensure optimal strength and quality.

The phytochemicals in Bilberry work together to:
- promote vascular integrity
- support healthy connective tissue
- help maintain health of capillaries
- maintain healthy eyes
- provide antioxidant activity*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Additional Support
- Combines well with Ginkgo Forte tablets to support healthy circulation to the peripheries.
- Consider Vascular Care Complex tablets for further support of venous integrity.
- Consider Vitanox® tablets for antioxidant activity.
- Consider with Gotu Kola Complex tablets to promote healthy skin, support healthy blood vessels and provide additional antioxidant activity.*

Supplement Facts

| Serving size: | 1 tablet |
| Servings per container: | 60 |

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>46 mg</td>
</tr>
</tbody>
</table>

Bilberry fruit fresh 100:1 extract
from Vaccinium myrtillus fruit fresh 6.0 g
Containing anthocyanosides 21.6 mg

* Daily Value (DV) not established.

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

Content       Product No
60 tablets  M1140

Suggested Use
1 tablet 2 - 4 times daily, or as directed.

Educational Tools
Product Detail Sheet available online

Bilberry Quality Story

In 2003 MediHerb® received samples of Vaccinium myrtillus or bilberry fruit extracts which differed in behavior to that normally received.

The standard method of determining the anthocyanin content at this time was a spectrophotometric assay. Using this method, anthocyanin levels of two extracts were found to be 25% as claimed by the manufacturers. When high-performance liquid chromatography (HPLC) was used, however, one extract was found to contain 9% anthocyanins probably not derived from V. myrtillus but from another species as well as an adulterant chemical. This adulterant was subsequently identified, using HPLC, mass spectroscopy, and nuclear magnetic resonance, as amaranth (3-hydroxy-4-[[(4-sulfo-1-naphthalenyl)azo]-2,7-naphthalenedisulfonic acid trisodium salts) a synthetic dark red dye. It was evident that when deliberate adulteration occurs in an extract, a spectrophotometric assay is inadequate to accurately determine the levels of compounds such as anthocyanins. This has led to a change in the standard method of analysis for bilberry extracts to a more sophisticated method of analysis, (HPLC with photodiode array detection) to counter this form of adulteration. The results of this discovery by the MediHerb® team were published (Journal of Agricultural Chemistry and Food Science 2006; 54: 7378-7382) and led to regulators around the world to review accepted test methods for Bilberry. The British Pharmacopoeia also changed the method of analysis for Bilberry as a result of this discovery.

HPLC profile of Bilberry

HPLC profile of Bilberry

Bilberry (Vaccinium myrtillus)
Black Cumin Seed Forte contains a whole plant extract of Black Cumin seed which is comprised of an array of constituents including, fixed oil, proteins, alkaloids, saponins and essential oil.

The compounds in Black Cumin are used traditionally in Ayurvedic herbal preparations to:
- support healthy digestive function
- support healthy liver function and metabolism of fat
- help relieve occasional mild digestive discomfort, including bloating and flatulence
- provide antioxidant activity
- help maintain general health and well-being*

Caution: Contraindicated in pregnancy. Caution is advised in women wishing to conceive. Professional supervision is suggested for lactation. ◆

Additional Support
- Combine with Metabol Complex tablets to support the metabolism of fats.
- Combine with Gymnema tablets to help reduce sweet cravings and inhibit sweet taste sensation.
- Combine with DiGest Forte tablets for additional digestion and intestinal function support.
- Combine with Berberine Active tablets for gastrointestinal support.
- Combine with Turmeric Active tablets to support a healthy inflammation response.
- Consider Livton® Complex tablets to support healthy liver function and aid in the elimination of normal toxin accumulation in the liver.
- Consider Albizia Complex tablets, Sinus Forte tablets and PulmaCo tablets for respiratory and immune system support.
- Combine with Echinacea Premium tablets for additional immune system support where the respiratory system is challenged.
- Combine with Thyroid Complex tablets for thyroid support.
- Combine with HerbaVital tablets to support healthy circulation and general well-being.
- Consider Coleus Forte tablets to support healthy digestion.
- Combine with Vitanox® tablets for additional antioxidant activity.*

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calcium</td>
<td>63 mg</td>
</tr>
<tr>
<td>Black Cumin seed 5:1 extract from Nigella sativa seed 2 g</td>
<td>400 mg</td>
</tr>
</tbody>
</table>

* Daily Value (DV) not established.

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

Content | Product No
---|---
40 Tablets | M1660

Suggested Use
1 tablet daily with food, or as directed.

Educational Tools
100045: Black Cumin Seed Forte Brochure
100043: New Herbal Support for a Modern Lifestyle Handout
Product Detail Sheet available online*

◆ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
Bone Complex contains Epimedium, Kudzu, Red Clover and Black Cohosh. This combination of herbs contains many compounds especially flavonoids and triterpene glycosides.

Three herbs in this tablet contain standardized levels of key phytochemicals to ensure optimal strength and quality: 20 mg of icarin per tablet (from Epimedium), 28 mg/tablet of isoflavones from Kudzu (daidzein, daidzin, puerarin) and 8 mg/tablet of Red Clover isoflavones.

These and other compounds within Bone Complex can traditionally help mature women (age 40-60) to:
- support healthy bone tissue, in conjunction with weight-bearing exercise and a healthy diet containing food sources of calcium and vitamin D
- support and maintain healthy bone density
- beneficially influence normal bone remodeling

Caution: 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.

Additional Support
- Consider Gotu Kola Complex tablets to support healthy skin.
- Consider Rhodiola & Ginseng Complex tablets to promote vitality and Bacopa Complex tablets to support cognitive function.
- Combine with Wild Yam Complex tablets to provide relief from mild discomfort associated with menopause.

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). This tablet contains 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 are used traditionally to:
- support the normal function of the kidneys
- maintain and support healthy joints
- support healthy circulation
- provide antioxidant activity

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Additional Support
- Consider Turmeric Forte tablets for additional joint support.
- Consider Rehmanna Complex tablets to support the body’s normal toxin removal.
- Combine with Gotu Kola Complex tablets to promote healthy skin and provide antioxidant activity.
- Consider Vitanox tablets for antioxidant activity.
- Combines well with Saligesic tablets to support musculoskeletal system health.
- Combine with Nervagesic tablets to ease temporary mild muscular discomfort following exercise or over-exertion.

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

Content  Product No
40 Tablets  M1145
120 Tablets  M1157

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

Educational Tools
Product Detail Sheet available online

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For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
**Broncafect®**

The combination of herbs and an essential oil found in Broncafect® (Licorice, Pleurisy Root, Echinacea purpurea root, White Horehound, Ginger and Thyme essential oil) contain triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, caffeic acid derivatives (especially cichoric acid), alkylamides, pungent principles (including gingerols), monoterpenes (especially thymol) and other compounds.

These herbs, essential oil and their constituents are used traditionally to:

- support healthy respiratory tract function
- support the body’s natural ability to break up respiratory secretions by supporting normal mucus flow
- support the body’s normal cough reflex
- support healthy immune system function
- help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants
- assist the body in maintaining normal body temperature already in a normal range* 

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Contraindicated in known allergy to plants of the daisy family.

**Additional Support**

- Consider Andrographis Complex tablets for extra immune system support.
- Combine with Herbal Throat Spray Phytotherapeutic blend to soothe mild irritations of the throat, freshen breath and maintain healthy mucosal tissue in the upper gastrointestinal tract.
- Combine with Pulmaco tablets to assist in maintaining healthy breathing passages.
- For extra respiratory support and immune system response combine with hot Peppermint or Ginger tea* 

**Supplement Facts**

| Serving size: | 2 tablets |
| Servings per container: | 20 |
| Amount per Serving | %DV |
| Calcium | 116 mg | 8% |
| Licorice root 7:1 extract | 214.2 mg | † |
| from Glycyrrhiza glabra root 1.5 g | | |
| Pleurisy root 4:1 extract | 187.5 mg | † |
| from Asclepias tuberosa root 750 mg | | |
| Echinacea root 6:1 extract | 125 mg | † |
| from Asclepias tuberosa root 750 mg | | |
| White Horehound herb 4:1 extract | 90 mg | † |
| from Marrubium vulgare herb 360 mg | | |
| Thyme (Thymus vulgaris) essential oil | 20 mg | † |
| Ginger rhizome 30:1 extract | 12 mg | † |
| from Zingiber officinale rhizome 360 mg | | |

† Daily Value (DV) not established.

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

**Content**

| 40 Tablets | Product No M1165 |

**Suggested Use**

2 tablets 2 – 4 times daily, or as directed.

**Educational Tools**

Product Detail Sheet available online

See Echinacea Quality Information on page 42

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**Burdock Complex**

The four herbs combined in Burdock Complex contribute to the general well-being of the body.

These herbs, Burdock, Slippery Elm, Sheep Sorrel and Rhubarb contain many compounds including acetylenic compounds, phenolic acids, mucilage, polysaccharides, anthraquinone glycosides and tannins.

Some of the substances in Burdock Complex have been used traditionally to:

- support normal flushing of toxins from the body
- support the body’s organs of elimination
- support healthy mucous membranes in the digestive system*

**Caution:** Contraindicated in pregnancy and lactation.

**Additional Support**

- Combines well with Astragalus Complex tablets or Echinacea Premium tablets or liquid to enhance immune system function.
- To support the body’s normal resistance function combine with Ganoderma & Shiitake tablets.
- Consider Vitanox® tablets for antioxidant activity.
- To further promote healthy skin and provide antioxidant activity combine with Gotu Kola Complex tablets.*

**Supplement Facts**

| Serving size: | 1 tablet |
| Servings per container: | 60 |
| Amount per Serving | %DV |
| Calcium | 53 mg | 4% |
| Burdock root 5:1 extract | 48.4 mg | † |
| from Arctium lappa root 242 mg | | |
| Slippery Elm (Ulmus rubra) stem bark powder | 32 mg | † |
| Sheep Sorrel aerial parts 5:1 extract | 26 mg | † |
| from Rumex acetosella aerial parts 130 mg | | |
| Rhubarb root 5:1 extract | 1.6 mg | † |
| from Rheum palmatum root 8 mg | | |

† Daily Value (DV) not established.

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

**Content**

| 60 Tablets | Product No M1173 |

**Suggested Use**

1 tablet 3 times daily, or as directed.

**Educational Tools**

Product Detail Sheet available online

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* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
Cat’s Claw Forte

Cat’s Claw contains oxindole alkaloids, particularly the Pentacyclic Oxindole Alkaloids (POAs) and other compounds. This product is standardized to contain 3.8 mg per tablet of POAs to ensure optimal strength and quality.

Cat’s Claw has been traditionally used in Peruvian herbal preparations:
- as a restorative tonic
- to support healthy immune system function
- to maintain and support joint movement
- to support healthy skin
- to provide antioxidant activity*

Caution: Contraindicated in pregnancy and in women wishing to conceive. Not to be used during lactation, unless otherwise directed by a qualified health care professional. Caution in patients taking immune suppressant medication or protease inhibitors.

Additional Support
- Consider Astragalus Complex tablets and Echinacea Premium tablets for additional immune system support.
- Consider Ganoderma & Shiitake tablets and Eleuthero tablets to further support vitality and restore healthy immune system function.
- Consider Viranon tablets to help promote the body’s normal resistance function.*

Supplement Facts

<table>
<thead>
<tr>
<th></th>
<th>1 tablet</th>
<th>Servings per container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>38 mg</td>
<td>2% Daily Value (DV)</td>
</tr>
<tr>
<td>Cat’s Claw bark 12:1 extract from <em>Uncaria tomentosa</em> bark: 2.19 g, containing POAs (Pentacyclic Oxindole Alkaloids) 3.8 mg</td>
<td>183 mg†</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

Content
- 60 tablets

Product No
- M1680

Suggested Use
- 1 tablet 2 - 3 times daily, or as directed.

Educational Tools
- L00109: Cat’s Claw Forte: Restorative Tonic for Immune System Support Handout
- L00115: Cat’s Claw Forte Brochure
- Product Detail Sheet available online

Cat’s Claw Quality Story

As a health care professional, you need to be confident of the integrity of the herbal manufacturer to ensure that the correct chemotype is used.

Two plants may be the same species, but have different chemical profiles. The Asháninka Indians of Peru recognized two different chemotypes of the Cat’s Claw plant: one which was used in traditional Peruvian herbal preparations, while the other was never used.

This difference has been verified phytochemically, and two chemotypes have been identified: the preferred chemotype contains predominantly Pentacyclic Oxindole Alkaloids (POAs) - speciphylline, uncarine, mitraphylline, pteropodine, isomitraphylline and isopteropodine; the other chemotype, which was never used, contains predominantly the Tetracyclic Oxindole Alkaloids (TOAs) rhynchophylline and isorhynchophylline in addition to the POAs. The preference for the POA chemotype Cat’s Claw has been backed by scientific research.

Cat’s Claw (Uncaria tomentosa)
Chaste Tree

Chaste Tree contains flavonoids (especially methoxylated flavones), iridoid glycosides (such as aucubin), diterpenes, sesquiterpenes, an essential oil and other compounds.

Together this herb and the substances within it are used traditionally to:

- support healthy prolactin and progesterone levels in the body
- encourage healthy menstrual cycling
- ease discomfort associated with premenstrual syndrome
- support normal reproductive function in women
- address non-cystic mild acne
- ease temporary feelings of mild nervous tension associated with the menstrual cycle*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Additional Support

- Consider FemCo tablets to further support normal reproductive function in women.
- May be combined with LivCo® or Livton® Complex tablets for healthy liver function.
- Consider Cramplex tablets to provide antispasmodic activity to ease mild occasional spasms of smooth muscle including those associated with the menstrual cycle.*

Chaste Tree Quality Story

Chaste Tree (Vitex agnus-castus) contains three important classes of phytochemicals: iridoid glycosides (such as agnuside and aucubin), flavonoids (such as casticin) and diterpenoids (such as vitexilactone, rotundifuran and vitetrifolin D).

It is believed that the diterpenoids are the more important of these constituents and therefore MediHerb® has developed analytical methods for the determination of these constituents and manufactures extracts containing high levels of these diterpenoids, but not at the expense of other vital components.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40, 120</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calcium</td>
<td>87 mg</td>
</tr>
<tr>
<td>Chaste Tree fruit 6:1 extract from Vitex agnus-castus fruit</td>
<td>83.3 mg*</td>
</tr>
</tbody>
</table>

* Daily Value (DV) not established.

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

Content

- 40 Tablets M1190
- 120 Tablets M1195

Suggested Use

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

Educational Tools

Product Detail Sheet available online

* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
The combination of herbs in ChelaCo contain many compounds including oligomeric procyanidins, flavonoids (such as vitexin-2-rhamnoside), flavanolignans (collectively known as silymarin) and sulfur compounds.

This product is standardized to contain 2.0 mg of vitexin-2-rhamnoside and 80 mg of flavanolignans (calculated as silybin) per tablet to ensure optimal strength and quality.

Together these herbs and the substances within them are used traditionally to:
- support liver as a liver tonic
- support healthy detoxification function
- support a healthy circulatory system
- help support healthy cell functioning
- help support healthy cardiovascular function
- provide antioxidant activity*

Caution: Contraindicated in known allergy to Garlic. Contraindicated in lactation. Not to be used during pregnancy 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. *

Additional Support
- Consider LivCo® or Milk Thistle Forte tablets for additional support for healthy liver function.
- Consider Colax tablets to further support healthy bowel function.
- Consider Rhodiola & Ginseng Complex tablets to promote vitality and stamina.
- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.*

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>60</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>68 mg</td>
<td>6%</td>
</tr>
<tr>
<td>Hawthorn leaf &amp; flower 4:8:1 extract from Crataegus monogyna leaf &amp; flower</td>
<td>67 mg</td>
<td>1%</td>
</tr>
<tr>
<td>Containing vitexin-2-rhamnoside 2.0 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk Thistle seed 70:1 extract from Silybum marianum seed</td>
<td>114.3 mg</td>
<td>1%</td>
</tr>
<tr>
<td>Containing flavanolignans calc. as silybin 80 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Garlic bulb 12:1 extract from Allium sativum fresh bulb</td>
<td>50 mg</td>
<td>1%</td>
</tr>
<tr>
<td>Garlic (Allium sativum) bulb powder</td>
<td>7.5 mg</td>
<td>1%</td>
</tr>
</tbody>
</table>
|                                                       |                    |†  

† Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, hypromellose, maltodextrin, sodium starch glycolate, ethyl cellulose, ammonium hydroxide, fatty acids, oleic acid, sodium carboxymethylcellulose, talc (magnesium silicate), polydextrose, magnesium stearate, silicon dioxide and dl-alpha tocopherol.

Content       Product No
60 Tablets     M1700

Suggested Use
1 tablet 2 - 3 times daily with meals, or as directed. Enteric coated tablets. Do not break or crush.

Educational Tools
Product Detail Sheet available online
See Milk Thistle Quality Information on page 59

* 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.
Colax

The natural ingredients found in Colax help maintain healthy intestinal function.

The combination of Dill Seed, Cascara, Yellow Dock, Dandelion Root and Chamomile provides a range of compounds including several essential oils (containing monoterpenes, sesquiterpenes, and especially β-bisabolol), flavonoids, anthraquinone glycosides, sesquiterpene lactones, phenolic acids and sterols.

The herbs in Colax have been used traditionally to:

- support healthy bowel function
- assist in helping stimulate the bowel in order to support healthy elimination
- cleanse the lower digestive tract
- support healthy bowel regularity and consistency function
- help relieve occasional gas, and associated temporary mild digestive discomfort
- support healthy bile production and flow*

Caution: Contraindicated in blockage of the gallbladder and in known allergy to plants of the daisy family. Use only with professional supervision in the presence of gallstones. This product contains Frangula purshiana (Cascara). Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara may worsen these conditions and be harmful to your health. Consult your health care professional if you have frequent diarrhea or if you are pregnant, nursing, taking medication or have a medical condition. *

Additional Support

- Increase water intake and exercise regularly.
- Consider DiGest Forte tablets to support healthy digestion.
- Consider Gut Flora Complex capsules to cleanse and promote health in the lower gastrointestinal tract and to help maintain healthy intestinal flora.
- Consider Vascular Care Complex tablets to provide support for the surrounding veins in the occurrence of occasional, mild constipation.
- May be combined with Livton® Complex tablets for healthy liver function.*

Chamomile Quality Story

German or true Chamomile (Matricaria recutita) contains a range of essential oil components and high levels of flavonoids.

A wide variation in the levels of these constituents is found between different chemical races or varieties of Chamomile. Some varieties do not contain β-bisabolol which is an important active component. MediHerb® has selected a variety of Chamomile which contains β-bisabolol for use in our products. β-bisabolol is detected by Gas Chromatography (GC). Please be aware Roman Chamomile (Chamaemelum nobile = Anthemis nobilis) can be an adulterant in, or substituted for, true Chamomile and should be avoided due to allergic reactions.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
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</table>
| Cascara stem bark 12:1 extract from Frangula purshiana stem bark 1.12 g | 93.33 mg | 1%
| Dandelion root 4:1 extract from Taraxacum officinale root 375 mg | 93.75 mg | 1%
| Yellow Dock root 4:1 extract from Rumex crispus root 375 mg | 93.75 mg | 1%
| Dill (Anethum graveolens) seed essential oil | 15 mg | 1%
| Chamomile (Matricaria recutita) flower essential oil | 2 mg | 1%

† Daily Value (DV) not established.

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

Content Product No
40 Tablets M1201

Suggested Use
1 tablet 3 – 4 times daily, or as directed.

Educational Tools
Product Detail Sheet available online

* 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.
Coleus Forte is made from the root of *Coleus forskohlii*, which contains the labdane diterpene forskolin as a major constituent. This product is standardized to contain 18.7 mg of forskolin per tablet to ensure optimal strength and quality.

**Coleus Forte may be traditionally used to:**
- support cardiovascular health
- support healthy skin and respiratory tract
- help relieve occasional sleeplessness
- promote healthy digestion

**Caution:** Contraindicated in hypotension. Contraindicated in gastric or duodenal ulcers unless otherwise directed by a qualified health care professional. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician.

**Additional Support**
- Combine with Hawthorn tablets to support healthy functioning of the heart muscle.
- Consider Vascular Care Complex tablets for further support of venous integrity.
- Combine with Thyroid Complex tablets to support healthy thyroid function.
- Consider Garlic Forte tablets to support cardiovascular system health.
- Combine with Gymnema tablets to help reduce sweet cravings and suppress sweet taste sensation.*

**MediHerb® Coleus Forte**
Support cardiovascular health*

**Supplement Facts**

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<th>Serving size:</th>
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<tr>
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<table>
<thead>
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<th>Amount per Serving</th>
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<tr>
<td>Calories</td>
<td>5</td>
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<tr>
<td>Coleus root 30:1 extract from <em>Coleus forskohlii</em> root 5.61 g Containing forskolin 18.7 mg</td>
<td>187 mg †</td>
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</table>

† Daily Value (DV) not established.

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

**Content**
- 60 Tablets
**Product No**
- M1202

**Suggested Use**
- 1 tablet 2 - 3 times daily, or as directed.

**Educational Tools**
- Product Detail Sheet available online

* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
Cramplex contains the following herbs:
Cramp Bark, Corydalis, Ginger, Raspberry Leaf and Wild Yam.

This combination of herbs contains many phytochemicals including alkaloids, terpenoids, pungent principles (including gingerols), flavonoids, gallotannins, ellagitannins and steroidal saponins.

Together these herbs and their constituents have been used traditionally to help:
- provide antispasmodic activity to ease occasional smooth muscle spasms
- relieve the occasional mild discomfort of menstrual cramps
- support healthy bladder and urinary tract smooth muscle
- provide temporary relief of occasional bowel spasm
- support female reproductive system health

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Additional Support**
- Combine with St John’s Wort 1.8g tablets as a tonic for the nervous system and to ease the temporary effects of mild stress.
- Combine with Evening Primrose Oil capsules or Chaste Tree tablets to support female reproductive system health.
- Consider FemCo tablets as additional support for female reproductive health.
- Combine with Nervagasic tablets to promote relaxation of the muscles.
- Combine with ProstaCo capsules to support healthy prostate gland function.
- Diet changes should include increasing essential fatty acids (eg Evening Primrose Oil capsules), reducing saturated fats, eliminating refined foods, sugar, dairy products, methylxanthines (coffee and chocolate) and increasing fresh fruits, vegetables, proteins and whole grains.

**Cramp Bark**
- Cramp Bark contains the following herbs:
  - Cramp Bark stem bark 5:1 extract from *Viburnum opulus* stem bark 800 mg
  - 160 mg

**Corydalis yanhusuo**
- Corydalis yanhusuo tuber 10:1 extract from *Corydalis yanhusuo* tuber 1.2 g
  - 120 mg

**Raspberry Leaf**
- Raspberry leaf 4:1 extract from *Rubus idaeus* leaf 800 mg
  - 200 mg

**Wild Yam Root & Rhizome**
- Wild Yam root & rhizome 5:1 extract from *Dioscorea villosa* root & rhizome 800 mg
  - 160 mg

**Ginger**
- Ginger rhizome 10:1 extract from *Zingiber officinale* rhizome 800 mg
  - 80 mg

**Supplement Facts**

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<td>Calories</td>
<td>6</td>
</tr>
<tr>
<td>Calcium</td>
<td>80 mg 6%</td>
</tr>
</tbody>
</table>
| Corydalis yanhusuo tuber: 10:1 extract from *Corydalis yanhusuo* tuber | 120 mg 1%
| Raspberry leaf: 4:1 extract from *Rubus idaeus* leaf | 200 mg 1%
| Wild Yam root & rhizome: 5:1 extract from *Dioscorea villosa* root & rhizome | 160 mg 1%
| Cramp Bark stem bark: 5:1 extract from *Viburnum opulus* stem bark | 160 mg 1%
| Ginger rhizome: 10:1 extract from *Zingiber officinale* rhizome | 80 mg 1%

† Daily Value (DV) not established.

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

**Content**
- 40 Tablets

**Product No**
- M1205

**Suggested Use**
- 2 tablets 3 – 4 times daily, or as directed.

**Educational Tools**
- Product Detail Sheet available online

**Cramplex Feedback Trial Results**

Prior to the release of Cramplex a feedback trial was conducted to gauge the product’s effectiveness. The graph shown summarizes the results of this trial and clearly demonstrates the efficacy of Cramplex.

* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
Cranberry Complex combines Cranberry, Crataeva, Buchu and Uva Ursi.

Together, these herbs contribute procyanidins, flavonoids, anthocyanins, organic acids, saponins, sterols, an essential oil (consisting mainly of the monoterpen diosphenol), hydroquinone glycosides (particularly arbutin), polyphenols and other compounds.

Cranberry Complex contains herbs used traditionally to:
- encourage healthy urinary tract function
- support healthy bladder function
- promote healthy mucosal surfaces in the urinary tract
- consuming 500 mg each day of cranberry dietary supplement may help reduce the risk of recurrent urinary tract infection (UTI) in healthy women. FDA has concluded that there is limited scientific evidence supporting this claim.*

**Caution:** Contraindicated in kidney disease. Contraindicated in pregnancy and lactation.◆

Additional Support
- May be combined with Echinacea Premium tablets or liquid or Andrographis Complex tablets for extra immune system support.
- Combines well with ProstaCo capsules or Nettle Root 1:2 liquid to support healthy urinary tract function in men.
- Increase water intake.*

DermaCo contains the following herbs: Sarsaparilla, Cleavers, Oregon Grape, Burdock and Yellow Dock.

This combination of herbs contains many compounds including steroidal saponins, sterols, inositol glycosides, phenolic acids, alkaloids (especially berberine and oxycanthine), acetylenic compounds and anthraquinone glycosides.

Together these herbs and the compounds within them are used traditionally to help:
- support normal flushing of toxins from the body
- encourage the healthy function of the organs of elimination
- promote normal healthy skin renewal and integrity
- maintain healthy skin
- cleanse the blood and support lymphatic system function
- promote healthy liver and intestinal function
- encourage healthy bowel function
- support healthy kidney function*

**Caution:** Contraindicated in pregnancy and lactation.◆

Additional Support
- Combine with Gotu Kola Complex tablets to further promote healthy skin.
- Combine with Livton® Complex tablets for healthy liver function.
- Consider Echinacea Premium tablets or liquid for additional immune system support.
- Combine with Albizia Complex tablets to promote the body’s normal resistance function.
- Consider Vitanox® tablets for antioxidant activity.
- Increase water intake.*

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* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

**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.
DiGest Forte contains Gentian, Ginger, Tangerine (Chen Pi) (fruit peel and cold pressed essential oil), Wormwood and Feverfew.

This combination contains many compounds including secoiridoid bitter glycosides (including gentiopicrin and amarogentin), pungent principles (including gingerols), sesquiterpene lactones (including absanthin and parthenolide), flavonoids and monoterpenes.

This formulation and the compounds within it are used traditionally to:

- stimulate gastric juice output and appetite
- support healthy digestion and intestinal function
- promote healthy gastrointestinal tone
- support the body’s natural toxin-elimination function
- increase bile flow as a cholagogue
- promote normal response to environmental stressors

Caution: Contraindicated in known allergy to plants of the daisy family. Contraindicated in gastric or duodenal ulcers unless otherwise directed by a qualified health care professional. Use only with professional supervision in the presence of gallstones. Contraindicated in pregnancy and lactation.

Additional Support:

- Combine with Turmeric Forte tablets to further support healthy digestion.
- May be combined with Gut Flora Complex capsules to encourage healthy intestinal environment.
- Combine with Metabol Complex tablets to support pancreatic and liver function.
- Combines well with Livton Complex or Milk Thistle Forte tablets for healthy liver function.
- Consider Gymnema tablets to help suppress normal cravings for sugar in the diet.
- Combine with Astragalus Complex or Ashwagandha Complex tablets to support vitality.
- Use with Colax tablets to support healthy bowel function.

MediHerb® 
DiGest Forte 
Supports healthy digestion & intestinal function*

Supplement Facts

| Serving size: | 1 tablet |
| Servings per container: | 40 |
| Gentian root 2:1 extract from Gentiana lutea root | 100 mg |
| Tangerine fruit peel 5:1 extract from Citrus reticulata fruit peel | 100 mg |
| Feverfew leaf 3:1 extract from Tanacetum parthenium leaf | 66.7 mg |
| Ginger rhizome 10:1 extract from Zingiber officinale rhizome | 25 mg |
| Wormwood herb 4:1 extract from Artemisia absinthium herb | 25 mg |
| Tangerine (Citrus reticulata) fruit peel essential oil, cold pressed | 12.5 mg |

* Daily Value (DV) not established.

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

Content | Product No
--- | ---
40 Tablets | M1226

Suggested Use
1 tablet 3 times daily, or as directed.

Educational Tools
Product Detail Sheet available online

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

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Echinacea Quality Story

The Important Constituents

Echinacea is the most widely used herb and the most misunderstood. MediHerb® has for many years invested heavily into research on Echinacea to identify quality markers that are important for clinical use. The levels of the phenolic acid esters, e.g., echinacoside, are commonly used by many manufacturers as marker compounds or indicators of Echinacea quality. However, recent trials have highlighted the significance of alkylamides for clinical efficacy, hence it is important that quality products are characterized for these phytochemicals as well. This has led to the incorporation of a specification and analytical test methodology for Echinacea products in the USP26-NF21 draft monographs which focuses on alkylamides tested by HPLC and DAD detection. The alkylamides being tested are the 2,4-diene alkylamides and the 2-ene alkylamides.

This method has been adopted by MediHerb® and the alkylamides are determined as 2,4-diene alkylamides and 2-ene alkylamides. The 2-enes are characteristic of E. angustifolia and are not found in the other species. The 2,4-dienes are found in both E. purpurea and E. angustifolia and these phytochemicals are responsible for the intense tingling sensation in the mouth when tasting good quality Echinacea products. The phenolic acids are determined as the levels of caffeic acid, echinacoside and echinacic acid; echinacoside is typical of E. angustifolia and E. pallida roots and is not found in E. purpurea. Caffeic acid is not found in E. angustifolia root, but is found in the aerial parts of all species and characteristically in the root of E. purpurea.

MediHerb® products are quantified to contain a minimum level of alkylamides by the USP26-NF21 HPLC method, the levels of phenolic acids are measured for information only and are used to confirm product identity and the absence of contamination from other Echinacea species.

The MediHerb® Difference

MediHerb® has developed specialized knowledge in the manufacture and testing of Echinacea products over the past 20 years. This includes a PhD study, extensive analytical method development, establishment of optimal harvesting, drying and storage protocols to maximize retention of actives and a successful clinical trial.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
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</thead>
<tbody>
<tr>
<td>Serving size:</td>
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<tr>
<td>Servings per container:</td>
</tr>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Echinacea root 4:1 extract</td>
</tr>
<tr>
<td>from Echinacea angustifolia root 600 mg</td>
</tr>
<tr>
<td>Containing alkylamides 1.96 mg</td>
</tr>
<tr>
<td>Echinacea root 5:1 extract</td>
</tr>
<tr>
<td>from Echinacea purpurea root 675 mg</td>
</tr>
<tr>
<td>Containing alkylamides 1.54 mg</td>
</tr>
</tbody>
</table>

1 Daily Value (DV) not established.

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

Content | Product No
---|---
40 Tablets | M1240
120 Tablets | M1245

Suggested Use

1 tablet 2 – 3 times daily, or as directed.

Educational Tools

L0635: Echinacea Premium Brochure
L0806: MediHerb® Echinacea Research Handout
L0332: MediHerb® The Quality Choice for Practitioner Handout
Product Detail Sheet available online

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.
Echinacea Premium

A New Understanding

The most well-known herbal support for the immune system is Echinacea, yet it is both misunderstood and underestimated. There are many Echinacea products available which differ according to plant species (E. angustifolia, E. purpurea or E. pallida or combinations of these), plant part (root, leaves or seeds or combination of these), quality markers (alkylamides, polysaccharides or caffeic acid conjugates such as cichoric acid) and dosage. The typical clinical application for Echinacea is short-term only for winter seasonal stresses. Kerry Bone has spent many years both researching and prescribing Echinacea for thousands of patients – it is his number one favorite herb. His clinical applications are much broader than just winter seasonal stresses and you may wonder why this is.

Kerry’s clinical success with Echinacea and particularly Echinacea Premium, led to the MediHerb® Echinacea Research project. MediHerb® research results validate the traditional wisdom of Echinacea, ie to achieve good clinical results you must use only a root preparation of Echinacea with high levels of alkylamides. To fully appreciate the implications of this research we must first look at the history of Echinacea.*

The History of Echinacea – Traditional vs 20th Century

Information about the health promoting value of Echinacea first came from Native American tribes. Their use of Echinacea was then adopted by the Eclectics, a group of doctors who were prominent around the late 19th and early 20th centuries in the United States. By 1921 Echinacea (specifically the root of Echinacea angustifolia) was by far the most popular treatment prescribed by Eclectic physicians.1

From this traditional use we know:
- The Native Americans preferred Echinacea angustifolia and ONLY used the root
- The Eclectics only used a fluid extract of the dried root of Echinacea angustifolia extracted in a high percentage of alcohol
- This extract is lipophilic (fat loving) and can be called a “traditional Echinacea extract”
- The Eclectics defined good quality Echinacea root “as imparting a persistent tingling sensation” which is a clear reference to alkylamide levels as a quality indicator.²

In Europe during the 1930s, the German herbalist Madaus used E. purpurea as he was more successful at growing this species. His interest in homeopathy led him to use the stabilized juice of fresh E. purpurea tops (aerial parts).

From the 20th Century German use of Echinacea we know:
- This style of product is a “hydrophilic” (water loving) extract of Echinacea
- These tinctures contain very low levels of alkylamides
- German scientists researched these new extracts for an active component and identified the polysaccharides³
- In contrast, traditional Echinacea extracts contain few polysaccharides because the root has low starting levels and the high percentage of alcohol used does not effectively extract these water-loving molecules
- Importantly, polysaccharides are large polar compounds that have low oral bioavailability⁴

* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
The Science of Echinacea – MediHerb® Research

Kerry Bone has always believed that a key aspect of modern herbalism is a respect for traditionally-generated knowledge. *E. angustifolia* root however is very expensive and was cost prohibitive for many of his patients. To overcome this, Kerry developed **Echinacea Premium**, a particular blend of *E. angustifolia* and *E. purpurea* roots. In 2003 MediHerb® began an extensive research project which was designed to identify the bioavailable components of Echinacea Premium and how they exert an effect on the immune system.*

**What is Active Must First be Absorbed**

Which of the key phytochemicals in Echinacea Premium are absorbed and therefore bioavailable? From MediHerb® *in vitro* and pharmacokinetic research we know:

- ONLY alkylamides could be detected in the blood after taking Echinacea Premium. No caffeic acid conjugates, nor degradation products of these or the alkylamides were found6
- The alkylamides mainly in *E. purpurea* were found to be rapidly degraded by human liver microsomes
- In contrast the alkylamides mainly in *E. angustifolia* were much more slowly degraded
- Interestingly, the alkylamides from *E. angustifolia* actually slowed down the rate of degradation of the alkylamides from *E. purpurea*

**What is Absorbed Must be Active**

Do alkylamides have an effect on the immune system?

- Echinacea did not activate the immune system in the absence of any immune system related challenge (*in vitro* research)
- The Echinacea alkylamides tended to modulate the immune system response of macrophages and T cells *in vitro*, toning the response down in the face of a strong stimulus, hence helping the immune system to operate more efficiently8,9

- The presence of only relatively small proportions of the *E. angustifolia* alkylamides will result in a product with enhanced bioavailability due to their protective effect
- This is a strong justification for the combination of *E. angustifolia* root with *E. purpurea* root, as in Echinacea Premium. A patent has been granted to protect this very important finding6
- The total amount of alkylamides absorbed into the bloodstream was essentially the same for both Echinacea Premium tablets and Echinacea Premium 1:2 liquid7

**A New Understanding of Echinacea**

The research on Echinacea Premium by the MediHerb® scientists has made a substantial contribution to a new understanding of lipophilic extracts of Echinacea. It can be concluded from this research that:

- **Alkylamides** must be used as the markers of quality and activity
- The **root of Echinacea** is the preferred plant part, since it is highest in alkylamides
- The **preferred species** of Echinacea are *E. angustifolia* and *E. purpurea* since they contain high levels of alkylamides (compared to *E. pallida*)
- Echinacea must be extracted using an **alcohol percentage sufficiently high** to efficiently extract the alkylamides
- The synergistic blend of *E. angustifolia* and *E. purpurea* alkylamides in Echinacea Premium potentiate each other for greater clinical effect
- The traditional way Echinacea was used has been validated by cutting-edge scientific research*

REFERENCES


For more information on the Echinacea Research Project see page 12
Eleuthero

Eleuthero contains a diverse group of constituents called eleutherosides, triterpenoid saponins and other compounds.

This product is standardized to contain 950 mcg of syringaresinol diglucosides per tablet to ensure optimal strength and quality.

The phytochemicals in Eleuthero root have been used traditionally to:

- enhance the body’s natural ability to adapt to temporary stress
- support physical and mental endurance
- promote vitality
- restore and support healthy immune system function
- act as a general tonic*

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

**Additional Support**

- Combines well with Echinacea Premium tablets or liquid for enhanced healthy immune system function.
- Combines well with Ashwagandha Complex tablets to help the body adapt to the changes of everyday life.
- Consider FemCo tablets to support vitality in women.
- Practice of relaxation techniques and adequate sleep.
- Nutritious diet and minimal intake of coffee and alcohol.*

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Evening Primrose Oil

Evening Primrose Oil contains essential fatty acids of the omega-6 series (especially linoleic acid and gamma-linolenic acid), triacylglycerols and other compounds.

This product is cold pressed and standardized to contain 90 mg of gamma-linolenic acid per capsule to ensure optimal strength and quality.

The compounds in Evening Primrose Oil work together to:

- provide the essential fatty acid gamma-linolenic acid (GLA) that promotes a healthy balance of immune cells
- promote normal omega-6 essential fatty acid levels
- support general health and well-being
- promote healthy skin*

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Additional Support**

- Combines well with Chaste Tree tablets for premenstrual support.
- Consider Boswellia Complex tablets to provide antioxidant activity.
- Consider Cramplex tablets or FemCo tablets to help provide relief from discomfort associated with menstruation.
- Combines well with supplements containing omega-3 fatty acids (fish oils).*

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**MediHerb® Product Catalog 2020 • Tablets and Capsules**

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For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
FemCo contains White Peony, Shatavari and Schisandra.

This combination of herbs contains many compounds including the monoterpene glycoside paeoniflorin, steroidal saponins (such as shatavarin-I and dioscin) and dibenzocyclooctene lignans.

Together these herbs and their constituents are used traditionally to help:
- support women’s general well-being and vitality
- support normal reproductive function in women
- ease the effects of mild cramping associated with menstruation
- encourage healthy menstrual cycling
- ease the effects of everyday mild tension and stress*

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Additional Support**
- Combine with Cramplex tablets to provide relief from discomfort associated with menstruation.
- Combine with Tribulus tablets or Chaste Tree tablets to further support normal reproductive function in women.
- Combine with Fe-Max Iron Tonic Phytosynergist® liquid to support normal blood production.
- Consider St John’s Wort 1.8g tablets or Nevaton® Forte tablets as a tonic for the nervous system.
- Combine with Kava Forte tablets to ease the effects of everyday tension and stress.*

**Supplement Facts**

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<th>Serving size: 1 tablet</th>
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<tr>
<td>Calcium</td>
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<tr>
<td>Schisandra fruit 6:1 extract from <em>Schisandra chinensis</em> fruit 1.0 g</td>
<td>166.6 mg ▼</td>
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<tr>
<td>White Peony root 4:1 extract from <em>Paeonia lactiflora</em> root 750 mg</td>
<td>187.5 mg ▼</td>
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<tr>
<td>Shatavari root 6:1 extract from <em>Asparagus racemosus</em> root 600 mg</td>
<td>100 mg ▼</td>
</tr>
</tbody>
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† Daily Value (DV) not established.

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

**Content**

| Product No | 40 Tablets M1265 |

**Suggested Use**

1 tablet 3–4 times daily, or as directed.

**Educational Tools**

Product Detail Sheet available online

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**Paeonia Quality Story**

*Paeonia lactiflora* is a widely used herb in Traditional Chinese preparations and as is common in this modality, herbs are often treated in many different ways to produce a more palatable or efficacious product.

The important plant part is the root, which as it occurs naturally is approximately 1 to 2 cm round cylindrical roots, varying in color from off-white to pinky-brown. Much of the paeonia root which used in commerce is in the form of pure white root slices, which have been treated by sulphiting agents to preserve the plant material’s appearance, by reduction of enzymatic browning. This treatment also has the side effect of reacting with the main bioactive compound from Paeonia (paeoniflorin – a complex monoterpene glycoside) and forming a stable new compound sodium paeoniflorin sulfonate. This is readily seen by HPLC where the peak from paeoniflorin is absent in the herb which has been treated by sulphiting (bottom trace), whereas it is the major component in the untreated herb (top trace).

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* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
Ganoderma & Shiitake

The Ganoderma and Shiitake mushrooms contain several types of polysaccharides, triterpenes, amino acids and other compounds. The combination of these mushrooms can help to:

- assist in the maintenance of general health and well-being
- support vitality
- support healthy immune function
- support the body’s health as Reishi has been used traditionally as a tonic

**Caution:** Contraindicated in known cases of allergy to Shiitake. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Additional Support:

- For extra immune system support consider Echinacea Premium tablets or liquid, or Astragalus Complex tablets.
- Consider Eleuthero tablets or Ashwagandha Complex tablets to further promote vitality.
- Combines well with Burdock Complex tablets for general detoxification and elimination support.

**Garlic Forte**

Garlic Forte contains sulfur compounds and other compounds. The compounds in Garlic Forte which are formed on ingestion, are used traditionally to:

- help maintain normal cholesterol levels already within a normal range
- support a healthy circulatory system
- support cardiovascular system health
- support immune system health

**Caution:** Contraindicated in known allergy to Garlic. Contraindicated in lactation. Not to be used during pregnancy unless otherwise directed by a qualified health care professional.

Additional Support:

- Consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets for healthy immune system function.
- Combine with Livton® Complex tablets to support healthy liver and gallbladder function.
- Combine with Metabol Complex tablets to support normal pancreatic and liver function.
- Consider Wormwood Complex tablets to support healthy intestinal function.
- Combine with Gut Flora Complex capsules to cleanse and support a healthy bowel environment.
- Consider Hawthorn tablets and/or Coleus Forte tablets to further promote cardiovascular system health.

**California Gold Nature’s Plus**

California Gold Nature’s Plus contains several types of polysaccharides, triterpenes, amino acids and other compounds. The combination of these mushrooms can help to:

- assist in the maintenance of general health and well-being
- support vitality
- support healthy immune function
- support the body’s health as Reishi has been used traditionally as a tonic

**Caution:** Contraindicated in known cases of allergy to Shiitake. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Additional Support:

- For extra immune system support consider Echinacea Premium tablets or liquid, or Astragalus Complex tablets.
- Consider Eleuthero tablets or Ashwagandha Complex tablets to further promote vitality.
- Combines well with Burdock Complex tablets for general detoxification and elimination support.

**Supplement Facts**

**Ganoderma & Shiitake**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container</td>
<td>40</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>Calcium 87 mg 6%</td>
</tr>
<tr>
<td></td>
<td>Shiitake mushroom 4:1 extract from Lentinula edodes 800 mg 1</td>
</tr>
<tr>
<td></td>
<td>Reishi mushroom 6:1 extract from Ganoderma lucidum 6.6 g 1</td>
</tr>
<tr>
<td></td>
<td>† Daily Value (DV) not established.</td>
</tr>
</tbody>
</table>

**Garlic Forte**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container</td>
<td>60</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>Calcium 70 mg 6%</td>
</tr>
<tr>
<td></td>
<td>Fresh Garlic bulb 12:1 extract from Allium sativum fresh bulb 3.6 g 1</td>
</tr>
<tr>
<td></td>
<td>Garlic (Allium sativum) bulb powder 45 mg 1</td>
</tr>
<tr>
<td></td>
<td>† Daily Value (DV) not established.</td>
</tr>
</tbody>
</table>

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

**Content**

- 40 Tablets  M1280

**Suggested Use**

1 tablet 2 – 3 times daily, or as directed.

**Education Tools**

Product Detail Sheet available online
Ginkgo Forte contains flavonoids, terpene lactones (including ginkgolides and bilobalide) and other phytochemicals. This product is standardized to contain 14.4 mg of ginkgo flavonglycosides (ginkgo flavone glycosides) and 3.6 mg of ginkgolides and bilobalide per tablet to ensure optimal strength and quality.

The compounds in Ginkgo Forte work together to:
- support memory and cognition
- promote alertness and mental clarity
- help support healthy mental function
- support good health in older adults
- support and encourage healthy blood circulation
- provide antioxidant activity to support healthy cell function*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Additional Support
- Combine with Bacopa Complex tablets for enhanced mental clarity and to support cognitive function.
- Consider PulmaCo tablets to support healthy breathing passages.
- Combine with Vitanox® tablets for antioxidant activity.
- Consider Vascular Care Complex tablets to promote venous integrity.
- Combine with Gotu Kola Complex tablets to provide additional antioxidant activity and to promote healthy blood vessels.*

Ginkgo Quality Story
The ginkgo flavonglycosides (ginkgo flavone glycosides) of Ginkgo biloba, comprising quercetin, kaempferol and isorhamnetin are the phytochemicals most often referred to as indicators of quality and efficacy. However, these compounds are mainly marker compounds which are used to identify the extract. The clinically active ingredients are believed to include the ginkgolides and bilobalide, which cannot be tested by normal HPLC methods. They require more sophisticated methods of detection such as Refractive Index (RI), Evaporative Light Scattering Detectors (ELSD) or Mass Spectrometry (MS). MediHerb® uses ELSD detection to accurately quantify the levels of these clinically important phytochemicals. The other important group of phytochemicals from Ginkgo are the ginkgolic acids (C13:0, C15:1 and C17:1 on the third figure). These compounds have been identified as contact allergens. The maximum level of ginkgolic acids in Ginkgo biloba extracts has been set by the European authorities at 5 ppm. Many poor quality extracts contain levels of ginkgolic acids which are many orders of magnitude higher than this recommended maximum.

Supplement Facts

| Serving size: | 1 tablet |
| Servings per container: | 60 |

| Amount per Serving | %DV |
| Calcium | 72 mg | 6% |

Ginkgo leaf 5:1 extract from Ginkgo biloba leaf 3.0 g
Containing ginkgo flavonglycosides 14.4 mg
Containing ginkgolides & bilobalide 3.6 mg

† Daily Value (DV) not established.

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

Content | Product No
--- | ---
60 Tablets | M1300

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

Educational Tools
Product Detail Sheet available online.
Golden Seal 500mg tablets contain alkaloids (especially hydrastine and berberine) and other phytochemicals.

The compounds in Golden Seal are used traditionally to:
- help maintain healthy mucous membranes
- relieve mild temporary digestive discomfort
- support healthy mucous membranes in the respiratory and gastrointestinal tracts
- work as a tonic to benefit the entire body
- stimulate digestion
- support liver function*

**Caution:** Contraindicated in pregnancy, lactation and patients with high blood pressure. ♦

Additional Support
- Combine with Garlic Forte tablets to support a healthy immune system function.
- Consider HiPep tablets to promote healthy tone and function within the upper gastrointestinal tract.
- Combines well with Gut Flora Complex capsules to further cleanse and promote health in the lower gastrointestinal tract.
- Consider combining with Sinus Forte, ResCo®, Broncafect® or PulmaCo tablets to support a healthy respiratory tract.*

Golden Seal Quality Story

Golden Seal (*Hydrastis canadensis*) is an endangered herb and as a result is very expensive and often substituted by other herbs.

The substituted herbs usually contain the substance berberine which provides the yellow color, but they do not contain hydrastine which is unique to Golden Seal. Only HPLC enables this differentiation to be made. MediHerb® only buys cultivated Golden Seal to ensure long term sustainability of the herb. MediHerb® tests each batch of Golden Seal raw material and finished product to ensure the claimed levels of hydrastine and berberine are present. Using HPLC, MediHerb® is able to clearly differentiate true Golden Seal from other berberine-containing species. The top trace is an example of substitution where a professional product being sold in Australia as Indian Golden Seal matched the trace of *Coptis chinensis*.

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For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
Gotu Kola Complex is a combination of Gotu Kola, Grape Seed and Ginkgo biloba.

These herbs contain pentacyclic triterpene ester saponins (especially asiaticoside), oligomeric procyanidins, flavonoids, terpene lactones (including ginkgolides, bilobalide) and other phytochemicals. All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. The Gotu Kola component is standardized to contain 50 mg of triterpenes per tablet, the Grape Seed contains 25.5 mg of procyanidins per tablet and the Ginkgo component contains 4.8 mg of ginkgo flavonglycosides (ginkgo flavone glycosides) and 1.2 mg of ginkgolides and bilobalide per tablet.

Together these herbs and the compounds within them are used traditionally to:
- promote healthy skin
- promote healthy blood circulation
- provide antioxidant activity
- support healthy capillaries
- support the body’s natural ability to adapt to temporary stress*

Caution: Contraindicated in known allergy to Gotu Kola. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. *

Additional Support
- Combine with Boswellia Complex tablets for joint support.
- Consider Vascular Care Complex tablets to further support healthy blood vessels and circulation.
- Combine with HiPep tablets to support the healthy tone and function of the gastrointestinal tract.
- Consider Vitanox® tablets for additional antioxidant activity.
- Combine with topical Calendula 1:2 liquid extract to further aid normal skin tissue repair process.*

MediHerb®
Gotu Kola Complex
Promotes healthy skin*

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size: 1 tablet</td>
</tr>
<tr>
<td>Servings per container: 40, 120</td>
</tr>
<tr>
<td>Amount per Serving %DV</td>
</tr>
<tr>
<td>Calcium 63 mg 4%</td>
</tr>
<tr>
<td>Gotu Kola leaf 10:1 extract from Centella asiatica leaf 2.5 g Containing triterpenes 50 mg 250 mg †</td>
</tr>
<tr>
<td>Grape seed 120:1 extract from Vitis vinifera seed 3.6 g Containing procyanidins 25.5 mg 30 mg †</td>
</tr>
<tr>
<td>Ginkgo leaf 50:1 extract from Ginkgo biloba leaf 1.0 g Containing ginkgo flavonglycosides 4.8 mg Containing ginkgolides &amp; bilobalide 1.2 mg 20 mg †</td>
</tr>
<tr>
<td>† Daily Value (DV) not established.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Content</th>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>40 Tablets</td>
<td>M1313</td>
</tr>
<tr>
<td>120 Tablets</td>
<td>M1315</td>
</tr>
</tbody>
</table>

Suggested Use
1 tablet 3 – 4 times daily, or as directed.

Educational Tools
Product Detail Sheet available online

* 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.
Gut Flora Complex contains Oregano essential oil, Anise (fruit) essential oil, Andrographis and Phellodendron.

This combination of essential oils and herbs contains many compounds including monoterpenes (especially trans-anethole, carvacrol, thymol, gamma-terpinene, p-cymene), diterpenoid lactones (especially andrographolide) and alkaloids of the isoquinoline type (especially berberine). Each enteric coated capsule is standardized to contain 10 mg of andrographolide and 36 mg of berberine to ensure optimal strength and quality.

Together these herbs, essential oils and the substances within them are used traditionally to:

- encourage a healthy intestinal environment
- support healthy immune system response
- promote regularity of bowel function
- relieve occasional mild gastrointestinal discomfort, including bloating and flatulence*

Caution: Contraindicated in pregnancy and lactation. ♦

Additional Support

- Consider Garlic Forte tablets to support immune system health.
- Combine with Golden Seal 500mg tablets to help maintain healthy mucous membranes.
- Consider Wormwood Complex tablets to further support gastrointestinal health.
- For additional immune system support, consider Astragalus Complex tablets or Echinacea Premium tablets or liquid.
- Combine with Artemisinin Complex tablets to support normal flushing of naturally occurring toxins from the body.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of upper respiratory health.*

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 capsule</th>
<th>Servings per container: 40</th>
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<tbody>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Anise (Pimpinella anisum) fruit essential oil</td>
<td>125 mg †</td>
</tr>
<tr>
<td>Andrographis aerial parts 10:1 extract from Andrographis paniculata aerial parts 1.0 g Containing andrographolide 10 mg</td>
<td>100 mg †</td>
</tr>
<tr>
<td>Phellodendron stem bark 20:1 extract from Phellodendron amurense stem bark 1.6 g Containing berberine 36 mg</td>
<td>80 mg †</td>
</tr>
<tr>
<td>Oregano (Origanum vulgare) leaf essential oil</td>
<td>75 mg †</td>
</tr>
</tbody>
</table>
† Daily Value (DV) not established.

Other ingredients: Gelatin, rice bran oil, glycerol, ethyl cellulose, ammonium hydroxide, oleic acid, fatty acids, purified water, lecithin (soy), beeswax, sodium alginate, stearic acid and color.

Content Product No
40 Capsules M1318

Suggested Use
1 capsule 3 – 6 times daily, or as directed. Enteric coated capsules. Do not break or crush.

Educational Tools
Product Detail Sheet available online

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

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**Gymnema**

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 and have been traditionally used in Ayurvedic herbal preparations to:

- help reduce sweet cravings
- help suppress/inhibit sweet taste sensation*

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Additional Support**

- Combine with Metabol Complex tablets to help support the metabolism of fats and sugars.
- Combine with Coleus Forte tablets to support healthy digestion.
- Consider Livton® Complex tablets for support of healthy liver function.
- Consider DiGest Forte tablets or DiGest Phytosynergist® liquid for healthy digestion.
- Consider Vitanox® tablets for antioxidant activity.
- Diet and lifestyle are of paramount importance.*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 40, 120</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium 36 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Gymnema leaf 16:1 extract from <em>Gymnema sylvestre</em> leaf 6.4 g containing gymnemic acids 100 mg</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

**Hawthorn**

Hawthorn contains oligomeric procyanidins, flavonoids (including vitexin-2-rhamnoside) and other compounds.

This product is standardized to contain 6.01 mg of vitexin-2-rhamnoside per tablet to ensure optimal strength and quality.

The substances in Hawthorn have been used traditionally to:

- support the healthy functioning of the heart muscle
- help promote cardiovascular system health
- provide antioxidant activity*

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Additional Support**

- Consider Garlic Forte tablets and/or Coleus Forte tablets for further cardiovascular health support.
- Combines well with Ginkgo Forte tablets to encourage healthy blood circulation.
- Combine with Gotu Kola Complex tablets for additional antioxidant activity and to promote healthy blood vessels.
- Consider Livton® Complex tablets to support liver and gallbladder function.
- Combine with Vitanox® tablets for antioxidant activity.*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium 43 mg</td>
<td>4%</td>
</tr>
<tr>
<td>Hawthorn leaf &amp; flower 4.8:1 extract from <em>Crataegus monogyna</em> leaf &amp; flower 1.0 g containing vitexin-2-rhamnoside 6.01 mg</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

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*For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.*
HerbaVital contains Polygonum cuspidatum, Grape Seed, Korean Ginseng, Ginkgo and Milk Thistle.

This combination of herbs contains many compounds including phenolic compounds (including resveratrol), procyanidins, a complex mixture of steroidal saponins (called ginsenosides), flavonoids (including ginkgo flavonglycosides), terpene lactones (including ginkgolides and bilobalide) and flavanolignans (collectively known as silymarin). All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. The Polygonum cuspidatum contains 36 mg per tablet of resveratrol, the Grape Seed extract contains 38 mg per tablet of procyanidins, the Korean Ginseng component is standardized to contain 4.2 mg of ginsenosides (calculated as Rb2 to Rb1 is NLT 0.4 by HPLC) per tablet, the Ginkgo component contains 7.2 mg per tablet of ginkgo flavonglycosides (ginkgo flavone glycosides) and 1.8 mg per tablet of ginkgolides and bilobalide and the Milk Thistle contains 48 mg per tablet of flavanolignans.

Together these herbs and the substances within them are used traditionally to:

- support and maintain the body as it ages
- help the body adapt to the changes of everyday life
- promote vitality and stamina in older adults
- maintain feelings of general well-being when experiencing temporary stress
- support cognitive function and normal memory function
- work as a tonic to benefit the entire body
- support healthy circulation in mature men and women
- support healthy liver function
- provide antioxidant activity*

Caution: Not to be used during pregnancy and 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. Discontinue during an acute infection or fever.◆

Additional Support

- Consider Bacopa Complex tablets to enhance mental clarity and to further support cognitive function.
- Combine with Boswellia Complex tablets to further support healthy joints.
- Consider Garlic Forte tablets for maintaining normal cholesterol levels already within a normal range.
- Combine with Gymnema tablets for support in reducing sweet cravings.
- Combine with Metabol Complex tablets to further promote general well-being and vitality.
- Consider Bone Complex tablets to support normal bone tissue, particularly in mature women.
- Consider Vitanox® tablets for additional antioxidant activity.*

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

◆ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
HiPep contains the following herbs:
Deglycyrrhizinized Licorice, Meadowsweet and Chamomile (flower and flower essential oil).

This combination of herbs contains many compounds including flavonoids, sterols, phenolic glycosides and tannins. The essential oil contains α-bisabolol and chamazulene.

Together these herbs and the substances within them are used traditionally to:
• support normal function of stomach acid secretions
• promote healthy mucosal tissue within the upper gastrointestinal tract
• promote healthy tone and function within the upper gastrointestinal tract
• help relieve occasional indigestion symptoms of the gastrointestinal tract, including bloating and flatulence*

Caution: Contraindicated in known allergy to plants of the daisy family. Meadowsweet should be avoided by persons hypersensitive to salicylates. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Additional Support
• Combine with Gotu Kola Complex tablets to provide antioxidant activity.
• Combine with Nevaton® For te tablet s to support healthy nervous system response and encourage balance between the body and mind.
• Consider Eleuthero tablet s to enhance the body’s natural ability to adapt to temporary stress.
• Combine with Kava Forte tablets to ease the effects of everyday tension and stress.*

HiPep  Tablets and Capsules

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container: 40</td>
</tr>
<tr>
<td>Amount per Serving  %DV</td>
</tr>
<tr>
<td>Deglycyrrhizinized Licorice root 27.5:1 extract from Glycyrrhiza glabra root 3.42 g 125 mg</td>
</tr>
<tr>
<td>Chamomile flower 6:1 extract from Matricaria recutita flower 600 mg 100 mg</td>
</tr>
<tr>
<td>Meadowsweet herb 5:1 extract from Filipendula ulmaria herb 500 mg 100 mg</td>
</tr>
<tr>
<td>Chamomile (Matricaria recutita) flower essential oil 5 mg</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

Content  Product No
40 Tablets  M1335

Suggested Use
1 tablet 3 – 5 times daily, or as directed.

Educational Tools
Product Detail Sheet available online
See Chamomile Quality Information on page 37

* 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.
Kava Forte

This tablet contains Kava root extracted with 100% water, which provides an extract with a full spectrum of compounds including kavalactones.

This product is standardized to contain 50 mg of kavalactones per tablet to ensure optimal strength and quality.

The compounds in Kava Forte, particularly the kavalactones, work together to traditionally help:
- calm the nerves
- ease the effects of temporary nervous tension and stress
- promote relaxation and sleep
- support muscle relaxation

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a health care professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you 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 your ability to operate a vehicle or dangerous equipment. Not for prolonged use. Do not exceed recommended dose.

Additional Support
- Combines well with Valerian Complex tablets to promote relaxation and encourage sleep.
- Consider Nevaton® Forte or St John’s Wort 1.8g tablets to provide a tonic for the nervous system and ease the effects of occasional stress.
- Combine with FemCo tablets to ease the effects of everyday tension and stress.
- Consider Wild Yam Complex tablets to maintain feelings of general well-being and to calm the nerves.
- Consider Adrenal Complex tablets for adrenal support.
- Consider HiPep tablets to support normal function of stomach acid secretions.
- Consider Nervagesic tablets to support relaxation in the nervous system and muscles.

Kava Quality Story

Kava is derived from the rootstock of the sterile cultivated species of *Piper methysticum*

The active property of Kava has been attributed to the kavalactones, a group of structurally related lipophilic lactones. These compounds can represent 3 to 20% by weight of the dried rootstock, depending on the age of the plant and the specific cultivar. The majority of the Kava used commercially in the world is in the form of a high ethanol or other organic solvent extract, which extracts little more than the kavalactones and has reported potential hepatotoxicity concerns. The Therapeutic Goods Administration (TGA) allows water extracted or plain unextracted root to be sold in Australia.

Traditionally Kava beverages are prepared by chewing or pounding the root to produce a cloudy, milky mash, which is then consumed orally. It is known that extraction with different solvents affects the phytochemical profile of the extract.

MediHerb® investigated the difference in bioavailability of the water extract of Kava and the 96% ethanol extract using the Caco-2 monolayer in vitro model. The kavalactones (as 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 was only slightly less bioavailable than the ethanol extract. Therefore the clinical effect of the water extract of Kava would be similar to that of an ethanol extract.

### Supplement Facts

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

Content Product No

40 Tablets M1345

**Suggested Use**

1 tablet 2 – 3 times daily, or as directed.

**Educational Tools**

L0322 Kava Forte Research Handout

Product Detail Sheet available online

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For further contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
The combination of Schisandra, Rosemary and Milk Thistle provides a range of compounds including dibenzocyclooctene lignans, phenolic diterpenes (including carnosol and rosmarinic acid), other terpenes, flavonoids and flavanolignans (collectively known as silymarin).

The Milk Thistle component of this tablet is standardized to contain 24 mg of flavanolignans per tablet to ensure optimal strength and quality.

These herbs and their compounds have been traditionally used to:
- aid in the elimination of naturally occurring toxins and support healthy general detoxification
- support healthy liver function
- provide antioxidant activity
- support and maintain cellular health
- support digestive health

Caution: 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.

Additional Support
- Combines well with DermaCo tablet for skin health.
- Consider Vitanox® tablets for antioxidant activity.
- Consider Turmeric Forte tablets for additional liver support.
- Eliminate coffee, cola drinks, alcohol and cigarette smoking.

Schisandra is a well known Chinese herb, however it is not well known that two species of Schisandra are used in TCM, the phytochemical profile of each being very different.

Schisandra chinensis (northern Schisandra) is the preferred species in TCM and by Western professionals. It contains compounds called schisandrins (schisandrin, gomisin A, deoxyschisandrin, gomisin N and wuweizizu C) which are believed responsible for the clinical effects. Southern Schisandra, Schisandra sphenanthera (see Product X in the trace) is considered inferior due to lower levels of schisandrins, however it is often used interchangeably with Schisandra chinensis. Manufacturers therefore need to be very careful to avoid substitution with Schisandra sphenanthera. The species are readily distinguishable morphologically and by HPLC. MediHerb® routinely uses HPLC to ensure the correct identity and guarantee consistent levels of schisandrins.

Schisandra HPLC comparison of good quality product with poor quality product

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

Content
40 Tablets  M1360
120 Tablets  M1365

Suggested Use
1 tablet 3 – 4 times daily, or as directed.

Educational Tools
Product Detail Sheet available online
See Milk Thistle Quality Information on page 59
Livton® Complex contains five herbs that help support the digestive system.

The herbs Globe Artichoke, Bupleurum, Dandelion Root, Milk Thistle and Fringe Tree contribute key phytochemicals to the blend such as sesquiterpene lactones, caffeic acid derivatives, flavonoids, phenolic acids, triterpenes, sterols, triterpenoid saponins (called saikosaponins), flavanolignans (collectively known as silymarin). The Milk Thistle component of this tablet is standardized to contain 80 mg per tablet of flavanolignans (calculated as silybin) to ensure optimal strength and quality.

These herbs and the many compounds within them have been used traditionally to:
- support healthy liver and gallbladder function
- encourage healthy digestive function
- encourage the healthy function of the organs of elimination such as liver and intestine
- relieve occasional mild digestive discomfort, including bloating and flatulence
- support healthy bowel regularity and consistency function
- provide antioxidant activity*

**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. ♦

Additional Support
- Consider Colax tablets for healthy bowel function.
- Consider DiGest Forte tablets or DiGest Phytosynergist® liquid for healthy digestion.
- Consider ChelaCo tablets to support the body’s natural defenses against environmental stressors.
- Eliminate coffee, cola drinks, alcohol and cigarette smoking.*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>40, 120</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Globe Artichoke leaf 4:1 extract** from *Cynara scolymus* leaf 800 mg: 200 mg
- **Dandelion root 4:1 extract** from *Taraxacum officinale* root 400 mg: 100 mg
- **Milk Thistle seed 7:1 extract** from *Silybum marianum* seed 8.0 g: 114.3 mg
- **Bupleurum root 4:5:1 extract** from *Bupleurum falcatum* root 300 mg: 66.7 mg
- **Fringe Tree stem bark 3:1 extract** from *Chionanthus virginicus* stem bark 160 mg: 53.3 mg

* Daily Value (DV) not established.

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

Content  Product No
40 Tablets   M1372
120 Tablets  M1378

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

**Educational Tools**
Product Detail Sheet available online

See Milk Thistle Quality Information on page 59

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
Metabol Complex

Metabol Complex is a comprehensive formulation containing Fenugreek seed, Cinnamon bark, Bitter Melon fruit and Black Cumin seed.

This combination of herbs provides many active compounds including essential oils (containing cinnamaldehyde and thymoquinone), steroidal saponins, flavonoids, alkaloids (trigonelline), mucilage, glycosides (including mormordics) and sesquiterpenes.

This product contains Fenugreek seed extract standardized to 4-hydroxyisoleucine which is a unique amino acid compound only found in some plants. Research suggests 4-hydroxyisoleucine has beneficial properties on glucose and lipid metabolism.

Together these herbs and the substances within them are traditionally used:
- in Ayurvedic herbal preparations to support the metabolism of fats and sugars
- in Ayurvedic herbal preparations to help support normal pancreatic and liver function
- to help relieve occasional indigestion symptoms of the gastrointestinal tract, including bloating and flatulence
- to support antioxidant activity against free radicals that are formed in the body during normal metabolism and exposure to environmental factors
- to promote general well-being and vitality

Caution: Contraindicated in pregnancy. Not to be used during lactation unless otherwise directed by a qualified health care professional.

Additional Support
- Combine with Gymnema tablets to help reduce sweet cravings and inhibit sweet taste sensation.
- Combine with DiGest Forte tablets for additional digestion and intestinal function support.
- Combine with Turmeric Forte tablets to support a healthy inflammatory response.
- Consider Milk Thistle Forte tablets to support healthy liver function and aid in the elimination of normal toxin accumulation in the liver.
- Combine with HerbaVital tablets to support healthy circulation and general well-being.
- Combine with Garlic Forte tablets to help maintain normal cholesterol levels already within a normal range and support cardiovascular system health.
- Combine with Vitanox® tablets for additional antioxidant activity.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>37 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Fenugreek seed extract from Trigonella foenum-graecum seed 10 g containing 4-Hydroxyisoleucine</td>
<td>100 mg †</td>
<td></td>
</tr>
<tr>
<td>Black Cumin seed extract from Nigella sativa seed 500 mg</td>
<td>100 mg †</td>
<td></td>
</tr>
<tr>
<td>Bitter Melon fruit extract from Momordica charantia fruit 600 mg</td>
<td>92.3 mg †</td>
<td></td>
</tr>
<tr>
<td>Cinnamon stem bark extract from Cinnamomum verum stem bark 1 g</td>
<td>83.3 mg †</td>
<td></td>
</tr>
</tbody>
</table>

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

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
Milk Thistle Forte

Note: Formerly known as Silymarin

Milk Thistle Forte is manufactured from Milk Thistle extract which contains flavanolignans (collectively known as silymarin), flavonoids and other compounds.

This product is standardized to contain 168 mg of flavanolignans per tablet to ensure optimal strength and quality.

The compounds in Milk Thistle Forte, particularly the flavanolignans, are used traditionally to:

- provide antioxidant activity
- support healthy liver function and structure
- protect liver tissue by supporting normal cellular health
- support healthy general detoxification and toxin elimination function
- support healthy bile flow for relief of mild symptoms of occasional mild digestive discomfort
- promote normal response to environmental stressors*

Caution: Not to be used during pregnancy and 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.*

Additional Support

- Consider LivCo® tablets for additional healthy liver function.
- Combine with Gotu Kola Complex tablets to provide further antioxidant activity and to support skin health.
- Consider Garlic Forte tablets for maintaining normal cholesterol levels already within a normal range.
- Consider Metabol Complex tablets to help support normal pancreatic and liver function.
- Combine with Vitanox® tablets for enhanced antioxidant activity.*

Milk Thistle Forte

Milk Thistle (Silybum marianum) contains a range of flavanolignans (silybin A and B, silychristin, silydianin, isosilybin and 2,3-dehydro derivatives) collectively called silymarin or silybin, as well as simple flavonoids such as taxifolin.

Flavanolignans are important indicators of quality and efficacy. The flavanolignans are often measured analytically by the non-specific and less accurate 2,4-dinitrophenylhydrazine colorimetric method, which also reacts with any ketonic compounds, including the flavonoid taxifolin. MediHerb® has developed an HPLC method to allow the individual levels of the flavanolignans to be accurately measured, and determine a value for these which is not inflated by the presence of simple flavonoids.

Milk Thistle Quality Story

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>30 mg</td>
</tr>
<tr>
<td></td>
<td>2%</td>
</tr>
<tr>
<td>Milk Thistle seed 70:1 extract from Silybum marianum seed 16.8 g Containing flavanolignans calc. as silybin 168 mg</td>
<td></td>
</tr>
<tr>
<td></td>
<td>240 mg</td>
</tr>
<tr>
<td>† Daily Value (DV) not established.</td>
<td></td>
</tr>
</tbody>
</table>

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

Content

Product No

60 tablets M1620

Suggested Use

1 tablet 2 – 3 times daily, or as directed.

Educational Tools

Product Detail Sheet available online

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
**Myrrh Forte**

An important component of Myrrh Forte is the alcohol-soluble resin of Myrrh which contains many substances including the commiphoric acids.

*Myrrh is used traditionally to:*
- support healthy bowel function
- support healthy digestion
- support a healthy intestinal environment
- support gastrointestinal health
- support upper respiratory health*

**Caution:** Contraindicated in known allergy to Myrrh. Contraindicated in pregnancy. Not to be used during lactation unless otherwise directed by a qualified health care professional.

**Additional Support**
- Combine with Artemisinin Complex tablets to support normal flushing of natural toxins from the body.
- Consider Echinacea Premium tablets or liquid, Astragalus Complex tablets or Andrographs Complex tablets for additional immune system support.
- Combine with Viracon tablets to promote the body’s normal resistance function.
- Consider Gut Flora Complex capsules to help relieve occasional mild digestive disturbances, such as bloating or flatulence.*

**Nervagesic**

Nervagesic contains California Poppy, Jamaican Dogwood and Corydalis.

This combination of herbs contains many compounds including alkaloids, isoflavonoids and other flavonoids.

**The herbs in Nervagesic are used traditionally to help:**
- ease temporary mild nervous system discomfort
- provide nervous system support during temporary or occasional nervous system discomfort
- promote relaxation of the muscles
- ease the effects of temporary or occasional nervous stress
- provide relief from occasional sleeplessness
- enhance the ability to relax during the night
- ease the effects of mild cramping associated with menstruation
- relieve temporary mild muscular cramps and spasms
- relieve mild nervous tension*

**Caution:** Contraindicated in pregnancy and lactation.

**Additional Support**
- Combine with Boswellia Complex tablets to support healthy joints.
- Combine with Saligesic tablets to support musculoskeletal system health.
- Combine with Valerian Complex tablets to obtain relief from occasional sleeplessness.
- Combine with Cramplex tablets to provide relief from discomfort associated with menstruation.
- Consider St John’s Wort 1.8g tablets as a tonic for the nervous system.
- Consider Adrenal Complex tablets to support adrenal gland health.
- Consider Kava Forte tablets to support relaxation in the nervous system and muscles.*

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Myrrh resin 3:1 extract</td>
<td>666.8 mg</td>
<td>1</td>
</tr>
<tr>
<td>from Commiphora molmol</td>
<td>stem bark resin 2 g</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

**Other ingredients:** Micr cristalline cellulose, maltodextrin, croscarmellose sodium, sodium starch glycolate, magnesium stearate, hypromellose and silicon dioxide.

**Content**
- 60 Tablets M1600

**Suggested Use**
- 4 tablets 1-2 times daily in pulse dosing (3 days on, 4 days off), or as directed.

**Educational Tools**
- 10626: Artemisinin Complex and Myrrh Forte Brochure
- 10333: Supporting Immune System Function & Internal Defenses Handout
- Product Detail Sheet available online

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>California Poppy herb flowering 4:1 extract from Eschscholzia californica herb flowering 1.6 g</td>
<td>400 mg</td>
<td>1</td>
</tr>
<tr>
<td>Jamaican Dogwood stem bark 4:1 extract from Piscidia piscipula stem bark 800 mg</td>
<td>200 mg</td>
<td>1</td>
</tr>
<tr>
<td>Corydalis yanhusuo tuber 10:1 extract from Corydalis yanhusuo tuber 1.6 g</td>
<td>160 mg</td>
<td>1</td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

**Other ingredients:** Micr cristalline cellulose, gum arabic, dibasic calcium phosphate dihydrate, maltodextrin, sodium starch glycolate, croscarmellose sodium, hypromellose, magnesium stearate and silicon dioxide.

**Content**
- 40 Tablets M1379

**Suggested Use**
- 2 tablets 2 times daily, or as directed.

**Educational Tools**
- Product Detail Sheet available online

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* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
Nevaton® Forte

The blend of herbs in Nevaton® Forte offers major nervous system support.

Saffron, St John’s Wort, Schisandra and Skullcap provide a wide range of phytochemicals including hypericins (naphthodianthrones and pseudohypericin), flavonoids, phenolics, dibenzocyclooctene lignans, catenolignoids and other compounds. The St John’s Wort component of this tablet is standardized to contain 375 mcg per tablet of hypericins to ensure optimal strength and quality.

Nevaton® Forte contains herbs used traditionally to:
- calm the nerves and restore balance in temporary mood swings
- support healthy nervous system response
- encourage balance between the body and mind
- ease the effects of occasional mild stress
- help promote healthy mood balance
- provide relief from occasional sleeplessness

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product. Not recommended in cases of photosensitivity.

Additional Support
- Consider Rhodiola & Ginseng Complex or Rhodiola & Schisandra tablets to further ease the effects of occasional mild stress.
- Combines well with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combine with Kava Forte tablets to calm the nerves.
- Eliminate tea, coffee, alcohol and cola drinks.

ProstaCo

ProstaCo contains Saw Palmetto liposterolic extract, Nettle Root and Crataeva in a Pumpkin Seed oil base.

Key constituents of this complex include fatty acids, glycerides, sterols, lignans and polyphenols. This product is standardized to contain 96 mg per capsule of Serenoa repens fatty acids to ensure optimal strength and quality.

The herbs in ProstaCo are used traditionally to:
- support healthy urinary tract and prostate gland function
- support healthy bladder function

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. The National Institute on Aging recommends that men get regular medical checkups with thorough prostate exam.

Additional Support
- Combines well with Cranberry Complex tablets to support healthy urinary tract function in men.
- Combine with Cramplex tablets for easing of occasional smooth muscle spasms.
- May be combined with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.
- Diet should be high in foods containing phytoestrogens such as soy products, whole grains and seeds.

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
PulmaCo

The combination of herbs in PulmaCo contain many compounds including alkaloids (such as vasicine), flavonoids, terpene lactones, sesquiterpene ketones, curcuminoinds, diterpenoid acids, phenolic acids, anethole and fenchone.

This product is standardized to contain 38 mg of curcuminoinds and 4.8 mg of ginkgo flavonglycosides (ginkgo flavone glycosides) per tablet to ensure optimal strength and quality.

These herbs and their constituents have been used traditionally to:
- support the body’s normal cough reflex
- support the body’s natural ability to break up and expel respiratory secretions
- support healthy respiratory tract function
- provide antioxidant activity*

Caution: Contraindicated in pregnancy and lactation.

Additional Support
- For extra immune system support consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets.
- For support of the upper respiratory tract combine with Sinus Forte or ResCo® tablets.
- Consider Albizia Complex tablets to help the body respond normally to occasional seasonal stresses.
- Consider Herbal Throat Spray PhytoSynergist® to soothe temporary mild throat discomfort associated with hoarseness, dry throat and irritants.*

Rehmannia Complex

The combination of herbs in Rehmannia Complex contain many compounds including iridoid glycosides, triterpened saponis (called saikosaponin), other saponins, sterols, sesquiterpene lactones of the germacranolide type, particularly parthenolide and other terpenes.

Together these herbs and their constituents are used traditionally to help:
- support liver health
- support healthy general detoxification of the whole body
- relieve temporary mild joint discomfort after exercise
- relieve occasional mild headaches associated with stress*

Caution: Contraindicated in individuals with a known hypersensitivity to Feverfew, parthenolide or other members of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Additional Support
- Combine with Astragalus Complex tablets to support immune system function.
- Consider Boswellia Complex tablets for additional joint support.
- Combine with GotuKola Complex tablets to provide antioxidant activity.
- Combine with Rhodiola & Ginseng Complex tablets to promote vitality and stamina.
- Consider Vitanox® tablets for antioxidant activity.*

Supplement Facts

** For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
ResCo® combines herbs and essential oils which provide respiratory system support.

Mullein, Licorice, Euphorbia, Grindelia, Ginger, Thyme essential oil and Fennel essential oil provide a range of compounds including iridoids, triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, triterpenes, sterols, phenolic acids, sesquiterpene lactones, polyacetylenes, pungent principles (including gingerols), and monoterpenes (especially trans-anethole, fenchone, estragole and thymol).

These key phytochemicals and other compounds within this herbal formulation have been used traditionally to:

- support healthy mucous membranes within the respiratory tract
- encourage healthy mucous function
- support the body’s normal cough reflex
- encourage normal secretion removal from the respiratory system
- soothe mucous membranes*

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation.

Additional Support

- Consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets for enhanced immune system support.
- Reduce mucus-forming foods (e.g. dairy products, refined carbohydrates and food additives).
- Eliminate smoking.
- Combine with Herbal Throat Spray Phytosynergist® to help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants.*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Supplement Facts</th>
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</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%DV</strong></td>
</tr>
<tr>
<td>Calcium</td>
<td>40 mg</td>
</tr>
<tr>
<td>Licorice root 3.5:1 extract</td>
<td>142.9 mg</td>
</tr>
<tr>
<td>from <em>Glycyrrhiza glabra</em> root 500 mg</td>
<td></td>
</tr>
<tr>
<td>Mullein leaf 4:1 extract</td>
<td>117.5 mg</td>
</tr>
<tr>
<td>from <em>Verbascum thapsus</em> leaf 470 mg</td>
<td></td>
</tr>
<tr>
<td>Euphorbia herb 4:1 extract</td>
<td>70 mg</td>
</tr>
<tr>
<td>from <em>Euphorbia hirta</em> herb 280 mg</td>
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</tr>
<tr>
<td>Grindelia herb 4:1 extract</td>
<td>70 mg</td>
</tr>
<tr>
<td>from <em>Grindelia camporum</em> herb 280 mg</td>
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<tr>
<td>Ginger rhizome 10:1 extract</td>
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</tr>
<tr>
<td>from <em>Zingiber officinale</em> rhizome 180 mg</td>
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</tr>
<tr>
<td>Fennel (<em>Foeniculum vulgare</em>) herb essential oil</td>
<td>12 mg</td>
</tr>
<tr>
<td>Thyme (<em>Thymus vulgaris</em>) herb flowering essential oil</td>
<td>12 mg</td>
</tr>
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</table>

† Daily Value (DV) not established.

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

**Content**

<table>
<thead>
<tr>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>40 Tablets</td>
</tr>
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</table>

**Suggested Use**

1 tablet 3 – 4 times daily, or as directed.

**Educational Tools**

Product Detail Sheet available online

* 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.
Rhodiola & Ginseng Complex contains Rhodiola and Korean Ginseng, a combination which contains many compounds including phenylpropanoids such as rosarin, rosavin and rosin (rosavins), salidroside (a hydroxyphenethyl glucoside), and a complex mixture of steroidal saponins (called ginsenosides).

This product is standardized to contain 4.5 mg of rosavins, 1.5 mg of salidroside and 8.4 mg of ginsenosides (calculated as Rb2 to Rb1 is NLT 0.4 by HPLC) per tablet to ensure optimal strength and quality.

Together these herbs and the substances within them have been traditionally used to:

- support mental clarity and cognitive function
- promote vitality and stamina
- help maintain proper energy
- support physical endurance
- maintain feelings of general well-being when experiencing temporary stress
- help the body adapt to the changes of everyday life
- support and maintain the body as it ages
- support the body’s natural defenses against stress

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

**Additional Support**

- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.
- Combines well with St John’s Wort 1.8g tablets as a tonic for the nervous system.
- Consider Bacopa Complex tablets to enhance mental clarity and to further support cognitive function.

**Supplement Facts**

| Serving size: | 1 tablet |
| Servings per container: | 60 |
| Amount per Serving | %DV |
| Rhodiola root 4:1 extract from Rhodiola rosea root 600 mg Containing rosavins 4.5 mg and salidroside 1.5 mg | 150 mg | 1 |
| Korean Ginseng root 5:1 extract from Panax ginseng root 500 mg Containing ginsenosides* & 4 mg | 100 mg | |

*Daily Value (DV) not established.

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

*Rb2 to Rb1 is NLT 0.4 by HPLC

**Suggested Use**

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

**Educational Tools**

Product Detail Sheet available online

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For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

*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.
Rhodiola Quality Story

*Rhodiola rosea* (Sedum roseum) is commonly referred to as Golden Root or Roseroot and grows in dry sandy ground at high altitudes in the arctic regions of Europe and Asia.

The freshly cut root has a rose-like odor that has led to its botanical name and one of its common names. The root has been used for centuries in the traditional herbalism of Russia and Scandinavia. There are however 16 common species of Rhodiola growing in the Eurasian area. Of these, 11 have been tested in animal studies, but only *R. rosea* and to a far lesser extent *R. crenulata* have been assessed in human trials.

Most of the Rhodiola species have been reported to contain the marker compound salidroside and this was originally used to standardize extracts of *Rhodiola rosea*. After more than a decade of research, however, it was shown that the chemical composition of *R. rosea* root is, in fact, different to the other species of the genus Rhodiola. Using newly developed methods of analysis, it was shown that *R. rosea* root contains three cinnamyl alcohol-vicianosides: rosavin, rosin, and rosarin that are specific to this species. They are collectively termed rosavins. HPLC offers a ready method to differentiate true *Rhodiola rosea* from the other species offered on the market. The two major rosavins found are rosavin and rosarin, with only very low quantities of rosin.

**HPLC trace of Rhodiola rosea**

Korean Ginseng Quality Story

*Panax ginseng* is a widely used and misunderstood herb. Traditionally the main root of the plant has been preferred for clinical use.

The other parts of the plant such as the root hairs, leaves, leafstalks, etc are considered inferior and are never used clinically in the East. However, many herb traders will sell the other plant parts as they are substantially cheaper than the main root. The major marker compounds used to characterize *Panax ginseng* are the ginsenosides which occur in all parts of the plant and if you were to only consider total ginsenosides the main root is not the highest in content. The importance is in the ratio of specific ginsenosides. The European clinical studies were undertaken on extracts manufactured from the main root of *Panax ginseng* which have a particular ratio of ginsenosides. To achieve the clinical results obtained traditionally and supported by clinical trials it is important to use raw material from the correct plant part and the correct species. This is readily achievable using HPLC which easily distinguishes the different preparations.

**Korean Ginseng leaf dry extract**

<table>
<thead>
<tr>
<th>% Content</th>
<th>Rg1</th>
<th>Re</th>
<th>Rf</th>
<th>Rg2</th>
<th>Rb1</th>
<th>Rc</th>
<th>Rb2</th>
<th>Rd</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leaves</td>
<td>1.078</td>
<td>1.524</td>
<td>—</td>
<td>—</td>
<td>0.184</td>
<td>0.736</td>
<td>0.553</td>
<td>1.113</td>
<td>5.188</td>
</tr>
<tr>
<td>Leafstalks</td>
<td>0.327</td>
<td>0.141</td>
<td>—</td>
<td>—</td>
<td>—</td>
<td>0.190</td>
<td>—</td>
<td>0.107</td>
<td>0.765</td>
</tr>
<tr>
<td>Stem</td>
<td>0.292</td>
<td>0.070</td>
<td>—</td>
<td>—</td>
<td>—</td>
<td>—</td>
<td>0.397</td>
<td>—</td>
<td>0.759</td>
</tr>
<tr>
<td>Main root</td>
<td>0.379</td>
<td>0.153</td>
<td>0.092</td>
<td>0.023</td>
<td>0.342</td>
<td>0.190</td>
<td>0.397</td>
<td>—</td>
<td>0.759</td>
</tr>
<tr>
<td>Lateral roots</td>
<td>0.406</td>
<td>0.668</td>
<td>0.203</td>
<td>0.090</td>
<td>0.850</td>
<td>0.738</td>
<td>0.434</td>
<td>0.143</td>
<td>3.532</td>
</tr>
<tr>
<td>Root hairs</td>
<td>0.376</td>
<td>1.512</td>
<td>0.150</td>
<td>0.249</td>
<td>1.351</td>
<td>1.349</td>
<td>0.780</td>
<td>0.381</td>
<td>6.148</td>
</tr>
<tr>
<td>Main root dry extract</td>
<td>1.4</td>
<td>2.1</td>
<td>0.6</td>
<td>0.6</td>
<td>2.9</td>
<td>1.9</td>
<td>2.4</td>
<td>1.5</td>
<td>13.4</td>
</tr>
</tbody>
</table>
Rhodiola & Schisandra

This combination of Rhodiola and Schisandra contains many compounds including phenylpropanoids such as rosarin, rosin, and rosin (rosavins), salidroside (a hydroxyphenethyl glucoside), and dibenzocyclooctene lignans including schisandrin.

This product is standardized to contain 4.5 mg of rosavins and 1.5 mg of salidroside per tablet to ensure optimal strength and quality.

Together these herbs and the substances within them have been traditionally used to:

- maintain feelings of general well-being when experiencing temporary stress
- help the body adapt to the changes of everyday life
- support healthy cognitive function
- support healthy nervous system function
- help maintain proper energy and support healthy physical performance
- work as a tonic to benefit the entire body*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Additional Support

- Adrenal Complex tablets may be a suitable addition to support adrenal function and reduce the effects of everyday stress on the body.
- Combine with Eleuthero tablets to further enhance the body’s natural ability to adapt to temporary stress.
- Consider Thyroid Complex tablets to support healthy thyroid function.
- Combine with Valerian Complex or Nervagesic tablets to provide relief from occasional sleeplessness.
- Combine with St John’s Wort 1.8g tablets for additional support for healthy emotional balance.
- Consider Milk Thistle Forte tablets or ChelaCo tablets to further support healthy general detoxification function.
- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support. ±

Supplement Facts

| Serving size: | 1 tablet |
| Servings per container: | 40 |
| Amount per Serving | %DV |
| Rhodiola root 4:1 extract from Rhodiola rosea root 660 mg Containing salidroside 1.5 mg and rosavins 4.5 mg | 150 mg | 1† |
| Schisandra fruit 6:1 extract from Schisandra chinensis fruit 660 mg | 110 mg | 1† |

† Daily Value (DV) not established.

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

Content Product No
40 Tablets M1924

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

Educational Tools
Product Detail Sheet available online
See Rhodiola Quality Information on page 65
See Schisandra Quality Information on page 56
Saligesic contains phenolic glycosides (including salicin), flavonoids and other phenolic compounds.

Saligesic is standardized to contain 60 mg of salicin per tablet to ensure optimal strength and quality.

Willow stem bark is used traditionally to:
- support musculoskeletal system health
- help maintain and support healthy joints
- ease the temporary mild joint and muscle discomfort associated with exercise
- support and maintain normal body temperature already in a normal range
- temporarily relieve mild, occasional exercise-related lower back discomfort
- relieve temporary mild headaches caused by occasional stress*

Caution: Contraindicated in known allergy or sensitivity to salicylates. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Additional Support
- Combine with Nervagetic tablets to relieve occasional mild muscular cramping.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combine with Rehmannia Complex tablets for relief of mild joint pain after exercise and Boswellia Complex tablets for support of healthy joints.
- Combines well with St John’s Wort 1.8g tablets as a tonic for the nervous system.
- Consider Turmeric Forte tablets for additional joint support.
- Combine with Cramplex tablets to provide relief from discomfort associated with menstruation.*

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 results1,2. 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.

Supplement Facts

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

Content Product No
40 Tablets M1395

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

Educational Tools
Product Detail Sheet available online

References:

* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

** 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.
MediHerb® Saligesic

“MediHerb® high quality Willow Bark product offers significant support for musculoskeletal health.”

Kerry Bone, MediHerb® Co-Founder and Director of Research and Development

“Clinical research from Europe shows that a high potency standardized extract of Willow stem bark can significantly help support musculoskeletal health. Not all Willow products are the same. Such products should be designed to achieve the required balance of phytochemical components.”

MediHerb® high quality Willow product, Saligesic, contains phenolic glycosides (including salicin), flavonoids and other phenolic compounds. Saligesic is standardized to contain not less than 60 mg of salicin per tablet to ensure optimal strength and quality. The compounds in our product are used traditionally to:

- support musculoskeletal system health
- help maintain and support healthy joints
- ease the temporary mild joint and muscle discomfort associated with exercise
- support and maintain normal body temperature already in a normal range
- temporarily relieve mild, occasional exercise-related lower back discomfort
- relieve temporary mild headaches caused by occasional stress*

Willow Stem Bark 20:1 extract 400 mg

from Salix purpurea stem bark

Containing salicin 8.0 g 60 mg

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
Sinus Forte combines the herbs Eyebright, Golden Rod, Echinacea purpurea root, Golden Seal and Cayenne.

These five herbs contribute iridoid glycosides (especially aucubin), saponins, flavonoids, diterpenoid lactones, caffeic acid derivatives (especially cichoric acid), alkylamides, alkaloids (especially hydrastine and berberine), pungent principles (particularly capsacin), carotenoids and other compounds.

These herbs and the compounds within them are used traditionally to:

- maintain healthy and normal mucus secretion in nasal passages
- support healthy response to environmental stressors
- support healthy mucous membranes (particularly of the nose and sinus)
- assist in maintaining healthy breathing passages to support normal breathing
- encourage a healthy respiratory tract
- maintain normal respiratory tract function
- support outer ocular health

Caution: Contraindicated in pregnancy and lactation. Contraindicated in known allergy to Golden Rod.

Additional Support

- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for extra immune system support.
- Consider Vitanox® tablets for antioxidant activity.
- Combine with Albizia Complex tablets to maintain normal respiratory tract function.
- Combine with Herbal Throat Spray Phytosynergist® to soothe the throat.
- Reduce or eliminate dietary intake of dairy products, refined carbohydrates, coffee, tea and alcohol.

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

Educational Tools

- Product Detail Sheet available online
- See Golden Seal Quality Information on page 49
- See Echinacea Quality Information on page 42

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Eyebright herb 4:1 extract from Euphrasia officinalis herb 650 mg</td>
<td>162.5 mg †</td>
</tr>
<tr>
<td>Golden Rod herb 4:1 extract from Solidago virgaurea herb 650 mg</td>
<td>162.5 mg †</td>
</tr>
<tr>
<td>Echinacea root 4:1 extract from Echinacea purpurea root 370 mg</td>
<td>92.5 mg †</td>
</tr>
<tr>
<td>Golden Seal root &amp; rhizome 4:1 extract from Hydrastis canadensis root &amp; rhizome 125 mg</td>
<td>31.25 mg †</td>
</tr>
<tr>
<td>Cayenne fruit 3:1 extract from Capsicum annum fruit 10 mg</td>
<td>3.33 mg †</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Content

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

Products and Capsules

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
St John’s Wort 1.8g

St John’s Wort 1.8g contains the naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids, phenolics and other compounds.

This product is standardized to contain 900 mcg of hypericins and 18 mg of flavonoid glycosides per tablet to ensure optimal strength and quality.

The compounds in St John’s Wort have been used traditionally to:
- help maintain healthy emotional balance
- support the body to cope with occasional stress of everyday life
- help support healthy mood balance
- help relieve occasional sleeplessness/restlessness
- help relieve mild temporary nervous tension and stress*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product.

Additional Support
- Combine with Echinacea Premium tablets or liquid for enhanced immune system support.
- Combines well with Nevaton® Forte tablets for further healthy nervous system response.
- Consider Ashwagandha Complex tablets or Rhodiola & Ginseng Complex tablets to help maintain feelings of general well-being when experiencing temporary stress.
- Combine with Kava Forte tablets to calm the nerves.
- Consider FemCo tablets to additionally ease everyday tension.
- Consider Valerian Complex tablets to promote relaxation and encourage sleep.
- Consider Nervagesic to provide relief from occasional sleeplessness.*

St John’s Wort Quality Story

St John’s Wort is comprised of a wide range of phytochemicals of which the naphthodianthrones (consisting mainly of hypericin and pseudohypericin) are characteristic, while several other constituents are found across a very wide variety of plant species: eg chlorogenic acid, flavonoids and biapigenins.

An animal study has shown that hypericin administered with flavonoid glycosides caused an increase in the bioavailability of hypericin. St John’s Wort extracts containing the flavonoid glycosides but devoid of hypericin and hyperforin have been shown to be pharmacologically active in model systems. Additionally, extracts devoid of hyperforin have been proven effective in clinical trials as have extracts containing hyperforin. In the graph, all extracts contained the same level of naphthodianthrones (hypericins), however a wide range of variation was shown for the other constituents when analyzed by HPLC — some extracts having very low levels of all the phytochemicals you would expect in a good quality extract of Hypericum perforatum. MediHerb® recognizes the importance of all the other constituents, particularly the OPCs and flavonoids and tests all of its products using the techniques which allow the identification of these components.

Supplement Facts

Serving size: 1 tablet
Servings per container: 40

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>87 mg</td>
</tr>
<tr>
<td>St John’s Wort herb flowering top 6:1 extract from Hypericum perforatum herb flowering top 1.8 g Containing hypericins 900 mcg Containing flavonoid glycosides 18 mg</td>
<td>300 mg</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

Content    Product No
40 Tablets  M1430

Suggested Use
1 tablet 2 – 3 times daily, or as directed.

Educational Tools
Product Detail Sheet available online
Thyroid Complex

The combination of herbs in Thyroid Complex (Bladderwrack, Bacopa and Ashwagandha) contain many compounds including trace minerals (including iodine), polyphenols, steroidal compounds (including withanolides), triterpenoid saponins such as bacides, alkaloids and flavonoids. Together these herbs and their constituents have been used traditionally to:

- support healthy thyroid function important for normal energy production
- maintain normal thyroid function
- help assist the body in achieving normal basal metabolism through supporting healthy thyroid function
- maintain or improve general well-being*

Caution: Contraindicated in pregnancy and lactation. Contraindicated in hyperthyroidism and related cardiac problems. If you have a thyroid condition use strictly under physician direction.

Additional Support

- Consider Coleus Forte tablets to support cardiovascular health.
- Consider ChelaCo tablets to support the body’s healthy general detoxification function.
- Combine with Eleuthero tablets or Rhodiola & Schisandra tablets to help the body adapt to the changes of everyday life.
- Consider Rehmanna Complex tablets to support liver health and healthy detoxification of the whole body.
- Combine with Vitanox® tablets for antioxidant activity.
- Consider Gotu Kola Complex tablets to support healthy skin and to provide antioxidant activity.*

Supplement Facts

| Serving size: | 1 tablet |
| Servings per container: | 40, 120 |

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>68 mg 6%</td>
</tr>
<tr>
<td>Bladderwrack whole plant 5:1 extract from Fucus vesiculosus whole plant 1:5 g</td>
<td>300 mg †</td>
</tr>
<tr>
<td>Withania (Ashwagandha) root 10:1 extract from Withania somnifera root 1:20 g</td>
<td>120 mg †</td>
</tr>
<tr>
<td>Bacopa herb 50:1 extract from Bacopa monnieri herb 2.5 g</td>
<td>50 mg †</td>
</tr>
<tr>
<td>Containing bacides as bacide A 25 mg</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Bladderwrack (Fucus vesiculosus)

Tribulus

Tribulus contains an extract of Tribulus terrestris herb (aerial parts – leaves and stems) and contains steroidal saponins, mainly furostanol glycosides (including protodioscin and protogracillin) and small quantities of spirotanol glycosides, sterols and other compounds. This product is standardized to contain 100 mg per tablet of furostanol saponins to ensure optimal strength and quality.

The compounds in Tribulus have been used traditionally to:

- help support normal reproductive function in men and women
- help support normal hormone production in men and women
- promote vitality and stamina
- support physical endurance
- promote an overall feeling of well-being*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Additional Support

- Combine with Rhodiola & Ginseng Complex tablets or Ashwagandha Complex tablets to enhance stamina and vitality.
- Combine with Wild Yam Complex tablets to provide relief from mild discomfort associated with menopause.
- Combine with FemCo tablets, Chaste Tree tablets or liquid to help support female reproductive system health.*

Supplement Facts

| Serving size: | 1 tablet |
| Servings per container: | 40 |

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>98 mg 8%</td>
</tr>
<tr>
<td>Tribulus herb (aerial parts) 55:1 extract from Tribulus terrestris herb (aerial parts) 33.5 g</td>
<td>245.45 mg †</td>
</tr>
<tr>
<td>Containing furostanol saponins as protodioscin 100 mg</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

* 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.
**Tribulus Quality Story**

*Tribulus terrestris* is an herb which is endemic to many different geographical zones, from the Mediterranean regions, India, China, South Africa and Australia. Research undertaken by MediHerb® has shown that the phytochemical profile of the herb varies depending upon the geographical origin and the plant part utilized. Only Tribulus sourced from the Central European regions of Bulgaria and Slovakia have been found to contain protodioscin, which is an important indicator of quality and efficacy. Additionally, only the leaves and stem of the plant contain protodioscin; the fruit does not contain this phytochemical. MediHerb® has undertaken this research to ensure that our Tribulus product is of the correct phytochemical profile to ensure phytoequivalence with the Bulgarian clinical trials and therefore optimal clinical outcome.

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**Turmeric Forte**

*Standardized for Curcumin*

Turmeric Forte is a formulation of turmeric rhizome and Fenugreek seed extracts to enhance absorption and improve bioavailability*† of curcuminoids, the active constituents of Turmeric. Turmeric rhizome provides turmeric curcuminoids, including curcumin, demethoxycurcumin and bisdemethoxycurcumin. This product is standardized to total curcuminoids and to curcumin, to ensure optimal strength and quality.

**The herbs and their constituents:**
- support a healthy inflammatory response function after exercise
- traditionally maintain and support healthy joints
- provide antioxidant activity
- support a healthy response to environmental stressors
- support healthy liver function
- traditionally support healthy digestion*

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Additional Support**
- Combine with Boswellia Complex tablets for healthy circulation and additional joint support.
- Combine with LivCo® tablets to support healthy liver function.
- Combine with Metabol Complex tablets to support metabolism of fats and sugars.
- Combine with Vitanox® tablets for additional antioxidant activity.
- Combine with DiGest Forte tablets to support healthy digestion and intestinal function.
- Combine with Saligesic tablets to temporarily relieve exercise-related lower back discomfort.
- Consider Vascular Care Complex tablets to support healthy peripheral circulation.*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Servings per container</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablet</td>
<td>60, 180</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ferrugreek seed 5.5:1 extract from <em>Trigonella foenum-graecum</em> seed</th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>133 mg</td>
<td></td>
</tr>
</tbody>
</table>

| Turmeric rhizome 55:1 extract from *Curcuma longa* rhizome | Amount per Serving | %DV |
| 6.44 g Consulting curcuminoids 101.3 mg                   | 117 mg             |     |
| Containing curcumin 82.5 mg                               |                    |     |

† Daily Value (DV) not established.

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

**Content**

<table>
<thead>
<tr>
<th>60 Tablets</th>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>M1448</td>
<td></td>
</tr>
<tr>
<td>180 Tablets</td>
<td>M1670</td>
</tr>
</tbody>
</table>

**Suggested Use**

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

**Educational Tools**

- L0626: Turmeric Forte Brochure
- L0334: Turmeric Forte: Standardized for Bioavailable Curcumin Handout
- Product Detail Sheet available online

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

† Kumar D, Jacob D, Subhash P S et al. *J Funct Foods* 2016; 22, 578-587

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For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

*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.
Valerian Complex

Valerian Complex contains Valerian, Passion Flower and Ziziphus jujuba var. spinosa. This combination of herbs contains many compounds including iridoids (known as valepotriates), an essential oil, cyclopentane sesquiterpenes (including valerenic acid), flavonoids and dammarane-type saponins called jujubosides.

Together these herbs and their constituents have been used traditionally to:

- relieve mild nervous tension
- obtain relief from occasional sleeplessness
- promote relaxation
- ease the effects of temporary or occasional stress*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Additional Support

- Consider St John’s Wort 1.8g tablets as a tonic for the nervous system.
- Consider HiPep tablets to support normal function of stomach acid secretions.
- If occasional sleep difficulty is due to temporary stresses of everyday life, combine with Ashwagandha Complex tablets.
- Combine with Kava Forte tablets or Nervagesic tablets to further encourage sleep.*

Valerian Quality Story

Valerian (Valeriana officinalis) contains valerenic acids (predominantly acetoxyvalerenic and valerenic acid and low levels of hydroxyvalerenic acid) and valepotriates (valtrate and isovaltrate).

While other species of Valerian may contain the valepotriates only true Valerian contains the valerenic acids. MediHerb® has developed a unique HPLC analytical method to determine the levels of valerenic acids and valepotriates in Valerian. This method can also determine the level of the baldrinals (valtrate degradation products) which are an indicator of a poor quality herb. By using this analytical method on all its Valerian products, MediHerb® ensures that these products contain high levels of valerenic acids and valepotriates, with no baldrinals.

Tablets and Capsules • MediHerb® Product Catalog 2020
Passion Flower Quality Story

There are over 500 species of Passion Flower, which include the edible passionfruit and varieties grown for their characteristic flowers.

The preferred clinical species is Passiflora incarnata which is native to the Americas and has many common names, including ‘Maypop’ and ‘Purple Passion Flower’. The original forms of this plant have flowers varying in color from pale lavender through to dark violet. There is also a white-flowered form which appears in the wild, as well as in cultivation, and is sold as *P. incarnata ‘Alba’.*

During routine analysis in the MediHerb® Research Laboratory it became evident that there were two different phytochemical profiles of Passion Flower being encountered. The samples varied in the flavonoid constituents which are among the proposed clinically active components. In conjunction with Southern Cross University (Australia) it was determined that the different flavonoid profiles were related to the color of the flowers (purple or white). The clinical evidence for Passion Flower is derived from European clinical trials and the corresponding phytochemical profiles have been published. By using LC/MS it was determined that these profiles matched that of the purple-flowered form. Two of the peaks are consistent between the two different forms, however, the remaining eight or more flavonoids are different. Without using at least HPLC, or ideally LC/MS, this differentiation is easily missed and the inappropriate form of Passiflora incarnata might be used.

Vascular Care Complex

Note: Formerly known as Horsechestnut Complex

Vascular Care Complex is a combination of Horsechestnut, Butcher’s Broom and *Ginkgo biloba.*

These herbs contain steroidal saponins, other saponins (a complex mixture known as escin), flavonoids, lipids, sterols, terpene lactones (including ginkgolides) and other phytochemicals. All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. The Horsechestnut component is standardized to contain 36 mg of escin per tablet, the Butcher’s Broom contains 20 mg per tablet of ruscogenin and the Ginkgo component contains 7.3 mg per tablet of ginkgo flavonglycosides (ginkgo flavone glycosides).

Together these herbs and the compounds within them are used traditionally to:
- assist healthy blood circulation
- assist in the maintenance of healthy peripheral circulation
- provide antioxidant activity
- support and maintain healthy tissue fluid levels, including in the legs
- provide support for the vascular system in the occurrence of occasional, mild constipation*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Additional Support
- Combines well with Gotu Kola Complex tablets to support healthy skin, promote healthy blood circulation and provide antioxidant activity.
- Combines well with Garlic Forte tablets to support cardiovascular system health.
- Combine with Turmeric Forte tablets to support healthy inflammatory response.
- Consider Vitanox® tablets for antioxidant activity.
- Avoid excessive saturated fat in the diet.*

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Butcher’s Broom root &amp; rhizome 4:1 extract from <em>Ruscus aculeatus</em> root &amp; rhizome 800 mg containing ruscogenin 20 mg</td>
<td>200 mg</td>
</tr>
<tr>
<td>Horsechestnut seed 6:1 extract from <em>Aesculus hippocastanum</em> seed 1.2 g containing escin 36 mg</td>
<td>200 mg</td>
</tr>
<tr>
<td>Ginkgo leaf 50:1 extract from <em>Ginkgo biloba</em> leaf 1.5 g containing ginkgo flavonglycosides 7.3 mg</td>
<td>30.5 mg</td>
</tr>
</tbody>
</table>

* Daily Value (DV) not established.

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.

Content: 40 Tablets Product No M1640

Suggested Use: 1 tablet 2 – 3 times daily, or as directed. Enteric coated tablets. Do not break or crush.

Educational Tools: Product Detail Sheet available online

See Ginkgo Quality Information on page 48

* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

** 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.
Viranon contains Thuja, St John’s Wort and Licorice. These herbs provide many phytochemicals including an essential oil (containing monoterpenes and other terpenes), the naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids, phenolics, triterpenoid saponins (especially glycyrrhizin) and other saponins.

This product contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The St John’s Wort component is standardized to contain 675 mcg of hypericins per tablet, and the Licorice component of this tablet is standardized to contain 30 mg of glycyrrhizin per tablet.

Together these herbs and their constituents have been used traditionally to:

- help maintain and support healthy immune system function, regulation and response
- help promote the body’s normal resistance function
- encourage the body’s normal healthy defense system by supporting healthy immune system function*

Caution: Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV radiation (e.g. sunlight, tanning) when using this product. Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Best avoided in epilepsy.

Additional Support

- Combine with Artemisinin Complex tablets to support healthy detoxification of the whole body.
- Consider Echinacea Premium tablets or liquid, Astragalus Complex tablets or Andrographis Complex tablets for additional immune system support.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of upper respiratory health.*

*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.
Vitanox® contains a blend of herbs which provide strong antioxidant activity.

The herbs Rosemary, Green Tea, Turmeric and Grape Seed provide phenolic diterpenes (including carnosol and rosmarinic acid), polyphenols including epigallocatechin gallate, essential oils containing sesquiterpenes, yellow pigments referred to as diarylheptanoids (including curcumin), flavonoids, triterpenoids and oligomeric procyanidins. This product is standardized to contain 83.35 mg of catechins, 70.4 mg of curcuminoids and 42.5 mg of procyanidins in each tablet to ensure optimal strength and quality.

The natural substances in Vitanox® are used to:
- provide antioxidant activity
- support healthy circulation and vascular integrity
- help support healthy liver function
- support general health and well-being
- support and maintain cellular health

**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements.

Additional Support
- Combine with Ginkgo Forte tablets or Bilberry 6000mg tablets for additional antioxidant activity.
- Combine with Gotu Kola Complex tablets for additional antioxidant activity, to promote healthy blood circulation, to promote healthy skin and to support healthy capillaries.
- Combine with Metabol Complex tablets to support antioxidant activity against free radicals formed in the body during normal metabolism.
- Consider Turmeric Forte tablets for additional antioxidant activity.
- Combines well with Hawthorn tablets to help maintain healthy circulation.

**Educational Tools**
Product Detail Sheet available online

**Supplement Facts**

| Serving size: | 1 tablet |
| Servings per container: | 40, 120 |
| Amount per Serving | %DV |
| Calcium | 28 mg | 2% |
| Rosemary leaf 5:1 extract | 200 mg | T |
| from Rosmarinus officinalis leaf 1.0 g | |
| Green Tea leaf 25:1 extract | 166.7 mg | T |
| from Camellia sinensis leaf 4.2 g | |
| Containing catechins 83.35 mg | |
| Turmeric rhizome 25:1 extract | 80 mg | T |
| from Curcuma longa rhizome 2.0 g | |
| Containing curcuminoids 70.4 mg | |
| Grape seed 120:1 extract | 50 mg | T |
| from Vitis vinifera seed 6.0 g | |
| Containing procyanidins 42.5 mg | |

* Daily Value (DV) not established.

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

**Content**

| Product No |
| 40 Tablets | M1462 |
| 120 Tablets | M1468 |

**Suggested Use**
1 tablet 1–2 times daily, or as directed.

**For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.**

**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.**
Wild Yam Complex contains Wild Yam, Black Cohosh, Shatavari, Korean Ginseng, St John’s Wort and Sage.

This combination of herbs contains many compounds including steroidal saponins (such as shatavarin-I and dioscin), ginsenosides, an essential oil (containing monoterpenes, including thujone), triterpene glycosides, phenolic compounds (such as rosmarinic acid), naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids and phenolics. This tablet contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The St John’s Wort component of this tablet is standardized to contain 300 mcg of hypericins per tablet, and the Korean Ginseng component contains 1.3 mg per tablet of ginsenosides (calculated as Rb1 to Rb, is NLT 0.4 by HPLC).

The herbs in Wild Yam Complex are used traditionally to:

- provide relief from mild discomfort associated with menopause
- maintain feelings of general well-being
- calm the nerves and support healthy mood balance
- provide antispasmodic activity to ease occasional spasms associated with the menstrual cycle*

Caution: 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 (eg sunlight, tanning) when using this product.

Additional Support

- Combine with Tribulus tablets to support normal hormone production and overall feelings of well-being.
- Consider St John’s Wort 1.8g tablets or Nevaton® Forte tablets as a tonic for the nervous system.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combine with Chaste Tree tablets to ease discomfort associated with the menstrual cycle.
- Combine with Kava Forte tablets to calm the nerves.*

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40, 120</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Wild Yam root &amp; rhizome 5:1 extract from Dioscorea villosa root &amp; rhizome</td>
<td>80 mg</td>
</tr>
<tr>
<td>Shatavari root 2:1 extract from Asparagus racemosus root</td>
<td>200 mg</td>
</tr>
<tr>
<td>St John’s Wort herb flowering top 6:1 extract from Hypericum perforatum herb flowering top</td>
<td>100 mg</td>
</tr>
<tr>
<td>Containing hypericins 300 mcg</td>
<td></td>
</tr>
<tr>
<td>Sage aerial parts 5:1 extract from Salvia officinalis aerial parts</td>
<td>58 mg</td>
</tr>
<tr>
<td>Black Cohosh root 5:1 extract from Actaea racemosa root</td>
<td>20 mg</td>
</tr>
<tr>
<td>Korean Ginseng root 5:1 extract from Panax ginseng root</td>
<td>15 mg</td>
</tr>
<tr>
<td>Containing ginsenosides* 1.3 mg</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

*Rb to Rb, is NLT 0.4 by HPLC

Content Product No
40 Tablets M1470
120 Tablets M1475

Suggested Use
1 tablet 3 – 4 times daily, or as directed.

Educational Tools
Product Detail Sheet available online

See St John’s Wort Quality Information on page 70
See Korean Ginseng Quality Information on page 65
See Wild Yam Quality Information on page 78
Wild Yam Quality Story

There are some 600 species of Yam in the genus Dioscorea, many of them are wild species that flourish in damp woodlands and thickets. *Dioscorea villosa*, also known as Colic Root or Wild Yam, is a twining, tuberous vine native to eastern North America.

The roots initially taste starchy, but soon after are bitter and acrid, nothing like the taste of Yam or Sweet Potato grown for the dinner table. Commercial Wild Yam extracts available for use as raw materials are often not *Dioscorea villosa* but instead *Dioscorea opposita* (Chinese Yam Root) which has a different phytochemical profile.

It is widely misconstrued that *Dioscorea villosa* contains diosgenin and many products have this as a statement on their labels. However it does not contain diosgenin, but rather the diosgenin precursors. Traditionally *Dioscorea villosa* was believed to contain predominantly dioscin, however, the origin of this assignment is unclear (dioscin is a steroidal glycoside precursor of diosgenin). The phytochemical profile of Wild Yam is poorly-defined and based on scientific literature from the 1940s.

MediHerb® undertook a project in conjunction with Associate Professor James De Voss, Chemistry Department, from the University of Queensland, Australia to investigate the phytochemistry.

Commercially available *Dioscorea villosa* is in the form of dried roots, usually harvested at the end of summer or fall when the plant is dying back to its rootstock. It was found that these roots contained only very small amounts of dioscin, not the predominance as previously thought. The major saponin found in the fall harvested roots were in fact the furostanol-based saponins, methylparvifloside and methylprotodeltonin, while the spirostanol-based saponins, Zingiberensis saponin I and deltonin were the major saponins for samples harvested in summer. The storage saponins from the fall differ from the summer saponins by the presence of an extra glucose at the C-26 position of the diosgenin base structure. The two main compounds found in commercial material – harvested in the fall – are significantly different from dioscin by having an extra one or two glucose residues in methylprotodeltonin and methylparvifloside respectively. All of these compounds have been reported from other Dioscorea species, however, the profile of saponins was different in the other species.

**Major Saponins of *Dioscorea villosa***

![Diagram of compounds 1-2 and 4-6]

<table>
<thead>
<tr>
<th>Compound</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Methylparvifloside</td>
</tr>
<tr>
<td>2</td>
<td>Methylprotodeltonin</td>
</tr>
<tr>
<td>4</td>
<td>Zingiberensis saponin I or glucosidodeltonin</td>
</tr>
<tr>
<td>5</td>
<td>Deltonin</td>
</tr>
<tr>
<td>6</td>
<td>Dioscin</td>
</tr>
</tbody>
</table>

*For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132.*

*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.*
Wormwood Complex contains the following herbs: Wormwood, Black Walnut hulls, Stemona root and Clove Bud essential oil.

This combination of herbs and essential oil contains many phytochemicals including sesquiterpene lactones, terpenes, thujone, 1,4-naphthoquinones, alkaloids, flavonoids, tannins and phenolic acids.

Wormwood Complex contains herbs used traditionally to help:

- promote healthy intestinal motility
- stimulate digestion
- relieve temporary, mild digestive discomfort
- encourage a healthy intestinal environment

**Caution:** Contraindicated in pregnancy and lactation.

**Additional Support**
- Consider Garlic Forte tablets to support immune system health.
- Combine with Gut Flora Complex capsules to help encourage a healthy intestinal environment, relieve mild gastrointestinal discomfort and support a healthy immune system.
- Consider Echinacea Premium tablets or liquid or Andrographis Complex tablets for enhanced immune system support.
- Consider DiGest Forte tablets or DiGest PhytoSynergist® liquid to support healthy digestion and intestinal function.

**Wormwood Complex**

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 120</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%DV</strong></td>
</tr>
<tr>
<td>Stemona root 5:1 extract from <em>Stemona sessilifolia</em> root 1.0 g</td>
<td>200 mg</td>
</tr>
<tr>
<td>Black Walnut hull 4:1 extract from <em>Juglans nigra</em> hull 100 mg</td>
<td>25 mg</td>
</tr>
<tr>
<td>Wormwood herb 4:1 extract from <em>Artemisia absinthium</em> herb 100 mg</td>
<td>25 mg</td>
</tr>
<tr>
<td>Clove bud (<em>Syzygium aromaticum</em>) essential oil</td>
<td>20 mg</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

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

**Content**

| 120 Tablets M1490 |

**Suggested Use**

2 tablets 2 – 3 times daily before meals for 10 days repeated after a 10-day break, or as directed.

**Educational Tools**

Product Detail Sheet available online.

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

*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.*
Adrenal Tonic Phytosynergist® contains Ashwagandha, Licorice, Rehmannia and Echinacea.

This combination of herbs contains many compounds including triterpenoid saponins (especially glycyrrhizin), other saponins, iridoid glycosides, caffeic acid derivatives, alkylamides and many flavonoids. These herbs are traditionally used to help:

- promote healthy adrenal gland function
- help the body adapt to everyday challenges and support general health and well-being
- support and maintain the body as it ages
- support healthy sleep
- support healthy immune system response
- maintain feelings of well-being when experiencing temporary mild stress
- support healthy cognitive function
- help to increase energy and improve overall health*

Caution: 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. If you have a thyroid condition, use strictly under physician direction.

Additional Support

- Consider Thyroid Complex tablets to support healthy thyroid function for normal energy production.
- Consider Eleuthero tablets or Rhodiola & Ginseng Complex tablets to promote vitality.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combines well with St John’s Wort 1.8g tablets or Nevaton® Forte tablets as a tonic for the nervous system.
- Combine with Tribulus tablets to support normal hormone production in men and women, or with FemCo tablets to support women’s general well-being.
- Consider Boswellia Complex or Vitanox tablets to provide antioxidant activity.
- Consider Astragalus Complex tablets to provide additional immune system support.*

Other ingredients: Purified water, 36.5% alcohol and maltodextrin.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size:</td>
</tr>
<tr>
<td>Servings per container:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rehmannia root 1:2 extract from Rehmannia glutinosa root 1.13 g</td>
<td>2.25 mL</td>
</tr>
<tr>
<td>Ashwagandha root 1:1 extract from Withania somnifera root 1.63 g</td>
<td>1.63 mL</td>
</tr>
<tr>
<td>Echinacea root 1:2 extract from Echinacea purpurea root 263 mg</td>
<td>525 mcL</td>
</tr>
<tr>
<td>Echinacea root 1:2 extract from Echinacea angustifolia root 175 mg</td>
<td>350 mcL</td>
</tr>
<tr>
<td>Licorice root extract From Glycyrrhiza glabra root 423 mg</td>
<td>250 mcL</td>
</tr>
</tbody>
</table>

* Daily Value (DV) not established.

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
Broncafect Phytosynergist®

The combination of herbs found in Broncafect Phytosynergist® contains triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, pungent principles (including gingerols), an essential oil (containing monoterpenes, especially thymol) and other compounds. These herbs and their constituents have traditionally been used to:

- support healthy respiratory tract function
- support normal mucus flow
- support the body’s natural ability to break up respiratory secretions
- support healthy immune system function
- help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants
- assist the body in maintaining normal body temperature already within a normal range

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Contraindicated in known allergy to plants of the daisy family.

Additional Support

- Consider Andrographis Complex tablets for extra immune system support.
- Combine with Herbal Throat Spray Phytosynergist® to soothe mild discomfort of the throat, freshen breath and maintain healthy mucosal tissue in the throat.
- For extra respiratory support and immune system response combine with hot Peppermint or Ginger tea.

** Supplement Facts **

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>5 mL (1 tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Echinacea root 1:2 extract from Echinacea angustifolia root 500 mg</td>
<td>1.0 mL</td>
<td>†</td>
</tr>
<tr>
<td>Licorice root extract from Glycyrrhiza glabra root 1.7 g</td>
<td>1.0 mL</td>
<td>†</td>
</tr>
<tr>
<td>Pleurisy root 1:2 extract from Asclepias tuberosa root 500 mg</td>
<td>1.0 mL</td>
<td>†</td>
</tr>
<tr>
<td>Thyme leaf 1:2 extract from Thymus vulgaris leaf 500 mg</td>
<td>1.0 mL</td>
<td>†</td>
</tr>
<tr>
<td>Ginger rhizome 1:2 extract from Zingiber officinale rhizome 250 mg</td>
<td>500 mcL</td>
<td>†</td>
</tr>
<tr>
<td>White Horehound herb 1:2 extract from Marrubium vulgare herb 250 mg</td>
<td>500 mcL</td>
<td>†</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: Purified water, 48% alcohol and maltodextrin.

Content | Product No
---|---
200 mL (6.8 fl oz) | M4410

Suggested Use

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

Educational Tools

Product Detail Sheet available online

See Echinacea Quality Information on page 42

* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

** 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.
Capsella Complex Phytosynergist® contains the following herbs: Dong Quai, Shepherd’s Purse, False Unicorn and White Peony.

This combination of herbs contains many compounds including an essential oil (consisting mainly of ligustilide and n-butylidene phthalide), sterols, flavonoids, glucosinolates, steroidal saponins and a unique monoterpene glycoside called paeoniflorin.

Together these herbs and the compounds within have traditionally been used to:
- promote healthy female reproductive system function
- relieve temporary, mild cramping and discomfort associated with menstruation
- maintain normal menstrual flow
- assist as a tonic for the female reproductive system
- promote vitality in women*

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional.

Additional Support
- Combine with Chaste Tree tablets to support female reproductive system health.
- Combine with FemCo tablets to encourage healthy menstrual cycling.
- Consider Ashwagandha Complex tablets as a tonic to benefit the entire body and promote vitality and stamina.
- Combine with Wild Yam Complex tablets for relief from mild discomfort associated with menopause.
- Consider Fe-Max Iron Tonic Phytosynergist® to promote and support normal blood production.
- Combine with Nevaton® Forte tablets to support healthy nervous system response and encourage healthy mood balance.*

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Dong Quai root 1:2 extract</td>
<td>1.5 mL</td>
<td>1</td>
</tr>
<tr>
<td>True Angelica (Angelica polymorpha) root 750 mg</td>
<td>1.5 mL</td>
<td></td>
</tr>
<tr>
<td>False Unicorn root 1:2 extract</td>
<td>1.25 mL</td>
<td>1</td>
</tr>
<tr>
<td>False Unicorn (Chamaelirium luteum) root 625 mg</td>
<td>1.25 mL</td>
<td></td>
</tr>
<tr>
<td>Shepherd’s Purse herb 1:2 extract</td>
<td>1.25 mL</td>
<td>1</td>
</tr>
<tr>
<td>False Unicorn (Chamaelirium luteum) root 625 mg</td>
<td>1.25 mL</td>
<td></td>
</tr>
<tr>
<td>White Peony root 1:2 extract</td>
<td>1 mL</td>
<td>1</td>
</tr>
<tr>
<td>White Peony (Paeonia lactiflora) root 500 mg</td>
<td>1 mL</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: Purified water and 40% alcohol.

Content | Product No
---|---
200 mL (6.8 fl oz) | M4420

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

Educational Tools
Product Detail Sheet available online
See Paeonia Quality Information on page 46

MediHerb®
Capsella Complex Phytosynergist®

Supports healthy female reproductive function*

* 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.
DiGest Phytosynergist®

The combination of herbs in DiGest Phytosynergist® contains many compounds including bitter principles of the secoiridoid type (especially gentiopicrin and amarogentin), caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, an essential oil (containing α-bisabolol), flavonoids, flavanolignans (collectively known as silymarin), sesquiterpene lactones, phenolic acids and sterols.

Together these herbs and the compounds within them have been traditionally used to:
- stimulate gastric juice output and appetite
- support healthy digestion and intestinal function
- promote healthy gastrointestinal tone
- assist healthy and normal body detoxification processes
- support healthy immune system function
- support healthy gallbladder function and normal bile production support*

Caution: Contraindicated in known allergy to plants of the daisy family. Contraindicated in gastric or duodenal ulcers unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Additional Support
- Combines well with Livton® Complex tablets for healthy liver function.
- Consider Gymnema tablets to help suppress normal cravings for sugar in the diet.
- Combine with Ashwagandha Complex tablets as a tonic to benefit the entire body.
- Eat wholesome fiber-rich foods.*

MediHerb® DiGest Phytosynergist®

Supports healthy digestion and intestinal function*

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 5 ml (1 tsp)</th>
<th>Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving %DV</td>
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<tr>
<td>Calories 10</td>
<td></td>
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<tr>
<td>Chamomile flower 1.2 extract from Matricaria recutita flower 750 mg</td>
<td>1.5 mL †</td>
</tr>
<tr>
<td>Dandelion root 1.2 extract from Taraxacum officinale root 500 mg</td>
<td>1.0 mL †</td>
</tr>
<tr>
<td>Echinacea root 1.2 extract from Echinacea angustifolia root 500 mg</td>
<td>1.0 mL †</td>
</tr>
<tr>
<td>Milk Thistle seed 1:1 extract from Silybum marianum seed 1.0 g</td>
<td>1.0 mL †</td>
</tr>
<tr>
<td>Gentian root 1:2 extract from Gentiana lutea root 100 mg</td>
<td>200 mcL †</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: Purified water and 50% alcohol.

Content Product No
200 mL (6.8 fl oz) M4450

Suggested Use
Dilute 5 ml (approx. 1 teaspoon) in water or juice 3 – 5 times daily, or as directed.

Educational Tools
Product Detail Sheet available online
See Chamomile Quality Information on page 37
See Milk Thistle Quality Information on page 59

* 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.
Fe-Max Iron Tonic Phytosynergist®

The combination of herbs in Fe-Max Iron Tonic Phytosynergist® contains many compounds including triterpenes, sterols, flavonoids, steroidal compounds, alkaloids, triterpenoid saponins (especially glycyrrhizin), other saponins, an essential oil (consisting of terpenoids), pungent principles, minerals and silicon.

The herbs and nutrients in Fe-Max Iron Tonic Phytosynergist® work together to:
- provide iron, which is essential for the normal functioning of red blood cells
- promote and support healthy blood production
- support good nutrition
- promote vitality
- promote an overall feeling of well-being

Caution: 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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Additional Support
- Combines well with Ashwagandha Complex tablets or Rhodiola & Ginseng Complex tablets to promote vitality and stamina.
- Consider DiGest Forte tablets or DiGest Phytosynergist® liquid for healthy digestion.
- Consider Chaste Tree tablets for female reproductive health.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 5 mL (1 tsp)</th>
<th>Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%DV</strong></td>
</tr>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>&lt; 1 g</td>
</tr>
<tr>
<td>Vitamin C (as Ascorbic acid)</td>
<td>5 mg</td>
</tr>
<tr>
<td>Iron (from iron amino acid chelate)</td>
<td>5 mg</td>
</tr>
<tr>
<td>Vitamin B2 (Riboflavin)</td>
<td>5 mg</td>
</tr>
<tr>
<td>Vitamin B6 (Pyridoxine hydrochloride)</td>
<td>2.5 mg</td>
</tr>
<tr>
<td>Vitamin B12 (Cyanocobalamin)</td>
<td>1.5 mcg</td>
</tr>
<tr>
<td>Codonopsis root 1:2 extract from Codonopsis pilosula root</td>
<td>500 mg</td>
</tr>
<tr>
<td>Nettle leaf 1:2 extract from Urtica dioica leaf</td>
<td>500 mg</td>
</tr>
<tr>
<td>Licorice root 4:1 extract from Glycyrrhiza glabra</td>
<td>500 mg</td>
</tr>
<tr>
<td>Ashwagandha root 12:1 extract from Withania somnifera root</td>
<td>1.2 g</td>
</tr>
<tr>
<td>Ginger rhizome 1:2 extract from Zingiber officinale rhizome</td>
<td>50 mg</td>
</tr>
<tr>
<td>Stevia leaf 1:2 extract from Stevia rebaudiana leaf</td>
<td>50 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Daily Value (DV) not established.

Other ingredients: Glycerol, purified water, alcohol, fruit and root juice concentrates (grape, beet, apple, pear and lemon), natural flavor, maltodextrin, potassium sorbate (preservative), thiamine, silicon dioxide, citric acid and sodium citrate.

Content  Product No
200 mL (6.8 fl oz)  M4460

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

Educational Tools
Product Detail Sheet available online

See Ashwagandha Quality Information on page 26

Codonopsis (Codonopsis pilosula)
Herbal Throat Spray
Phytosynergist®

Herbal Throat Spray contains the following herbs: Marshmallow root, Sage, Echinacea angustifolia root, Calendula, Myrrh and Clove bud.

This combination of herbs contains many phytochemicals including mucilage, essential oils (containing monoterpenes and sesquiterpenes, including eugenol), phenolic compounds, caffeic acid derivatives (especially echiuicoside and cynarin), alkylamides, triterpenoid saponins, triterpene alcohols and their esters, flavonoids, sterols, carotenoids and commiphoric acids and esters.

Together these herbs and their constituents are used traditionally to help:
- support healthy throat and upper gastrointestinal tissue
- soothe mucous membranes of the throat
- promote oral health
- relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants
- freshen breath*

Caution: Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Not suitable for children under 2 years of age.

Additional Support
- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for further immune system support.
- Consider combining with Sinus Forte tablets or Broncafort® tablets for healthy respiratory tract tissue.
- Combine with Ashwagandha Complex tablets or Rhodiola & Schisandra tablets to benefit the entire body particularly in times of stress.*

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 4 Sprays (500 mcL)</th>
<th>Servings per container: 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Marshmallow root 1:5 glyctract from Althaea officinalis root 40 mg</td>
<td>200 mcL</td>
</tr>
<tr>
<td>Sage aerial parts 1:2 extract from Salvia officinalis aerial parts 30 mg</td>
<td>60 mcL</td>
</tr>
<tr>
<td>Calendula flower 1:2 extract from Calendula officinalis flower 10 mg</td>
<td>20 mcL</td>
</tr>
<tr>
<td>Echinacea root 1:2 extract from Echinacea angustifolia root 10 mg</td>
<td>20 mcL</td>
</tr>
<tr>
<td>Myrrh oleo-gum resin 1:5 extract from Commiphora molmol stem oleo-gum resin 1 mg</td>
<td>5 mcL</td>
</tr>
<tr>
<td>Clove (Syzygium aromatous) bud essential oil</td>
<td>1.25 mcL</td>
</tr>
</tbody>
</table>

Other ingredients: Purified water, glycerol, alcohol 16.5%, methyl hydroxybenzoate (preservative), propyl hydroxybenzoate (preservative) and menthol.

Content Product No
25 mL (0.85 fl oz) M4465

Suggested Use
4 sprays into the mouth every 1-2 hours and swallow, or as directed.

Educational Tools
Product Detail Sheet available online
See Echinacea Quality Information on page 42

*M 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.
ResCo Phytosynergist® combines herbs and an essential oil which provide respiratory system support.

These herbs provide a range of compounds including iridoids, triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, triterpenes, sterol, phenolic acids, sesquiterpene lactones, polycytoenes, pungent principles (including gengerols), and monoterpenes (especially trans-anethole, fenchone and estragole).

These key phytochemicals and other compounds within this herbal formulation have been traditionally used to:

- support healthy mucous membranes within the respiratory tract
- encourage healthy removal of mucus
- support the body’s normal cough reflex
- encourage normal secretion removal from the respiratory system*

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Contraindicated in known allergy to Elecampane. ♦

Additional Support

- Combine with Echinacea Premium tablets or liquid or Andrographis Complex tablets for additional immune system support.
- Consider Sinus Forte tablets to help maintain normal respiratory tract function and normal mucus secretion in nasal passages.
- Consider PulmaCo tablets to support the body’s natural ability to break up and expel respiratory secretions.
- Eliminate smoking *

_uriCo Phytosynergist®

_uriCo Phytosynergist® contains a blend of herbs to support normal urinary system function. These herbs provide a range of compounds including mucilage, an essential oil (consisting mainly of the monoterpenes diphenol), flavonoids, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, triterpenoid saponins (especially glycyrrhizin) and other saponins.

These key phytochemicals and other compounds within this herbal formulation have been traditionally used to:

- support healthy mucous membranes within the urinary tract
- support healthy urinary tract function
- maintain healthy urinary tract tissue
- enhances the immune system

Caution: 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. ♦

Additional Support

- Combine with Echinacea Premium tablets or liquid or Andrographis Complex tablets for additional immune system support.
- Consider Golden Seal 500mg tablets for mucous membrane health.
- Increase water intake.*

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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.

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** For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.
Unique Extraction

Liquid Extracts

Unique Extraction: 1:2 Cold Percolation Process

The MediHerb® 1:2 Cold Percolation method is unlike other herbal extraction processes; no heat or concentration are used, both of which may cause damage to the delicate plant material.

In addition to the herb itself, we use raw materials in manufacturing our herbal extracts, which are manufactured using pharmaceutical grade ethanol and purified water to allow for broader extraction.

The greatest care is taken to prevent any contamination from outside sources throughout the extraction process:

- all extraction equipment is designed and built from stainless steel
- air used in the manufacturing complex is thoroughly cleansed using pharmaceutical standard filtering units

Quantified Activity = Quality Assured

The Quantified Activity Program is unique to MediHerb® and to date has quantified over 70 herbs under the guidance of Kerry Bone.

Quantified Activity extracts are guaranteed through quality assurance to contain a minimum level of specific key constituents, determined by the latest research and clinical experience and consistency from batch to batch.

Standardized Extracts

Standardized extracts are different to quantified activity extracts in that they are guaranteed to contain a specific level (rather than a minimum level) of a key constituent stated on the label.

The Quantified Activity and Standardized extracts are denoted in the liquid extract entries. For more information regarding Quantified Activity, please see page 6 of the MediHerb® Philosophy section.
Advantages of Using Liquid Herbs

The key advantages of using liquid herbs is that formulas can be customized for each individual patient. Three patients could all present joint health-related issues, but each one could have a different combination – one person’s joint health issue may be accompanied by temporary pain associated with strenuous exercise, the next with difficulty with sleeping and another who is tired or stressed out. Using individualized formulas, based on research from recognized texts, allows practitioners to create custom formulas to ensure that each patient is receiving the optimal remedy for their needs.

Customized liquid blends promote confidence and loyalty because patients know that this is their own personal blend which is not commercially available.

Other advantages for using liquids:

- Extremely easy to take.
- Price value in relation to clinical value. Liquids are an excellent way of getting a potent dose in a concentrated form.
- Liquids are great for people who have difficulty swallowing tablets and can be mixed with syrups for ease of administration.
- Bioavailability – herbal extracts are readily absorbed, therefore the active principles can be delivered much faster than the majority of tablets or capsules, which must first be broken down by the digestive tract. This is especially valuable for a person with slow digestion.
- Taste issues can be easily overcome by adding the herbs to delicious flavors such as dark grape juice or herbal extract flavoring mixes.*

* 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.
Albizia 1:2

Albizia contains saponins and other compounds. Albizia has been used traditionally to:
- promote healthy upper respiratory and skin function
- assist in maintaining healthy breathing passages to support normal breathing
- respond normally to occasional seasonal stressors
- support normal immune system response
- promote healthy skin
- support healthy response to environmental stressors*

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Ashwagandha 1:1

Ashwagandha contains naturally occurring steroidal compounds, alkaloids and other phytochemicals that together produce a tonic and adaptogenic effect for the entire body. Ashwagandha 1:1 is standardized to contain 2.0 mg/mL of withanolides to ensure optimal strength and quality.

Ashwagandha is used traditionally to:
- encourage a healthy response to environmental stressors
- ease the effects of temporary everyday life changes
- promote an overall feeling of well-being
- support the body as it ages*

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. If you have a thyroid condition, use strictly under physician direction.

Astragalus 1:2

Astragalus contains triterpenoid saponins, flavonoids, sterols and other compounds that serve as a tonic.

Astragalus is used traditionally to:
- restore and enhance the body’s immune system
- support normal immune response to occasional seasonal stressors
- support general health and well-being
- support vital energy and overall vitality as a tonic*

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

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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.
Bacopa 1:2

Bacopa contains dammarane saponins, flavonoids, sterols and other compounds.

Bacopa has been traditionally used in Ayurvedic herbal preparations to:
- support normal memory function
- support brain function
- promote mental clarity, concentration and focus
- enhance cognition and attention ability

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>5 ml (1 tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Bacopa herb 1:2 extract</td>
<td>5 ml</td>
</tr>
<tr>
<td>from Bacopa monnieri herb 2.5 g</td>
<td></td>
</tr>
</tbody>
</table>

Other ingredients: Purified water and 23% alcohol.

Content | Product No
---|---
200 mL (6.8 fl oz) | M6640

Suggested Use
Dilute 5 ml (approx. 1 teaspoon) in water or juice once per day, or as directed.

Black Cohosh 1:2

Quantified Activity

Black Cohosh contains triterpene glycosides, isoflavones, resin and other compounds.

Black Cohosh 1:2 contains a minimum of 15 mg/mL of triterpene glycosides (as 27-deoxyacetylen) to ensure optimal strength and quality.

The substances in Black Cohosh have been used traditionally to:
- support normal menstruation and healthy female reproductive function
- promote a natural, healthy balance within the female endocrine system
- relieve mild discomfort associated with menstruation and menopause
- relieve temporary, mild joint and muscle discomfort associated with exercise

Caution: 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.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>2.5 ml (½ tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>80</td>
</tr>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Black Cohosh root 1:2 extract</td>
<td>2.5 ml</td>
</tr>
<tr>
<td>from Cimicifuga racemosa root 1.25 g</td>
<td></td>
</tr>
<tr>
<td>Containing triterpene glycosides as 27-deoxyacetylen 37.5 mg</td>
<td></td>
</tr>
</tbody>
</table>

Other ingredients: Purified water and 60% alcohol.

Content | Product No
---|---
200 mL (6.8 fl oz) | M6680

Suggested Use
Dilute 2.5 ml (approx. 125 drops) in water or juice once per day, or as directed.

Black Walnut Hulls 1:10

Black Walnut Hulls contain naphthoquinones (especially juglone) and other compounds.

The substances in Black Walnut Hulls have been used traditionally to:
- support healthy gastrointestinal elimination
- support healthy digestion
- support healthy intestinal environment
- help maintain healthy skin topically

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>5 ml (1 tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40</td>
</tr>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Black Walnut hull 1:10 extract</td>
<td>5 ml</td>
</tr>
<tr>
<td>from Juglans nigra hull 500 mg</td>
<td></td>
</tr>
</tbody>
</table>

Other ingredients: Purified water and 60% alcohol.

Content | Product No
---|---
200 mL (6.8 fl oz) | M6700

Suggested Use
Dilute 5 ml (approx. 1 teaspoon) in water or juice once per day, or as directed.
Bugleweed 1:2

Bugleweed contains phenolics, flavonoids and other compounds.

Bugleweed has been used in traditional herbal preparations to:
- maintain normal thyroid function
- support a healthy cardiovascular system
- help relieve temporary, mild sleeplessness*

Caution: Contraindicated in pregnancy and lactation. Contraindicated in hypothyroidism and enlargement of the thyroid without functional disorder.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>5 mL (1 tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Bugleweed herb 1:2 extract from Lycopus spp. herb 2.5 g</td>
<td>5 mL †</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: Purified water and 23% alcohol.

Content | Product No
--- | ---
200 mL (6.8 fl oz) | M6740

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

Bugleweed (Lycopus spp.)

Bupleurum 1:2

Bupleurum contains triterpenoid saponins (called saikosaponins), sterols and other phytochemicals.

Bupleurum has been used in traditional herbal preparations to:
- promote healthy liver function
- support adrenal gland health
- support and maintain normal body temperature already in a normal range*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>5 mL (1 tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Bupleurum root 1:2 extract from Bupleurum falcatum root 2.5 g</td>
<td>5 mL †</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: Purified water and 45% alcohol.

Content | Product No
--- | ---
200 mL (6.8 fl oz) | M6750

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

Bupleurum (Bupleurum falcatum)

Burdock 1:2

Burdock contains an essential oil, acetylenic compounds, phenolic acids and other substances.

Burdock has been used in traditional herbal preparations to:
- support normal flushing of toxins from the body
- encourage the healthy function of the organs of elimination
- support healthy detoxification
- help keep skin healthy*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>5 mL (1 tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Burdock root 1:2 extract from Arctium lappa root 2.5 g</td>
<td>5 mL †</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: Purified water and 23% alcohol.

Content | Product No
--- | ---
200 mL (6.8 fl oz) | M6760

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

Burdock (Arctium lappa)
Calendula contains triterpenoid saponins, triterpene alcohols and their esters, flavonoids, sterols, carotenes and other compounds.

Calendula has been used in traditional herbal preparations to:
- help maintain healthy skin
- support the body’s normal tissue repair process
- promote healthy vascular system function
- promote healthy mucosal tissue within the upper gastrointestinal tract
- encourage healthy menstrual cycling
- support healthy lymphatic system function
- support the integrity of the oral mucosa

**Caution:** Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

California Poppy contains alkaloids, flavonoids and other compounds.

California Poppy has been used in traditional herbal preparations to:
- support the body’s ability to cope with normal environmental stress
- promote healthy sleep and relieve occasional, mild sleeplessness
- ease the discomfort caused by exercise-related aches and pains

**Caution:** Contraindicated in pregnancy and lactation.

Celery Seed contains an essential oil (consisting of terpenes and phthalides), flavonoids and other substances.

Celery Seed 1:2 contains a minimum of 10 mg/mL of phthalides (as butylphthalide and sedanenolide) to ensure optimal strength and quality.

The substances in Celery Seed work together and have been traditionally used to:
- support natural elimination and detoxification pathways
- support healthy urinary system function
- help reduce occasional, mild musculature discomfort, following exercise or over-exertion
- maintain and support healthy joints

**Caution:** Caution in kidney disorders. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

---

**Supplement Facts**

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Amount per Serving | %DV |
| Calories | 25 |
| Calendula flower 1:2 extract from *Calendula officinalis* flower 2.5 g | 5 mL |

* Daily Value (DV) not established.

Other ingredients: 90% alcohol and purified water.

<table>
<thead>
<tr>
<th>Content</th>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 mL (6.8 fl oz)</td>
<td>M6770</td>
</tr>
</tbody>
</table>

**Suggested Use**

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

**Supplement Facts**

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Amount per Serving | %DV |
| Calories | 10 |
| California Poppy herb 1:2 extract from *Eschscholzia californica* herb 2.5 g | 5 mL |

* Daily Value (DV) not established.

Other ingredients: Purified water and 45% alcohol.

<table>
<thead>
<tr>
<th>Content</th>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 mL (6.8 fl oz)</td>
<td>M6780</td>
</tr>
</tbody>
</table>

**Suggested Use**

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

**Supplement Facts**

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Amount per Serving | %DV |
| Calories | 15 |
| Celery Seed fruit 1:2 extract from *Apium graveolens* fruit 2.5 g Containing phthalides as butylphthalide and sedanenolide 50 mg | 5 mL |

* Daily Value (DV) not established.

Other ingredients: 60% alcohol and purified water.

<table>
<thead>
<tr>
<th>Content</th>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 mL (6.8 fl oz)</td>
<td>M6800</td>
</tr>
</tbody>
</table>

**Suggested Use**

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

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* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
Chamomile 1:2

Chamomile 1:2 contains an essential oil (containing α-bisabolol, chamazulene, bisabolol oxides), flavonoids and other compounds.

These phytochemicals in Chamomile 1:2 work together and have been traditionally used to:
- help relieve temporary, mild digestive disturbances
- encourage relaxation and support a healthy nervous system response
- promote healthy menstruation cycle and ease associated mild discomfort
- support healthy oral mucosa topically
- help relieve occasional, mild sleeplessness

**Caution:** Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Chamomile (Matricaria recutita)

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>5 mL (1 tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Chamomile flower 1:2 extract</td>
<td>5 mL</td>
</tr>
<tr>
<td>from Matricaria recutita flower 2.5 g</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: Purified water and 60% alcohol.

**Content**

200 mL (6.8 fl oz)  M6805

**Suggested Use**

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

See Chamomile Quality Information on page 37

---

Chaste Tree 1:2

Chaste Tree contains flavonoids (especially methoxylated flavones), iridoid glycosides (such as aucubin), sesquiterpenes, an essential oil and other compounds.

Chaste Tree has been used traditionally in herbal preparations to:
- promote a natural, healthy balance within the female endocrine system
- encourage healthy menstrual cycling
- ease discomfort associated with menstrual cycle
- support normal reproductive function in women
- ease temporary feelings of tension associated with the menstrual cycle*

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Chaste Tree (Vitex agnus-castus)

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>1 mL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>200</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Chaste Tree fruit 1:2 extract</td>
<td>1 mL</td>
</tr>
<tr>
<td>from Vitex agnus-castus fruit 500 mg</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: Purified water and 60% alcohol.

**Content**

200 mL (6.8 fl oz)  M6820

**Suggested Use**

Dilute 1 – 4 mL (approx. 50 – 200 drops) in water or juice once per day, or as directed.

See Chaste Tree Quality Information on page 35

---

Cinnamon Quills 1:4

Cinnamon Quills contain an essential oil with the major constituent being cinnamic aldehyde (cinnamaldehyde), other phenylpropanes, terpenes and other compounds.

Cinnamon Quills has been used traditionally in herbal preparations to:
- support healthy blood circulation
- support a healthy appetite
- help relieve mild, temporary digestive discomfort
- support normal intestinal motility
- promote healthy digestion
- help keep the digestive system healthy
- act as a warming and uplifting tonic*

**Caution:** Contraindicated in pregnancy and lactation. Contraindicated in known allergy to Cinnamon and Peruvian Balsam.

Cinnamon (Cinnamomum verum)

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>8 mL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>25</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>32</td>
</tr>
<tr>
<td>Cinnamon Quills bark 1:4 extract</td>
<td>8 mL</td>
</tr>
<tr>
<td>from Cinnamomum verum bark 2.0 g</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: 70% alcohol and purified water.

**Content**

200 mL (6.8 fl oz)  M6832

**Suggested Use**

Dilute 8 mL in water or juice once per day, or as directed.

---

* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

** 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.
### Cleavers 1:2

Cleavers (Galium aparine) contains iridoid glycosides, phenolic acids and other compounds.

Cleavers has been used traditionally in herbal preparations to:
- support a healthy, normal urinary system
- promote normal elimination via the kidneys
- support healthy fluid levels
- promote healthy skin

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size:</td>
</tr>
<tr>
<td>Servings per container:</td>
</tr>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Cleavers herb 1:2 extract</td>
</tr>
<tr>
<td>from <em>Galium aparine</em> herb 2.5 g</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: Purified water and 23% alcohol.

**Content** | **Product No**
---|---
200 mL (6.8 fl oz) | M6840

**Suggested Use**

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

---

### Coleus 1:1

**Quantified Activity**

Coleus (Coleus forskohlii) contains the diterpene forskolin as a major constituent.

Coleus 1:1 contains a minimum of 2.5 mg/ml of forskolin to ensure optimal strength and quality.

The compounds in Coleus, and forskolin in particular, have been traditionally used in Ayurvedic herbal preparations to:
- support a healthy cardiovascular system
- promote healthy skin
- help maintain normal blood pressure already within a normal range
- support a healthy respiratory system
- help relieve occasional sleeplessness
- promote healthy digestion

**Caution:** Contraindicated in hypotension. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size:</td>
</tr>
<tr>
<td>Servings per container:</td>
</tr>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Coleus root 1:1 extract</td>
</tr>
<tr>
<td>from <em>Coleus forskohlii</em> root 5.0 g</td>
</tr>
<tr>
<td>Containing forskolin 12.5 mg</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: 60% alcohol, purified water and maltodextrin.

**Content** | **Product No**
---|---
200 mL (6.8 fl oz) | M6850

**Suggested Use**

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

---

### Damiana 1:2

Damiana (Turnera diffusa) contains an essential oil (containing sesquiterpenes and monoterpenes), arbutin, resins and other compounds.

Damiana has been used traditionally in herbal preparations to:
- support normal male and female physiology and function
- support healthy digestion
- support a healthy mood balance
- act as an uplifting general tonic
- provide a soothing nerve tonic to ease the effects of everyday tension

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size:</td>
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<tr>
<td>Servings per container:</td>
</tr>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Damiana leaf 1:2 extract</td>
</tr>
<tr>
<td>from <em>Turnera diffusa</em> leaf 2.5 g</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: 60% alcohol and purified water.

**Content** | **Product No**
---|---
200 mL (6.8 fl oz) | M6890

**Suggested Use**

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

---

* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
Dandelion Root 1:2

Dandelion Root contains sesquiterpene lactones, phenolic acids, triterpenes, sterols, vitamins, minerals and other compounds.

Dandelion root extract has been traditionally used in herbal preparations to:
- support healthy liver and gallbladder function
- assist in healthy detoxification processes and support the pathways of elimination
- support normal gallbladder function and bile production
- support healthy digestion
- relieve occasional mild digestive disturbances, such as bloating and flatulence
- promote healthy intestinal motility*

Caution: Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Dong Quai 1:2

Dong Quai contains an essential oil (consisting mainly of ligustilide and n-butylidene phthalide), sterols and other compounds.

Dong Quai has been traditionally used in Chinese herbal preparations to:
- promote healthy female reproductive system function
- help relieve the effects of mild cramping and discomfort associated with menstruation
- promote healthy intestinal motility
- assist as a traditional female tonic for general health
- act as a tonic to invigorate and harmonize the blood
- help maintain healthy circulation*

Caution: Contraindicated in the first trimester of pregnancy, especially in higher doses. Not to be used in severe menorrhagia. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

** 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.
Echinacea Premium

Echinacea 1:2 combines the roots of Echinacea angustifolia and Echinacea purpurea to enlist properties unique to each.

The blending of these two plant species ensures that the specific caffeic acid derivatives (cichoric acid, echinacoside, cynarin) and the lipophilic components (especially alkylamides) are present in appropriate quantities. This product contains a minimum of 1.5 mg/mL of alkylamides to ensure optimal strength and quality.

These substances work together to:

- support healthy immune system function
- support healthy immune system response following temporary seasonal stressors
- help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants
- encourage healthy upper respiratory tract function

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Patented Formula:** 9205121

Eleuthero 1:2

Eleuthero contains a diverse group of constituents called eleutherosides, triterpenoid saponins and other compounds.

Eleuthero 1:2 is standardized to contain 0.5 mg/mL of eleutheroside E to ensure optimal strength and quality.

Eleuthero has been used in traditional herbal preparations to:

- enhance the body’s natural ability to adapt to temporary stress
- support physical and mental endurance
- help the body adapt to the changes of everyday life
- promote vitality
- restore and support immune system function
- act as a general tonic

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

**Patented Formula:** 9205121

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>5 mL (1 tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>40, 93</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Echinacea root 1:2 extract</td>
<td>3 mL †</td>
</tr>
<tr>
<td>Echinacea root 1:2 extract</td>
<td>2 mL †</td>
</tr>
<tr>
<td>Echinacea root 1:2 extract</td>
<td>2 mL †</td>
</tr>
<tr>
<td>Total alkylamides from both extracts</td>
<td>7.5 mg</td>
</tr>
</tbody>
</table>

† Daily Value (DV) not established.

Other ingredients: 60% alcohol and purified water.

**Content**

<table>
<thead>
<tr>
<th>Content</th>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 mL (6.8 fl oz)</td>
<td>M6930</td>
</tr>
<tr>
<td>465 mL (15.7 fl oz)</td>
<td>M6934</td>
</tr>
</tbody>
</table>

**Suggested Use**

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

Educational Tools

L0806: MediHerb® Echinacea Research Handout

L0332: MediHerb® The Quality Choice for Practitioners Handout

See Echinacea Quality Information on page 42

Educational Tools

L0806: MediHerb® Echinacea Research Handout

L0332: MediHerb® The Quality Choice for Practitioners Handout

See Echinacea Quality Information on page 42
Eyebright 1:2
Eyebright (Euphrasia officinalis)

Eyebright contains iridoid glycosides (especially aucubin), flavonoids and other compounds.

Eyebright has been used traditionally to:
- assist in maintaining healthy breathing passages to support free and clear breathing
- help maintain healthy mucus secretion in nasal passages
- maintain healthy eyes
- promote healthy immune system response to environmental stressors
- support healthy upper respiratory function*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Ginger 1:2
Ginger (Zingiber officinale)

Ginger contains an essential oil (consisting of terpenoids), pungent principles (including gingerols) and other compounds.

Ginger has been used traditionally in herbal preparations to:
- ease the effects of occasional upset stomach and help relieve temporary, mild digestive disturbances
- promote healthy peripheral circulation
- support a healthy response to environmental stressors
- promote healthy digestion
- help relieve the effects of mild cramping and discomfort associated with menstruation
- assist in the relief of temporary, mild muscle discomfort following exercise or over-exertion
- support healthy joint movement*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Ginkgo 2:1
Ginkgo (Ginkgo biloba)

Ginkgo leaves contain flavonoids, terpene lactones (including ginkgolides and bilobalide) and other compounds.

Ginkgo 2:1 is standardized to contain 9.6 mg/mL of ginkgo flavonglycosides (ginkgo flavone glycosides) to ensure optimal strength and quality.

Ginkgo can:
- provide antioxidant activity
- support normal memory function
- promote mental clarity, concentration and cognitive performance
- maintain healthy eyes
- support the body as it ages
- support healthy peripheral nerve function
- support healthy oxygen flow to the brain and peripheral areas of the body*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Ginkgo Quality Information on page 48

* 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.
Globe Artichoke 1:2

Globe Artichoke contains sesquiterpene lactones, caffeic acid derivatives, and flavonoids.

Globe Artichoke has been used traditionally in herbal preparations to:
- support gallbladder function
- maintain normal cholesterol levels already in a normal range
- support healthy liver function
- support normal bile production and secretion
- help relieve mild, temporary digestive discomfort
- encourage healthy fluid levels
- support healthy digestion and appetite*

Caution: Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Gotu Kola 1:1

Gotu Kola contains pentacyclic triterpene ester saponins (especially asiaticoside).

Gotu Kola 1:1 is standardized to contain 18 mg/mL of triterpenes to ensure optimal strength and quality.

Gotu Kola has been used traditionally in Ayurvedic herbal preparations to:
- promote healthy tissue function
- promote and support healthy skin tissue
- enhance the body’s natural ability to adapt to temporary stress
- be used topically to promote healthy skin
- support healthy mental clarity, cognition and memory function
- support healthy peripheral circulation*

Caution: Contraindicated in known allergy to Gotu Kola. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Golden Seal 1:3

Golden Seal contains alkaloids (especially hydrastine and berberine) and other phytochemicals.

Golden Seal 1:3 contains a minimum of 6.0 mg/mL of both hydrastine and berberine to ensure optimal strength and quality.

The substances in Golden Seal, particularly these alkaloids, have been traditionally used in herbal preparations to:
- assist in maintaining healthy breathing passages to support free and clear breathing
- help maintain healthy mucous membranes
- relieve temporary mild digestive discomfort
- help maintain healthy mucous function
- stimulate digestion
- support the normal production and flow of bile
- work as a tonic to benefit the entire body*

Caution: Contraindicated in pregnancy, lactation and patients with high blood pressure.

Golden Artichoke (Cynara scolymus)

Globe Artichoke (Cynara scolymus)

Gotu Kola (Centella asiatica)

Supplement Facts

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Calories | 15 |

Other ingredients: Purified water and 60% alcohol.

Content
200 mL (6.8 fl oz) M7030

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

Supplement Facts

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Calories | 15 |

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz) M7050

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

See Golden Seal Quality Information on page 49

Supplement Facts

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Calories | 15 |

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz) M7060

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

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
Gymnema 1:1

Gymnema contains a complex mixture of saponins and other compounds. Gymnemic acids and gurmarin have anti-sweetner activities. In Ayurveda, Gymnema is known as gurmar, known as the “sugar destroyer.”

The substances in Gymnema have been used traditionally in Ayurvedic preparations to:

- inhibit sweet taste sensation
- help suppress normal cravings for sugar in the diet*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Gymnema

Supplement Facts

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Calories | 5 |
| Gymnema leaf 1:1 extract | 5 mL |
| from Gymnema sylvestre leaf | 5.0 g |

† Daily Value (DV) not established.

Other ingredients: Purified water and 23% alcohol.

Content | Product No
---|---
200 mL (6.8 fl oz) | M7080

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

Educational Tools
L0332: MediHerb® The Quality Choice for Practitioners Handout

Hawthorn Leaves 1:2

Hawthorn Leaves contain oligomeric procyanidins, flavonoids and other compounds. Hawthorn leaves have been traditionally used to:

- support the healthy functioning of the heart muscle
- promote cardiovascular system health
- provide antioxidant activity
- support a healthy circulatory system*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Hawthorn

Supplement Facts

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Calories | 15 |
| Hawthorn leaf and flower 1:2 extract | 5 mL |
| from Crataegus monogyna leaf and flower | 2.5 g |

† Daily Value (DV) not established.

Other ingredients: Purified water and 45% alcohol.

Content | Product No
---|---
200 mL (6.8 fl oz) | M7097

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

Horsetail 1:2

Horsetail contains caffeic acid esters, flavonoids, silica and other substances. Horsetail has been traditionally used to:

- tone the genitourinary tract
- promote normal fluid elimination via the kidneys
- support healthy urinary tract function
- help support healthy fluid levels
- support healthy bladder and urinary tract function in men and women*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Horsetail

Supplement Facts

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Calories | 5 |
| Horsetail herb 1:2 extract | 5 mL |
| from Equisetum arvense herb | 2.5 g |

† Daily Value (DV) not established.

Other ingredients: Purified water and 23% alcohol.

Content | Product No
---|---
200 mL (6.8 fl oz) | M7120

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

* 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.

† For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.
## Korean Ginseng 1:2
### Standardized

Korean Ginseng contains a complex mixture of steroidal saponins called ginsenosides and other compounds.

Korean Ginseng 1:2 is standardized to contain 10.4 mg/mL of ginsenosides (calculated as Rb1 to Rb6 is NLT 0.4 by HPLC) to ensure optimal strength and quality.

Korean Ginseng has been traditionally used in Chinese herbal preparations to:
- promote vitality and stamina in people of any age
- work as a tonic to benefit the entire body
- support the body as it ages
- maintain feelings of general well-being when experiencing temporary stress
- help maintain proper energy
- support the body’s natural defenses against emotional and environmental stressors
- enhance mental clarity

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>2.5 mL (½ tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>80, 186</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
</tbody>
</table>

Korean Ginseng main root 1:2 extract from *Panax ginseng* main root 1.25 g Containing ginsenosides* Rb2 to Rb1 is NLT 0.4 by HPLC

Other ingredients: 60% alcohol, purified water and glucose. *Rb2 to Rb6 is NLT 0.4 by HPLC

**Content** | **Product No** |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>200 mL (6.8 fl oz)</td>
<td>M7160</td>
</tr>
</tbody>
</table>

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

See Korean Ginseng Quality Information on page 65

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## Licorice High Grade
### Quantified Activity

High quality Licorice contains triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, sterols and other compounds.

Licorice High Grade contains a higher percentage of glycyrrhizin than the regular Licorice 1:1 product and is set at a minimum of 30 mg/mL of glycyrrhizin to ensure optimal strength and quality.

The phytochemicals in Licorice, particularly the glycyrrhizin have been used traditionally for a wide range of applications:
- promote healthy adrenal gland function
- support and soothe mucous surfaces of the urinary, digestive and respiratory tract
- promote healthy oral mucosa when applied topically
- promote a healthy response to environmental stressors
- support healthy lung function
- support the body’s normal cough reflex
- facilitate the body’s natural ability to break up respiratory secretions
- support healthy gastrointestinal mucosa

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size:</th>
<th>2.5 mL (½ tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container:</td>
<td>80, 186</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
</tbody>
</table>

Licorice root extract from *Glycyrrhiza glabra* root 4.2 g Containing glycyrrhizin 75 mg

Other ingredients: Purified water, 20% alcohol and maltodextrin.

**Content** | **Product No** |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>200 mL (6.8 fl oz)</td>
<td>M7190</td>
</tr>
</tbody>
</table>

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

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* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

** 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.
### Marshmallow Root 1:5 Glyceract

**Marshmallow Root 1:5 Glyceract contains mucilage and other compounds, providing all the benefits of a marshmallow extract without the alcohol.**

Marshmallow root has demulcent properties which have been traditionally used to:

- support healthy mucus function
- support healthy lung function
- support healthy urinary tract function
- support healthy mucous membranes*  

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. 

### Milk Thistle 1:1

**Milk Thistle contains flavanolignans (collectively known as silymarin), flavonoids and other compounds.**

Milk Thistle has been traditionally used in herbal preparations to:

- provide antioxidant activity
- support healthy liver function and tissue integrity
- protect liver tissue by supporting normal cellular defenses
- support the body’s normal detoxification and elimination function
- support normal bile production and secretion
- relieve temporary mild digestive discomfort
- promote normal response to environmental stressors
- support healthy digestive function*

**Caution:** Not to be used during pregnancy and 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.

### Motherwort 1:2

**Motherwort contains alkaloids, flavonoids, bitter glycosides and other compounds.**

Motherwort has been traditionally used in herbal preparations to:

- work as a tonic for the heart, especially during occasional mild nervous tension
- soothe the nervous system
- support healthy female reproductive system health
- help relieve temporary, mild cramping and discomfort associated with menstruation
- support healthy menstrual cycling*

**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional.

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* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
Nettle Leaf 1:2

Nettle Leaf contains flavonol glycosides, vitamins, minerals, silicon and other compounds.

Nettle Leaf has been used traditionally in herbal preparations to:
- promote healthy skin
- support healthy elimination via the kidneys
- support normal fluid levels
- support the body’s detoxification and elimination pathways
- support normal menstruation
- support normal upper respiratory tract health
- support healthy joints*

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>5 ml (1 tsp)</th>
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<tbody>
<tr>
<td>Servings per container</td>
<td>40</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Nettle leaf 1:2 extract from <em>Urtica dioica</em> leaf 2.5 g</td>
<td>5 ml</td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

**Other ingredients:** Purified water and 23% alcohol.

**Content**

<table>
<thead>
<tr>
<th>Product No</th>
</tr>
</thead>
<tbody>
<tr>
<td>M7270</td>
</tr>
</tbody>
</table>

**Suggested Use**

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

---

Nettle Root 1:2

Nettle Root contains sterols and other compounds.

Nettle Root has been used traditionally in herbal preparations to:
- support healthy prostate gland function
- facilitate healthy urine flow*

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. The National Institute on Aging recommends that men get regular medical checkups with a thorough prostate exam.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>5 ml (1 tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container</td>
<td>40</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Nettle root 1:2 extract from <em>Urtica dioica</em> root 2.5 g</td>
<td>5 ml</td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

**Other ingredients:** Purified water and 23% alcohol.

**Content**

<table>
<thead>
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<th>Product No</th>
</tr>
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<tbody>
<tr>
<td>M7270</td>
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</tbody>
</table>

**Suggested Use**

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

---

Oregon Grape 1:2

Oregon Grape contains alkaloids (especially berberine and oxycanthine) and other substances.

Oregon Grape has been used traditionally to:
- promote healthy liver and intestinal function
- support the body’s normal detoxification and elimination function
- support normal flushing of toxins from the body
- promote healthy skin
- act as a digestive and blood tonic for general health
- support healthy mucosa function in the gastrointestinal tract*

**Caution:** Contraindicated in pregnancy and lactation.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>5 ml (1 tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container</td>
<td>40</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Oregon Grape root &amp; rhizome 1:2 extract from <em>Berberis aquifolium (Mahonia aquifolium)</em> root &amp; rhizome 2.5 g</td>
<td>5 ml</td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

**Other ingredients:** Purified water and 23% alcohol.

**Content**

<table>
<thead>
<tr>
<th>Product No</th>
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<tbody>
<tr>
<td>M7300</td>
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</table>

**Suggested Use**

Dilute 5 ml (approx. 1 teaspoon) in water or juice once per day, or as directed.
Poke Root 1:5

**Poke Root contains triterpenoid saponins, lectins and other substances.**

Poke Root has been used traditionally in herbal preparations to:
- support healthy lymphatic system function (particularly of the throat region)
- promote healthy skin
- encourage healthy immune system response
- support healthy detoxification function of the body

**Caution:** Contraindicated in lymphocytic leukemia and gastrointestinal irritation. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

---

Red Clover 1:2

**Red Clover contains isoflavonoids, volatile oil and other substances.**

Red Clover has been traditionally used in herbal preparations to:
- support healthy detoxification and elimination function
- support healthy respiratory tract function
- promote healthy skin
- support the body’s normal cough reflex
- help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

---

Rehmannia 1:2

**Rehmannia contains iridoid glycosides and other compounds.**

Rehmannia has been traditionally used in herbal preparations to:
- support healthy adrenal gland function
- clear heat and cool the blood
- maintain normal body temperature

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

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For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

* 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.
Sage 1:2
Quantified Activity

Sage contains an essential oil (containing monoterpenes, including thujone), phenolic compounds (such as rosmarinic acid) and other phytochemicals.

Sage 1:2 contains a minimum of 0.64 mg/mL of essential oil to ensure optimal strength and quality. The phytochemicals in Sage, particularly the essential oil, have been used traditionally to:
- support and promote oral health as a gargle
- relieve temporary, mild digestive discomfort, including bloating and flatulence
- provide relief from discomfort associated with menopause
- maintain normal body perspiration function
- help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants.
- support upper respiratory tract health
- act as a tonic to support general health*

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional.

Saw Palmetto 1:2

Saw Palmetto contains free fatty acids, glycerides, sterols and other compounds.

Saw Palmetto has been used in Western traditional herbal preparations to:
- support healthy urinary tract and prostate gland function
- act as a nutritive tonic to the reproductive system
- support healthy bladder function

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. The National Institute on Aging recommends that men get regular medical checkups with a thorough prostate exam.

Schisandra 1:2

Schisandra contains dibenzocyclooctene lignans and other substances.

Schisandra has been used in traditional herbal preparations to:
- support lung and adrenal gland function
- support healthy energy and stamina
- support healthy detoxification function
- ease the effects of everyday tension and stress
- act as a kidney tonic
- support healthy memory and mental clarity
- relieve temporary mild sleeplessness
- provide antioxidant activity*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

* 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.
**Skullcap 1:2**

Skullcap contains flavonoids, particularly baicalin and scutellaran and other compounds.

Skullcap has been traditionally used in herbal preparations to:
- support nervous system health
- promote relaxation and encourage sleep
- relax and soothe the temporary tension associated with the menstrual cycle

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**St John’s Wort 1:2**

Quantified Activity

St John’s Wort contains the naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids, phenolics and other compounds.

St John’s Wort 1:2 contains a minimum of 0.2 mg/mL of hypericins to ensure optimal strength and quality.

The phytochemicals in St John’s Wort work together and have been used traditionally to:
- calm the nerves and restore healthy mood balance
- relieve occasional, mild sleeplessness
- support the body’s natural ability to cope with the changes of everyday life
- provide a tonic for the nervous system
- ease the effects of occasional stress
- relieve mild nervousness associated with menopause

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product.

**St John’s Wort High Grade 1:2**

Quantified Activity

High quality St John’s Wort contains the naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids, phenolics, and other compounds.

St John’s Wort High Grade 1:2 contains a higher percentage of hypericins than the regular St John’s Wort product. This product contains a minimum of 0.4 mg/mL of hypericins to ensure optimal strength and quality.

The phytochemicals in St John’s Wort, particularly the naphthodianthrones, work together and have been used traditionally to:
- calm the nerves and restore healthy mood balance
- relieve occasional, mild sleeplessness
- support the body’s natural ability to cope with the changes of everyday life
- provide a tonic for the nervous system
- ease the effects of occasional stress
- relieve mild nervousness associated with menopause

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product.

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Supplement Facts

**Skullcap 1:2**

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Calories | 15 |
| Skullcap herb 1:2 extract from *Scutellaria lateriflora* herb 2.5 g | 5 mL |

**St John’s Wort 1:2**

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Calories | 20 |
| St John’s Wort flowering herb 1:2 extract from *Hypericum perforatum* flowering herb 2.5 g Containing hypericins 1.0 mg | 5 mL |

**St John’s Wort High Grade 1:2**

| Serving size: | 5 mL (1 tsp) |
| Servings per container: | 40 |
| Calories | 15 |
| St John’s Wort flowering herb 1:2 extract from *Hypericum perforatum* flowering herb 2.5 g Containing hypericins 2.0 mg | 5 mL |

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* For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 132. Please consult the product packaging label for the most accurate product information.

**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.**
Turmeric 1:1

Turmeric contains an essential oil (which contains sesquiterpenes) and yellow pigments referred to as diarylheptanoids (including curcumin).

These compounds work together to:
- provide antioxidant activity
- support healthy liver function and bile secretion
- help aid digestion
- support general detoxification function
- support healthy immunological function
- promote the body’s normal protective response to environmental stressors
- maintain and support healthy joints*

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. ◆

Uva Ursi 1:2

Uva Ursi contains hydroquinone glycosides (particularly arbutin), polyphenols, flavonoids and other compounds.

Uva Ursi has been used traditionally in herbal preparations to:
- encourage healthy urinary tract function
- tone and support the genitourinary tract*

Caution: Contraindicated in pregnancy and lactation. Not suitable for prolonged use ◆

Valerian 1:2

Valerian contains iridoids (known as valepotriates), an essential oil, cyclopentane sesquiterpenes (including valerenic acid) and other compounds.

Valerian has been used traditionally in herbal preparations to:
- support nervous system health
- promote relaxation and encourage sleep
- ease the effects of temporary or occasional stress*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional ◆

CAUTION: 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.

Turmeric (Curcuma longa)

Uva Ursi (Arctostaphylos uva-ursi)

Valerian (Valeriana officinalis)
White Peony 1:2

White Peony contains a unique monoterpene glycoside called paeoniflorin and other phytochemicals.

White Peony has been traditionally used in herbal preparations to:
- support women’s general well-being
- support normal functioning within the upper female reproductive tract
- ease temporary feelings of tension associated with the menstrual cycle
- support a regular, healthy menstrual cycle
- ease the effects of cramping associated with menstruation*

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Other ingredients: Purified water and 45% alcohol.

Content Product No
200 mL (6.8 fl oz) M7510

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

See Paonia Quality Information on page 46

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Wild Yam 1:2

Wild Yam contains the glycosidic steroidal saponin dioscin and other compounds.

Wild Yam 1:2 contains a minimum of 15 mg/mL steroidal saponins as dioscin to ensure optimal strength and quality.

Wild Yam has been traditionally used in herbal preparations to:
- provide antispasmodic activity
- relieve occasional digestive discomfort, such as mild cramping and spasm
- relieve temporary mild discomfort associated with menstruation
- relieve temporary mild discomfort associated with menstruation

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Other ingredients: Purified water and 60% alcohol.

Content Product No
200 mL (6.8 fl oz) M7530

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

See Wild Yam Quality Information on page 78

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Wormwood 1:5

Wormwood contains bitter substances (including sesquiterpene lactones such as absinthin), an essential oil which contains thujone and other compounds.

Wormwood has been traditionally used to:
- stimulate gastric juice output and appetite
- relieve temporary mild digestive discomfort, including flatulence and bloating
- support healthy digestive function and intestinal environment*

Caution: Contraindicated in pregnancy and lactation.

Other ingredients: Purified water and 45% alcohol.

Content Product No
200 mL (6.8 fl oz) M7540

Suggested Use
Dilute 1 mL (approx. 50 drops) in water or juice once per day, or as directed.

* 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.
## Category Index

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<th>LIQUID EXTRACTS</th>
</tr>
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<td>Ginkgo 2:1 (Standardized)</td>
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<tr>
<td>Berberine Active</td>
<td>Hawthorn Leaves 1:2</td>
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<tr>
<td>Black Cumin Seed Forte</td>
<td>Milk Thistle 1:1</td>
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<tr>
<td>Boswellia Complex</td>
<td>Sage 1:2 (QA)†</td>
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<tr>
<td>Cat’s Claw Forte</td>
<td>Schisandra 1:2</td>
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<tr>
<td>ChelaCo</td>
<td>Turmeric 1:1</td>
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<tr>
<td>Ganoderma &amp; Shiitake</td>
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<tr>
<td>Garlic Forte</td>
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<td>Ginkgo Forte</td>
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<td>Gotu Kola Complex</td>
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### Bowel Function

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<th>TABLETS AND CAPSULES</th>
<th>LIQUID EXTRACTS</th>
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<tbody>
<tr>
<td>Primary:</td>
<td>Calendula 1:2</td>
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<tr>
<td>Artemisinin Complex</td>
<td>Chamomile 1:2</td>
</tr>
<tr>
<td>Berberine Active</td>
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<tr>
<td>Colax</td>
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<tr>
<td>Golden Seal 500mg</td>
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<td>Gut Flora Complex</td>
<td>Ginger 1:2</td>
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<tr>
<td>Myrrh Forte</td>
<td>Globe Artichoke 1:2</td>
</tr>
<tr>
<td>Wormwood Complex</td>
<td>Golden Seal 1:3 (QA)†</td>
</tr>
<tr>
<td>Secondary:</td>
<td>Licorice High Grade (QA)†</td>
</tr>
<tr>
<td>Boswellia Complex</td>
<td>Marshmallow Root 1:5 Glycetract</td>
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<tr>
<td>Burdock Complex</td>
<td>Milk Thistle 1:1</td>
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<td>Coleus Forte</td>
<td>Oregon Grape 1:2</td>
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<tr>
<td>Cramplex</td>
<td>Turmeric 1:1</td>
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<td>Wormwood 1:5</td>
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### Carbohydrate Metabolism

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<th>LIQUID EXTRACTS</th>
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<tr>
<td>Metabol Complex</td>
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### Cardiovascular Function

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<th>TABLETS AND CAPSULES</th>
<th>LIQUID EXTRACTS</th>
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<tbody>
<tr>
<td>Primary:</td>
<td>Coleus 1:1 (QA)†</td>
</tr>
<tr>
<td>Coleus Forte</td>
<td>Ginkgo 2:1 (Standardized)</td>
</tr>
<tr>
<td>Garlic Forte</td>
<td>Hawthorn Leaves 1:2</td>
</tr>
<tr>
<td>Ginkgo Forte</td>
<td>Korean Ginseng 1:2 (Standardized)</td>
</tr>
<tr>
<td>Hawthorn</td>
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</tr>
<tr>
<td>HerbaVital</td>
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<tr>
<td>Secondary:</td>
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<td>ChelaCo</td>
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<td>Vitanox®</td>
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<tr>
<td>LIQUID EXTRACTS</td>
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</tr>
<tr>
<td>Astragalus 1:2</td>
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<tr>
<td>Bugleweed 1:2</td>
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### Circulatory System

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<tbody>
<tr>
<td>Primary:</td>
<td>Calendula 1:2</td>
</tr>
<tr>
<td>Bilberry 6000mg</td>
<td>Celery Seed 1:2 (QA)†</td>
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<tr>
<td>Garlic Forte</td>
<td>Cinnamon Quills 1:4</td>
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<td>Ginkgo Forte</td>
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<td>Gotu Kola Complex</td>
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<td>Secondary:</td>
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<td>Ashwagandha Complex</td>
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<td>Astragalus Complex</td>
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<td>Boswellia Complex</td>
<td>Motherwort 1:2</td>
</tr>
<tr>
<td>ChelaCo</td>
<td>White Peony 1:2</td>
</tr>
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</table>

*(QA) = Quantified Activity Extract*
### Cholesterol Health

**TABLETS AND CAPSULES**
- Garlic Forte
- Milk Thistle Forte

**LIQUID EXTRACTS**
- Globe Artichoke 1:2
- Milk Thistle 1:1

### Tissue Support

**TABLETS AND CAPSULES**
- Bilberry 6000mg
- Bone Complex
- Vitanox®

**LIQUID EXTRACTS**
- Calendula 1:2
- Gotu Kola 1:1 (Standardized)
- Hawthorn Leaves 1:2
- Horsetail 1:2

### Digestive Function

**TABLETS AND CAPSULES**
- **Primary:**
  - Artemisinin Complex
  - Berberine Active
  - Black Cumin Seed Forte
  - ChelaCo
  - Coleus Forte
  - DiGest Forte
  - HiPep
  - LivCo®
  - LivTone® Complex
  - Metabol Complex
  - Milk Thistle Forte
  - Myrrh Forte
  - Turmeric Forte
- **Secondary:**
  - Andrographis Complex
  - Burdock Complex
  - Colax
  - Cramplex
  - DermaCo
  - Golden Seal 500mg
  - Gut Flora Complex
  - Nevalon® Forte
  - Vitanox®
  - Wormwood Complex

**PHYTOSYNERGIST® LIQUIDS**
- DiGest Phytosynergist®
- Fe-Max Iron Tonic Phytosynergist®

**LIQUID EXTRACTS**
- Black Walnut Hulls 1:10
- Burdock 1:2
- Chamomile 1:2
- Cinnamon Quills 1:4
- Coleus 1:1 (QA)†
- Dandelion Root 1:2
- Ginger 1:2
- Globe Artichoke 1:2
- Golden Seal 1:3 (QA)†
- Licorice High Grade (QA)†
- Marshmallow Root 1:5 Glycetract
- Milk Thistle 1:1
- Oregon Grape 1:2
- Turmeric 1:1
- Wormwood 1:5

### Endocrine – Adrenal

**TABLETS AND CAPSULES**
- **Primary:**
  - Adrenal Complex
  - Ashwagandha Complex
  - Eleuthero
  - Rhodiola & Ginseng Complex
  - Rhodiola & Schisandra
- **Secondary:**
  - Astragalus Complex
  - Kava Forte
  - Nervagesc
  - Rehmannia Complex
  - Thyroid Complex

**PHYTOSYNERGIST® LIQUIDS**
- Adrenal Tonic Phytosynergist®

**LIQUID EXTRACTS**
- Astragalus 1:2
- Eleuthero 1:2 (Standardized)
- Gotu Kola 1:1 (Standardized)
- Korean Ginseng 1:2 (Standardized)
- Licorice High Grade (QA)†
- Rehmannia 1:2
- Schisandra 1:2

### Endocrine – Female

**TABLETS AND CAPSULES**
- Chaste Tree
- FemCo
- Thyroid Complex
- Inbulus
- Wild Yam Complex

**PHYTOSYNERGIST® LIQUIDS**
- Capsella Complex Phytosynergist®

**LIQUID EXTRACTS**
- Chaste Tree 1:2
- Damiana 1:2
- Dong Quai 1:2
- White Peony 1:2
- Wild Yam 1:2

### Endocrine – Thyroid

**TABLETS AND CAPSULES**
- Thyroid Complex

**LIQUID EXTRACTS**
- Bugleweed 1:2

### Essential Fatty Acid Complex

**TABLETS AND CAPSULES**
- Evening Primrose Oil

*(QA) = Quantified Activity Extract*
## Female Health

### TABLETS AND CAPSULES  
**Primary:**  
- Bone Complex  
- Chaste Tree  
- Cramplex  
- Evening Primrose Oil  
- FemCo  
- Nevaton® Forte  
- Tribulus  
- Wild Yam Complex  

### Secondary:  
- Ashwagandha Complex  
- Kava Forte  
- Nervagesc  

### PHYTOSYNERGIST® LIQUIDS  
- Capsella Complex Phytosynergist®  
- Fe-Max Iron Tonic Phytosynergist®

### LIQUID EXTRACTS  
- Black Cohosh 1:2 (QA)†  
- Chaste Tree 1:2  
- Cinnamon Quills 1:4  
- Damiana 1:2  
- Dong Quai 1:2  
- Ginger 1:2  
- Motherwort 1:2  
- Poke Root 1:5  
- Sage 1:2  
- Saw Palmetto 1:2  
- White Peony 1:2  
- Wild Yam 1:2 (QA)†

## Fat Metabolism

### TABLETS AND CAPSULES  
- Black Cumin Seed Forte  
- Metabol Complex

## Gallbladder Support

### TABLETS AND CAPSULES  
- DiGest Forte  
- Livton® Complex

### PHYTOSYNERGIST® LIQUIDS  
- DiGest Phytosynergist®

### LIQUID EXTRACTS  
- Burdock 1:2  
- Dandelion Root 1:2  
- Globe Artichoke 1:2

## Gastrointestinal Support

### TABLETS AND CAPSULES  
**Primary:**  
- Artemisinin Complex  
- Andrographis Complex  
- Berberine Active  
- Black Cumin Seed Forte  
- Coleus Forte  
- DiGest Forte  
- Golden Seal 500 mg  

### Secondary:  
- Gut Flora Complex  
- HiPep  
- Myrrh Forte  
- Turmeric Forte  

### PHYTOSYNERGIST® LIQUIDS  
- DiGest Phytosynergist®

### LIQUID EXTRACTS  
- Black Walnut Hulls 1:10  
- Ginger 1:2  
- Golden Seal 1:3 (QA)†  
- Licorice High Grade (QA)†  
- Marshmallow Root 1:5 Glycetract  
- Oregon Grape 1:2  
- Turmeric 1:1  
- Wormwood 1:5

## General Support – Stress

### TABLETS AND CAPSULES  
**Primary:**  
- Adrenal Complex  
- Ashwagandha Complex  
- Bacopa Complex  
- Ginkgo Forte  
- Gotu Kola Complex  
- Kava Forte  
- Nervagesc  
- Nevaton® Forte  
- Rhodiola & Ginseng Complex  
- Rhodiola & Schisandra  
- St John's Wort 1.8g  
- Valerian Complex  

### Secondary:  
- Astragalus Complex  
- Eleutheran  
- FemCo  
- HerbaVital  
- HiPep  
- LivCo®  
- Thyroid Complex  
- Tribulus  

### PHYTOSYNERGIST® LIQUIDS  
- Capsella Complex Phytosynergist®  
- Fe-Max Iron Tonic Phytosynergist®

### LIQUID EXTRACTS  
- Ashwagandha 1:1 (Standardized)  
- Astragalus 1:2  
- Bacopa 1:2  
- California Poppy 1:2  
- Chamomile 1:2  
- Damiana 1:2  
- Eleutheran 1:2 (Standardized)  
- Ginkgo 2:1 (Standardized)  
- Gotu Kola 1:1 (Standardized)  
- Korean Ginseng 1:2 (Standardized)  
- Licorice High Grade (QA)†  
- Motherwort 1:2  
- Schisandra 1:2  
- Skullcap 1:2  
- St John's Wort 1:2 (QA)†  
- St John's Wort High Grade 1:2 (QA)†  
- Valerian 1:2

†(QA) = Quantified Activity Extract
### Immune System Function

**TABLETS AND CAPSULES**

**Primary:**
- Andrographis Complex
- Astragalus Complex
- Broncafect<sup>®</sup>
- Cat’s Claw Forte
- Echinacea Premium
- Eleuthero
- Ganoderma & Shiitake
- Garlic Forte
- Golden Seal 500mg
- Gut Flora Complex
- Sinus Forte
- Viran

**Secondary:**
- Adrenal Complex
- Ashwagandha Complex
- Berberine Active
- ChelaCo
- Digest Forte
- Evening Primrose Oil
- HerbaVital
- Rhodiola & Ginseng Complex
- Rhodiola & Schisandra
- Thyroid Complex

**LIQUID EXTRACTS**
- Astragalus 1:2
- Burdock 1:2
- Echinacea Premium 1:2 (QA)<sup>†</sup>
- Eleuthero 1:2 (Standardized)
- Korean Ginseng 1:2 (Standardized)
- Poke Root 1:5
- St John’s Wort 1:2 (QA)<sup>†</sup>
- St John’s Wort High Grade 1:2 (QA)<sup>†</sup>

**PHYTOSYNERGIS<sup>®</sup> LIQUIDS**
- Broncafect Phytosynergist<sup>®</sup>
- Digest Phytosynergist<sup>®</sup>
- Herbal Throat Spray Phytosynergist<sup>®</sup>
- UriCo Phytosynergist<sup>®</sup>

### Kidney Function

**TABLETS AND CAPSULES**

- Boswellia Complex
- Cranberry Complex
- DermaCo
- Vascular Care Complex

**LIQUID EXTRACTS**
- Astragalus 1:2
- Celery Seed 1:2 (QA)<sup>†</sup>
- Cleavers 1:2
- Golden Seal 1:3 (QA)<sup>†</sup>

### Liver Function

**TABLETS AND CAPSULES**

- Andrographis Complex
- Berberine Active
- Black Cumin Seed Forte
- Burdock Complex
- ChelaCo
- Colax
- DermaCo
- Digest Forte
- FemCo
- Golden Seal 500mg
- HerbaVital

**LIQUID EXTRACTS**
- Bupleurum 1:2
- Burdock 1:2
- Dandelion Root 1:2
- Globe Artichoke 1:2
- Golden Seal 1:3 (QA)<sup>†</sup>
- Milk Thistle 1:1
- Oregon Grape 1:2
- Schisandra 1:2
- Turmeric 1:1

**PHYTOSYNERGIS<sup>®</sup> LIQUIDS**
- Digest Phytosynergist<sup>®</sup>
- Fe-Max Iron Tonic Phytosynergist<sup>®</sup>

### Lymphatic Function

**TABLETS AND CAPSULES**

- DermaCo
- Echinacea Premium

**LIQUID EXTRACTS**
- Calendula 1:2
- Cleavers 1:2
- Echinacea Premium 1:2 (QA)<sup>†</sup>
- Poke Root 1:5

### Male Health

**TABLETS AND CAPSULES**

**Primary:**
- ProstaCo
- Tribulus

**LIQUID EXTRACTS**
- Damiana 1:2
- Horsetail 1:2
- Korean Ginseng 1:2 (Standardized)
- Nettle Root 1:2
- Saw Palmetto 1:2

<sup>†</sup>(QA) = Quantified Activity Extract
### Menopause

**TABLETS AND CAPSULES**

**Primary:**
- Bone Complex
- HerbaVital
- Tribulus
- Valerian Complex
- Wild Yam Complex

**Secondary:**
- Ashwagandha Complex
- Chaste Tree
- Evening Primrose Oil
- Hawthorn
- Nevaton® Forte
- Rhodiola & Ginseng Complex
- Rhodiola & Schisandra

**PHYTOSYNERGIST® LIQUIDS**
- Fe-Max Iron Tonic Phytosynergist®

**LIQUID EXTRACTS**
- Ashwagandha 1:1 (Standardized)
- Black Cohosh 1.2 (QA)†
- Chaste Tree 1:2
- Damiana 1:2
- Dong Quai 1:2
- Evening Primrose Oil
- Hawthorn Leaves 1:2
- Korean Ginseng 1.2 (Standardized)
- Rehmannia 1:2
- Sage 1:2 (QA)†
- St John’s Wort 1:2 (QA)†
- White Peony 1:2
- Wild Yam 1:2 (QA)†

### Menstruation

**TABLETS AND CAPSULES**

**Primary:**
- Chaste Tree
- Cramplex
- FemCo
- Nevaton® Forte

**Secondary:**
- Ginkgo Forte
- Kava Forte
- Nervagesic
- Saligesic
- Chamomile 1:2
- Chaste Tree 1:2
- Damiana 1:2
- Dong Quai 1:2
- Ginger 1:2
- Ginkgo 2:1 (Standardized)
- Motherwort 1:2
- Skullcap 1:2
- White Peony 1:2
- Wild Yam 1:2 (QA)†

**PHYTOSYNERGIST® LIQUIDS**
- Capsella Complex Phytosynergist®
- Fe-Max Iron Tonic Phytosynergist®

**LIQUID EXTRACTS**
- Black Cohosh 1:2
- Calendula 1:2
- California Poppy 1:2
- Black Cohosh 1:2 (QA)†
- California Poppy 1:2
- Wild Yam 1:2 (QA)†

### Metabolism

**TABLETS AND CAPSULES**

- Metabol Complex
- Thyroid Complex

**LIQUID EXTRACTS**
- Bugleweed 1:2

### Muscle Function

**TABLETS AND CAPSULES**

**Primary:**
- Cramplex
- Kava Forte
- Nervagesic
- Saligesic

**Secondary:**
- FemCo
- Valerian Complex
- Wild Yam Complex

**LIQUID EXTRACTS**
- Black Cohosh 1:2 (QA)†
- California Poppy 1:2
- Wild Yam 1:2 (QA)†
- Black Cohosh 1:2
- California Poppy 1:2
- Wild Yam 1:2 (QA)†

### Musculoskeletal Function

**TABLETS AND CAPSULES**

**Primary:**
- Bone Complex
- Boswellia Complex
- Cat’s Claw Forte
- Cramplex
- Kava Forte
- Nervagesic
- Saligesic
- Turmeric Forte

**Secondary:**
- Ashwagandha Complex
- Evening Primrose Oil
- Rehmannia Complex

**LIQUID EXTRACTS**
- Black Cohosh 1:2 (QA)†
- California Poppy 1:2
- Celery Seed 1:2 (QA)†
- Ginger 1:2
- Gotu Kola 1:1 (Standardized)
- Nettle Leaf 1:2
- Turmeric 1:1

†(QA) = Quantified Activity Extract
### Nervous System Function

**TABLETS AND CAPSULES**

**Primary:**
- Ashwagandha Complex
- Bacopa Complex
- Ginkgo Forte
- Kava Forte
- Nervagesic
- Nevaton® Forte
- Rhodiola & Ginseng Complex
- Rhodiola & Schisandra
- St John’s Wort 1.8g
- Valerian Complex

**Secondary:**
- Astragalus Complex
- Eleuthero
- FemCo
- Gotu Kola Complex
- LivCo®
- Thyroid Complex

**LIQUID EXTRACTS**
- Ashwagandha 1:1 (Standardized)
- Astragalus 1.2
- Bacopa 1.2
- California Poppy 1.2
- Chamomile 1.2
- Damiana 1.2
- Eleuthero 1.2 (Standardized)
- Ginkgo 2:1 (Standardized)
- Gotu Kola 1.1 (Standardized)
- Korean Ginseng 1:2 (Standardized)
- Motherwort 1.2
- Schisandra 1.2
- Skullcap 1.2
- St John’s Wort 1.2 (QA)†
- St John’s Wort High Grade 1.2 (QA)†
- Valerian 1.2

### Premenstrual Support

**TABLETS AND CAPSULES**

**Primary:**
- Chaste Tree
- Cramplex
- FemCo
- Nevaton® Forte

**Secondary:**
- Bacopa Complex
- Nervagesic
- Rhodiola & Ginseng Complex
- Rhodiola & Schisandra
- Vascular Care Complex

**LIQUID EXTRACTS**
- Black Cohosh 1:2 (QA)†
- Chaste Tree 1.2
- Dong Quai 1.2
- Ginkgo 2:1 (Standardized)
- Schisandra 1.2
- Turmeric 1:1
- White Peony 1.2

### Respiratory Function – Lower

**TABLETS AND CAPSULES**
- Adrenal Complex
- Albizia Complex
- Coleus Forte
- PulmaCo
- ResCo®

**PHYTOSYNERGIST® LIQUIDS**
- Broncafect Phytosynergist®
- ResCo Phytosynergist®

**LIQUID EXTRACTS**
- Bupleurum 1.2
- Coleus 1:1 (QA)†
- Licorice High Grade (QA)†
- Marshmallow Root 1:5 Glycetract
- Red Clover 1.2

### Respiratory Function – Upper

**TABLETS AND CAPSULES**
- Albizia Complex
- Andrographis Complex
- Astragalus Complex
- Broncafect®
- Echinacea Premium
- Golden Seal 500mg
- Myrrh Forte
- Sinus Forte
- Viranon

**PHYTOSYNERGIST® LIQUIDS**
- Broncafect Phytosynergist®
- Herbal Throat Spray Phytosynergist®

**LIQUID EXTRACTS**
- Albizia 1:2
- Astragalus 1:2
- Echinacea Premium 1:2
- Eyebright 1:2
- Golden Seal 1:3 (QA)†
- Poke Root 1:5
- Red Clover 1.2
- Sage 1.2
- Schisandra 1.2
### Skin Function

**TABLETS AND CAPSULES**

**Primary:**
- Albizia Complex
- Andrographis Complex
- Cat’s Claw Forte
- Chaste Tree
- Coleus Forte
- DermaCo
- Gotu Kola Complex
- Rehmannia Complex

**Secondary:**
- Burdock Complex
- Evening Primrose Oil

**LIQUID EXTRACTS**
- Albizia 1:2
- Burdock 1:2
- Calendula 1:2
- Cleavers 1:2
- Coleus 1:1 (QA)†
- Dandelion Root 1:2

**FemCo**
- LivCo®
- Livton® Complex
- Milk Thistle Forte

**Gotu Kola 1:1 (Standardized)**
- Horsetail 1:2
- Milk Thistle 1:1
- Nettle Leaf 1:2
- Oregon Grape 1:2
- Poke Root 1:5
- Red Clover 1:2
- Schisandra 1:2

†(QA) = Quantified Activity Extract

### Sleep and Relaxation

**TABLETS AND CAPSULES**

- Adrenal Complex
- Ashwagandha Complex
- Chaste Tree
- Kava Forte
- Nervagasic

**LIQUID EXTRACTS**
- California Poppy 1:2
- Chamomile 1:2
- Chaste Tree 1:2
- Skullcap 1:2
- St John’s Wort 1:2 (QA)†
- Valerian 1:2

### Urinary System Function

**TABLETS AND CAPSULES**

**Primary:**
- Andrographis Complex
- Boswellia Complex
- Cramplex
- Cranberry Complex
- Echinacea Premium
- ProstaCo

**PHOTOSYNERGIST® LIQUIDS**
- Adrenal Tonic Phytosynergist®

**LIQUID EXTRACTS**
- Celery Seed 1:2 (QA)†
- Cleavers 1:2
- Horsetail 1:2
- Licorice High Grade (QA)†
- Marshmallow Root 1:5 Glycetract
- Nettle Leaf 1:2
- Nettle Root 1:2
- Saw Palmetto 1:2

### Water Balance

**TABLETS AND CAPSULES**

- Boswellia Complex
- Cranberry Complex
- Vascular Care Complex

**LIQUID EXTRACTS**
- Celery Seed 1:2 (QA)†
- Cleavers 1:2
- Globe Artichoke 1:2
- Horsetail 1:2
- Nettle Leaf 1:2
- Saw Palmetto 1:2

†(QA) = Quantified Activity Extract. For more information regarding Quantified Activity, please see page 6
The Index of Component Herbs lists all herbs used in MediHerb® products in the following order: liquid extracts, single herb tablets, complex tablets or capsules and Phytosynergist® liquids.

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## Common Name | Botanical Name
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Adhatoda (Malabar Nut Tree) | *Justicia adhatoda*  
Albizia | *Albizia lebbeck*  
Andrographis | *Andrographis paniculata*  
Anise (Aniseed) | *Pimpinella anisum*  
Ashwagandha (Withania) | *Withania somnifera*  
Astragalus | *Astragalus membranaceus*  
**B**  
Bacopa | *Bacopa monnieri*  
Baical Skullcap (Chinese Skullcap) | *Scutellaria baicalensis*  
Bearberry (Uva Ursi) | *Arctostaphylos uva-ursi*  
Bilberry | *Vaccinium myrtillus*  
Bitter Melon | *Momordica charantia*  
Black Cohosh | *Actaea racemosa*  
Black Cumin | *Nigella sativa*  
Black Walnut | *Juglans nigra*  
Bladderwrack | *Fucus vesiculosus*  
Boswellia | *Boswellia serrata*  
Buchu | *Agathosma betulina*  
Bugleweed | *Lycopus spp.*  
Bupleurum | *Bupleurum falcatum*  
Burdock | *Arctium lappa*  
Butcher’s Broom | *Ruscus aculeatus*  
**C**  
Calendula | *Calendula officinalis*  
California Poppy | *Eschscholzia californica*  
Cascara | *Frangula purshiana*  
Cat’s Claw | *Uncaria tomentosa*  
Cayenne | *Capsicum annuum*  
Celery Seed | *Apium graveolens*  
Chamomile | *Matricaria recutita*  
Chaste Tree | *Vitex agnus-castus*  
Chen Pi (Tangerine) | *Citrus reticulata*  
Chinese Skullcap (Baical Skullcap) | *Scutellaria baicalensis*  
Cinnamon | *Cinnamomum verum*  
Cleavers | *Galium aparine*  
Clove | *Syzygium aromaticum*  
Codonopsis | *Codonopsis pilosula*  
Coleus | *Coleus forskohlii*  
Corydalis | *Corydalis ambigua*  
Corydals yanhusuo | *Corydalis yanhusuo*  
Couch Grass | *Elymus repens*  
**D**  
Damiana | *Turnera diffusa*  
Dandelion | *Taraxacum officinale*  
Dill Seed | *Anethum graveolens*  
Dong Quai | *Angelica polymorpha* (Angelica sinensis)  
**E**  
Echinacea | *Echinacea angustifolia*, *Echinacea purpurea*  
Elecampane | *Inula helenium*  
Eleuthero | *Eleutherococcus senticosus*  
Epimedium | *Epimedium sagittatum*  
Euphoria | *Euphorbia hirta*  
Evening Primrose | *Oenothera biennis*  
Eyebright | *Euphrasia officinalis*  
**F**  
False Unicorn | *Chamaelirium luteum*  
Fennel | *Foeniculum vulgare*  
Fenugreek | *Trigonella foenum-graecum*  
Feverfew | *Tanacetum parthenium*  
Fringe Tree | *Chionanthus virginicus*  
**G**  
Ganoderma (Reishi) | *Ganoderma lucidum*  
Garlic | *Allium sativum*  
Gentian | *Gentiana lutea*  
Ginger | *Zingiber officinale*  
Ginkgo | *Ginkgo biloba*  
Globe Artichoke | *Cynara scolymus*  
Golden Rod | *Solidago virgaurea*  
Golden Seal | *Hydrastis canadensis*  
Gotu Kola | *Centella asiatica*  
Grape Seed | *Vitis vinifera*  
Green Tea | *Camellia sinensis*  
Grindelia | *Grindelia camporum*  
Gymnema | *Gymnema sylvestre*  
**H**  
Hawthorn | *Crataegus monogyna*  
Hemidesmus | *Hemidesmus indicus*  
Holy Basil | *Ocimum tenuiflorum*  
Horsechestnut | *Aesculus hippocastanum*  

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<tr>
<td>Jamaican Dogwood</td>
<td><em>Piscidia piscipula</em></td>
</tr>
<tr>
<td>Japanese Knotweed</td>
<td><em>Polygonum cuspidatum</em></td>
</tr>
<tr>
<td>Jujube (Ziziphus)</td>
<td><em>Ziziphus jujuba var. spinosa</em></td>
</tr>
<tr>
<td>K</td>
<td></td>
</tr>
<tr>
<td>Korean Ginseng</td>
<td><em>Panax ginseng</em></td>
</tr>
<tr>
<td>Kudzu</td>
<td><em>Pueraria lobata</em></td>
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<td>L</td>
<td></td>
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<tr>
<td>Licorice</td>
<td><em>Glycyrrhiza glabra</em></td>
</tr>
<tr>
<td>Malabar Nut Tree (Adhatoda)</td>
<td><em>Justicia adhatoda</em></td>
</tr>
<tr>
<td>Marshmallow</td>
<td><em>Althaea officinalis</em></td>
</tr>
<tr>
<td>Meadowsweet</td>
<td><em>Filipendula ulmaria</em></td>
</tr>
<tr>
<td>Milk Thistle</td>
<td><em>Silybum marianum</em></td>
</tr>
<tr>
<td>Motherwort</td>
<td><em>Leonurus cardiaca</em></td>
</tr>
<tr>
<td>Mullein</td>
<td><em>Verbascum thapsus</em></td>
</tr>
<tr>
<td>Myrt</td>
<td><em>Commiphora molmol</em></td>
</tr>
<tr>
<td>N</td>
<td></td>
</tr>
<tr>
<td>Nettle</td>
<td><em>Urtica dioica</em></td>
</tr>
<tr>
<td>O</td>
<td></td>
</tr>
<tr>
<td>Oregano</td>
<td><em>Origanum vulgare</em></td>
</tr>
<tr>
<td>Oregon Grape</td>
<td><em>Berberis aquifolium</em> (Mahonia aquifolium)*</td>
</tr>
<tr>
<td>P</td>
<td></td>
</tr>
<tr>
<td>Passion Flower</td>
<td><em>Passiflora incarnata</em></td>
</tr>
<tr>
<td>Phellodendron</td>
<td><em>Phellodendron amurense</em></td>
</tr>
<tr>
<td>Pleurisy Root</td>
<td><em>Asclepias tuberosa</em></td>
</tr>
<tr>
<td>Poke Root</td>
<td><em>Phytolacca decandra</em></td>
</tr>
<tr>
<td>R</td>
<td></td>
</tr>
<tr>
<td>Raspberry</td>
<td><em>Rubus idaeus</em></td>
</tr>
<tr>
<td>Red Clover</td>
<td><em>Trifolium pratense</em></td>
</tr>
<tr>
<td>Rehmannia</td>
<td><em>Rehmannia glutinosa</em></td>
</tr>
<tr>
<td>Reishi (Ganoderma)</td>
<td><em>Ganoderma lucidum</em></td>
</tr>
<tr>
<td>Rhodiola</td>
<td><em>Rhodiola rosea</em> (Sedum roseum)*</td>
</tr>
<tr>
<td>Rhubarb</td>
<td><em>Rheum palmatum</em></td>
</tr>
<tr>
<td>Rosemary</td>
<td><em>Rosmarinus officinalis</em></td>
</tr>
<tr>
<td>S</td>
<td></td>
</tr>
<tr>
<td>Saffron</td>
<td><em>Crocus sativus</em></td>
</tr>
<tr>
<td>Sage</td>
<td><em>Salvia officinalis</em></td>
</tr>
<tr>
<td>Sarsaparilla</td>
<td><em>Smilax officinalis</em></td>
</tr>
<tr>
<td>Sarsaparilla</td>
<td><em>Smilax regelii</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Botanical Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td></td>
</tr>
<tr>
<td>Saw Palmetto</td>
<td><em>Serenoa repens</em></td>
</tr>
<tr>
<td>Schisandra</td>
<td><em>Schisandra chinensis</em></td>
</tr>
<tr>
<td>Shatavari</td>
<td><em>Asparagus racemosus</em></td>
</tr>
<tr>
<td>Sheep Sorrel</td>
<td><em>Rumex acetosella</em></td>
</tr>
<tr>
<td>Shepherd’s Purse</td>
<td><em>Capsella bursa-pastoris</em></td>
</tr>
<tr>
<td>Shiitake</td>
<td><em>Lentinula edodes</em></td>
</tr>
<tr>
<td>Skullcap</td>
<td><em>Scutellaria lateriflora</em></td>
</tr>
<tr>
<td>Slippery Elm</td>
<td><em>Ulmus rubra</em></td>
</tr>
<tr>
<td>St John’s Wort</td>
<td><em>Hypericum perforatum</em></td>
</tr>
<tr>
<td>Sterona</td>
<td><em>Stemona salsifolia</em></td>
</tr>
<tr>
<td>Stevia</td>
<td><em>Stevia rebaudiana</em></td>
</tr>
<tr>
<td>Sweet Wormwood</td>
<td><em>Artemisia annua</em></td>
</tr>
<tr>
<td>T</td>
<td></td>
</tr>
<tr>
<td>Tangerine (Chen Pi)</td>
<td><em>Citrus reticulata</em></td>
</tr>
<tr>
<td>Thuja</td>
<td><em>Thuja occidentalis</em></td>
</tr>
<tr>
<td>Thyme</td>
<td><em>Thymus vulgaris</em></td>
</tr>
<tr>
<td>Tribulus</td>
<td><em>Tribulus terrestris</em></td>
</tr>
<tr>
<td>Turmeric</td>
<td><em>Curcuma longa</em></td>
</tr>
<tr>
<td>U</td>
<td></td>
</tr>
<tr>
<td>Uva Ursi (Bearberry)</td>
<td><em>Arctostaphylos uva-ursi</em></td>
</tr>
<tr>
<td>V</td>
<td></td>
</tr>
<tr>
<td>Valerian</td>
<td><em>Valeriana officinalis</em></td>
</tr>
<tr>
<td>W</td>
<td></td>
</tr>
<tr>
<td>White Horehound</td>
<td><em>Marrubium vulgare</em></td>
</tr>
<tr>
<td>White Peony</td>
<td><em>Paeonia lactiflora</em></td>
</tr>
<tr>
<td>Wild Yam</td>
<td><em>Dioscorea villosa</em></td>
</tr>
<tr>
<td>Willow</td>
<td><em>Salix purpurea</em></td>
</tr>
<tr>
<td>Withania (Ashwagandha)</td>
<td><em>Withania somnifera</em></td>
</tr>
<tr>
<td>Wormwood</td>
<td><em>Artemisia absinthium</em></td>
</tr>
<tr>
<td>Y</td>
<td></td>
</tr>
<tr>
<td>Yellow Dock</td>
<td><em>Rumex crispus</em></td>
</tr>
<tr>
<td>Z</td>
<td></td>
</tr>
<tr>
<td>Ziziphus (Jujube)</td>
<td><em>Ziziphus jujuba var. spinosa</em></td>
</tr>
</tbody>
</table>
Calcium Hydrogen Phosphate
Calcium hydrogen phosphate is the binder or filler which actually holds the tablet together and allows it to be compressed to form a tablet. It also assists in formulation flow and resists the uptake of moisture, thus reducing the risk of poor stability.

Cellulose
Microcrystalline cellulose acts with dibasic calcium phosphate dihydrate as the binder that holds the tablet together. It also works to assist with tablet disintegration.

Silicon Dioxide
Silicon Dioxide is used as a glidant to assist with the flow properties of the tablet powder as it travels through the tablet machine. Good flow characteristics are crucial to the manufacture of tablets with consistent weight and active content. Silicon Dioxide is also used to increase the hardness of the tablets to ensure they are robust enough to handle coating, packaging and transport.

Sodium Starch Glycolate
Due to the high proportion of herb used in the MediHerb® tablets, an aid to disintegration is required to ensure that the tablets disintegrate in less than 30 minutes. Sodium starch glycolate from potato performs this function best for the high potency tablets manufactured by MediHerb®.

Crocarmellose Sodium
Crocarmellose sodium is also used as a disintegrant and is sometimes combined with sodium starch glycollate. Aiding disintegration ensures that a tablet will dissolve and release the active ingredient, to promote uptake in the intestinal tract.

Magnesium Stearate – Vegetable Origin
Most tablets need some form of lubrication to assist in the removal of the tablet from the tabletting machine die. Magnesium stearate of vegetable origin is the most effective ingredient for this purpose.

Hypromellose (Cellulose Derivative)
Hypromellose is used as a film coating agent on most MediHerb® tablets. It is applied as a thin inert layer and has four important actions:
1. The thin layer makes the tablet much more resistant to dust formation in the packaging.
2. When the tablet surface gets wet in the mouth a lubricant, mucilagenous layer is formed on the tablet which facilitates swallowing.
3. The inert layer acts to hide any unpleasant odors or tastes that are found in many herbal tablets.
4. It aids in enhancing the stability of the product by forming a barrier to the external environment.

Enteric Coating
Some MediHerb® tablets and capsules have a specialized enteric coating which makes them acid resistant. This is important for some herbs which can cause gastric discomfort and for herbs that have actives which are damaged by stomach acid. Enterically coated tablets and capsules pass through the highly acidic environment of the stomach safely, then dissolve once they reach the pH neutral environment of the small intestine.

Solubility Test: Enterically coated tablets and capsules must be stable for 2 hours in dilute hydrochloric acid and then dissolve within 1 hour when placed in pH 7 buffer.

Maltodextrin
Maltodextrin is usually used as a carrier substance in the manufacture of herbal extracts used in tablets.
www.mediherb.com

The MediHerb® website is the most comprehensive site on herbal support for health care professionals providing you with a free of charge resource to enhance your herbal knowledge and clinical skills. Use your Standard Process website login to gain exclusive members only access to www.mediherb.com. www.mediherb.com features both public and members only information.

Public Area
This area contains information on MediHerb® philosophy, outlining the history of the company and detailing the quality processes that deliver the world’s finest herbal products. There is also a link to the Standard Process website where our online product catalog details our extensive range of superior quality tablet, capsule and liquid products. Clinic tools and resources such as Patient Brochures are also available in the public section for you and your patients to download and print.

Members Only Area
This is where the site gets really interesting! You can go into the different areas to view comprehensive information on:

MediHerb® Professional Library: use the dynamic search engine to discover all the herbal information we have produced dating back to 1987. Here you can search for information by ‘herb’, ‘phytochemical’, ‘condition’, ‘topic’ or ‘activity’. The below publications are available exclusively from the MediHerb® website:

- The Phytotherapist’s Perspective
  This publication features technical reviews authored by Kerry Bone and Michelle Morgan and includes articles written for the Townsend Letter for Doctors and Patients, monographs detailing technical and clinical information on specific herbs and an assortment of other articles outlining herbs suitable for specific conditions.

- Modern Phytotherapist
  This authoritative journal of herbalism features articles by leading health care professionals from around the world. The journal discusses philosophy and methodology of herbal practice, clinical practice issues, case studies, practice management methods and also includes reports and letters to the editors.

- Professional Review
  The professional review is a fully-referenced presentation of the traditional and current scientific information available on individual herbs. It provides detailed information on botany, chemistry, pharmacodynamics, pharmacokinetics, toxicity, clinical studies, actions, indications and uses, dosage, adverse effects, contraindications and precautions.

Research News: find out about the latest research conducted by MediHerb® R&D Department as well as independent research using MediHerb® products.

Seminars, New Products and News: view the latest information on all aspects of what is happening at MediHerb®.

To access the Members Only area, go to www.mediherb.com and click on “Login via Standard Process”. This will direct you to the Standard Process website to register.
Clinic Tools and Resources

To help educate your patients and improve compliance, we have a great range of free tools available for your clinic.

Patient Brochures

Help your patients easily understand the products you recommend and improve compliance with our attractive full-color brochures written in patient friendly language.

Counter Displays

These displays are perfect for displaying product alongside our patient brochures.

Product Collection Handouts

Our informative handouts demonstrate how to use MediHerb® products as part of a complete synergistic approach for specific health areas.

Contraindications and Cautions

For a comprehensive list of contraindications and cautions for MediHerb® products, please refer to the Herb-Drug Interaction chart at the back of the catalog or on the MediHerb® website.

Product Fact Sheets

Product Fact Sheets are easy-to-read information sheets describing individual MediHerb® products. Each sheet includes detailed product information including an overview of the traditional uses of the herbs in the formula and benefits of the product. Product Fact Sheets are available online to download.

New clinic tools and resources are continually being produced. Visit www.mediherb.com to download the latest materials and www.standardprocess.com to order your free materials today.

To order contact the Standard Process Customer Care Department:
Phone: 800-558-8740 | Online: www.standardprocess.com
MediHerb® Liquid and Tablet Test Kits

Standard Process® and MediHerb® understand that each individual has unique health needs and not all products will work the same for everyone. With that in mind, we created convenient and easy-to-use test kits for the MediHerb® product line. Our test kits provide you with an efficient way to test and recommend the best supplements for each of your patients according to their individual needs.

For more information or to order a test kit, call the Standard Process Customer Care Department at 800-558-8740 or order online at www.standardprocess.com

Seminars for Qualified Health Care Professionals

MediHerb® regularly conducts professional seminars throughout the United States with experienced speakers such as Professor Kerry Bone BSc Dip Phyto., Berris Burgoyne BSc ND, and Amanda Williams ND, Dip Bot Med. These seminars combine the best of traditional knowledge with the latest scientific research.

To view the Education & Events Calendar, visit www.mediherb.com or www.standardprocess.com

A Quality Partnership

Standard Process Inc.® is extremely proud to be the exclusive United States distributor for MediHerb® line of quality herbal products.

With a mutual commitment to product quality, a strictly monitored manufacturing process and rigorous product testing, Standard Process and MediHerb® are devoted to providing new advantages to healthy living while complementing good health.

Both Standard Process and MediHerb® recognize the importance of patient education and that is why our products are available exclusively through qualified health care professionals. Standard Process and MediHerb® believe that whole food supplements and herbal products are natural complements for optimal health.*
Herbal Reference

Text Books

Principles and Practice of Phytotherapy
– SECOND EDITION
Modern Herbal Medicine
By Kerry Bone and Simon Mills

The first edition of Principles and Practice of Phytotherapy is well known as the leading text on herbal practice in naturopathic and herbal colleges throughout the world. The second edition brings a complete revision of the material in the first text including:

- A comprehensive update on the pharmacodynamics and pharmacokinetics of the essential herbal constituents
- Fifty fully updated, evidence-based monographs, including seven new herbs: Gotu Kola, Willow Bark, Bugleweed, Butcher’s Broom, Boswellia, Myrrh and Tribulus
- New insights on herbal management of approximately 100 modern health conditions
- An extensive herb-drug interaction chart addressing key safety issues to help the reader differentiate between false and real concerns

This valued text was exhaustively researched and carefully compiled by Kerry Bone and Simon Mills, who have more than 60 years of combined experience in clinical practice, education, manufacturing and research. This text is a must-have resource for any health care professional or student.

This text was highly recognized by industry peers and awarded the prestigious 2013 James A. Duke Excellence in Botanical Literature Award by the American Botanical Council as the recognition of the authors’ outstanding contribution to herbal knowledge.

The Essential Guide to Herbal Safety
By Kerry Bone and Simon Mills

The first accurate and comprehensive book on herbal safety – a must for all health care professionals!
This innovative book presents an extensive discussion of the principles of herbal safety and the current major issues relating to this important area. Leading international experts contribute to the book providing a wealth of information on issues such as quality, interactions, adverse reactions, toxicity, allergy, contact sensitivity and idiosyncratic reactions. In March 2006, the American Botanical Council (ABC) announced that The Essential Guide to Herbal Safety was the recipient of the James A. Duke Botanical Literature Award which honors the singular outstanding contribution by a book to the knowledge and understanding of herbal and aromatic plants.

Winner of the 2005 James A. Duke Botanical Literature Award

130 MediHerb® Product Catalog 2020 • Health Care Professional Resources
Phytotherapy Essentials: Healthy Children
Optimising Children’s Health with Herbs
By Rob Santich and Kerry Bone

The first comprehensive text on children’s health for the natural health care professional
Healthy Children has been written with the special needs of children in mind. The benefits, risks and requirements for herbal health support in children differ from those in adults. This book outlines the key principles that govern herbal practice for this special patient group. This well-researched text, written by Rob Santich and Kerry Bone who together have more than 50 years of clinical practice, examines the common health problems encountered by children together with up-to-date medical and herbal information. Tablet and liquid protocols are also provided as well as relevant case histories. This text provides a balanced and authoritative approach to children’s health through sound, practical information based on clinical experience and evidence-based research.

The Ultimate Herbal Compendium
A Desktop Guide for Herbal Prescribers
By Kerry Bone

The most comprehensive, accurate and up-to-date desktop herbal prescribing reference
The Ultimate Herbal Compendium is a reliable ready reference designed for the busy health care professional. It contains up-to-date easily found information on a wide range of herbs and conditions, including doses for herbs in tablet form as well as liquids. Careful research of all the available herbal information combined with Kerry Bone’s 30 years of clinical practice ensures that all valid herbal treatment options can be considered.

A Clinical Guide to Blending Liquid Herbs:
Herbal Formulations for the Individual Patient
By Kerry Bone

This highly practical guide explains in-depth how to use and blend liquid extracts for optimum results making it a must for all herbal trained clinicians and students
Monographs of 125 popular herbs used in the form of liquid extracts provide the herbal clinician with accessible and clinically relevant information. The monographs have been specifically designed for use in the clinic with an emphasis on providing the essential information in an easy to read format and outlines traditional use and the most up-to-date pharmacological and clinical studies. This guide is comprehensively referenced and contains appendices for thorough explanations, indices of herb and herb action as well as complete glossaries and table of recommended dosages.

To order contact the Standard Process Customer Care Department:
Phone: 800-558-8740  |  Online: www.standardprocess.com
### How to Read the Chart

The chart is read from left to right. The information in the Basis of Concern column provides the evidence for the information in the Potential Interaction column. For example, clinical studies found that administration of St John’s Wort resulted in decreased levels of cancer chemotherapeutic drugs. (Italicized words represent the information in the Herb-Drug Interaction chart below.)

More details may be provided in the Basis of Concern column. For example, in a clinical study with healthy volunteers administration of St John’s Wort resulted in increased clearance of the hypoglycemic drug gliclazide, and so may reduce the drug’s efficacy, however, glucose and insulin response to glucose loading were unchanged.

A recommended action is suggested on a risk assessment of the information in the Basis of Concern. In these examples:
- it is recommended that St John’s Wort is contraindicated in patients taking cancer chemotherapeutic drugs.
- In the case of gliclazide, because the trial found little effect on a clinically-relevant outcome, the potential interaction is considered low risk and a caution is recommended: the patient should be monitored, through the normal process of repeat consultations.

For more information on the process used to assess the herb-drug interaction research (and why some research is not included), how the risk of interaction is assessed, with worked examples from the chart: go to www.mediherb.com and view the Herb-Drug Interaction Chart under ‘Resources’ look for the link to ‘Prescribing Guidelines & Assessment of Risk.’

### Health care professionals please note

When a patient presents using any of the drugs listed below and there is a potential interaction with the herb you intend to dispense, it is important that you or your patient discuss the potential interaction with their prescribing physician before you dispense the herb to the patient.

<table>
<thead>
<tr>
<th>Drug</th>
<th>Potential Interaction</th>
<th>Basis of Concern</th>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andrographis <em>Andrographis paniculata</em></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Immunosuppressant medication</td>
<td>May decrease effectiveness of drug.1</td>
<td>Theoretical concern based on immune-enhancing activity of Andrographis.</td>
<td>Contraindicated</td>
</tr>
<tr>
<td>Midazolam</td>
<td></td>
<td>Clinical study with healthy volunteers (providing 100 mg/day of andrographolide): pulse rate and blood pressure decreased.2 See note A</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td>Ashwagandha <em>Withania somnifera</em></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thyroxine</td>
<td></td>
<td>Theoretical concern based on stimulating effect on thyroid hormones.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Warfarin</td>
<td>Potentiation of bleeding</td>
<td>Herb Alone: Antplatelet activity observed in healthy volunteers (173 mcg/day of bilberry anthocyanins).3 Case report of postoperative bleeding (bilberry extract undefined).5 Herb or Constituent and Drug: Uncontrolled trial (600 mcg/day of bilberry anthocyanins + 30 mcg/day of vitamin C for 2 months then reduced maintenance dose) of 9 patients taking anticoagulant drugs – treatment reduced retinal hemorrhages without impairing coagulation.9 Case report (rectal bleeding and hematuria with elevated INR, patient reported to consume “large amounts of bilberry fruits every day for five years”).10</td>
<td>Monitor at high doses (&gt; 100 mg/day anthocyanins, low level of risk).</td>
</tr>
<tr>
<td>Bladderwrack <em>Fucus vesiculosus</em></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hyperthyroid medication eg carbimazole</td>
<td>May decrease effectiveness of drug.</td>
<td>Theoretical concern due to natural iodine content.</td>
<td>Contraindicated unless under close supervision</td>
</tr>
<tr>
<td>Thyroid replacement therapies eg thyroxine</td>
<td>May add to effect of drug.</td>
<td>Theoretical concern linked to a case report where “kelp” caused hyperthyroidism in a person not taking thyroxine.11</td>
<td>Monitor (low level of risk).</td>
</tr>
</tbody>
</table>

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Note A: For more information on the process used to assess the herb-drug interaction research (and why some research is not included), how the risk of interaction is assessed, with worked examples from the chart: go to www.mediherb.com and view the Herb-Drug Interaction Chart under ‘Resources’ look for the link to ‘Prescribing Guidelines & Assessment of Risk.’
<table>
<thead>
<tr>
<th>Drug</th>
<th>Potential Interaction</th>
<th>Basis of Concern</th>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Boswellia</strong> <em>Boswellia serrata</em>**</td>
<td><strong>Warfarin</strong> May increase effectiveness of drug. Two case reports (increased INR, concentrated extract (95%; 1.2–1.5 g/day), causality rated as probable (score 6) [11].</td>
<td></td>
<td><strong>Monitor</strong> (low level of risk).</td>
</tr>
<tr>
<td><strong>Bugleweed</strong> <em>Lycopus virginicus, Lycopus europaeus</em>**</td>
<td><strong>Radioactive iodine</strong> May interfere with administration of diagnostic procedures using radioactive isotopes. Case report.</td>
<td></td>
<td><strong>Contraindicated</strong>.</td>
</tr>
<tr>
<td><strong>Thyroid hormones</strong> Should not be administered concurrently with preparations containing thyroid hormone. Theoretical concern based on deliberations of German Commission E.</td>
<td><strong>Monitor</strong> (low level of risk).</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cat’s Claw</strong> <em>Uncaria tomentosa</em>**</td>
<td><strong>L-Dopa and other Parkinson’s disease treatments</strong> May impair absorption and drug levels. Case report.</td>
<td></td>
<td><strong>Monitor</strong> (low level of risk).</td>
</tr>
<tr>
<td><strong>HIV protease inhibitors</strong> May increase drug level. Case report, in a patient with ointment being evaluated for liver transplant.</td>
<td><strong>Monitor</strong> (low level of risk).</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ACE inhibitor</strong> May cause drug-induced cough. Case report (topical capsicum). Theoretical concern since capsicum depletes substance P.</td>
<td><strong>Monitor</strong> (very low level of risk).</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Theophylline</strong> May increase absorption and drug level. Clinical study (healthy volunteers, chili-spiced meal).</td>
<td><strong>Monitor</strong> (low level of risk).</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Celery Seed</strong> <em>Apium graveolens</em>**</td>
<td><strong>Thyroxine</strong> May reduce serum levels of thyroxine. Case reports.</td>
<td></td>
<td><strong>Monitor</strong> (very low level of risk).</td>
</tr>
<tr>
<td><strong>Chaste Tree</strong> <em>Vitex agnus-castus</em>**</td>
<td><strong>Hormone-related medications e.g. progestosterone drugs, hormonal contraceptive or HRT</strong> May affect hormone levels and/or alter efficacy of hormone-containing medications Case report of unwanted pregnancy in Australia (herb and concurrent use of progestosterone-only OCP) and one other similar case reported internationally. There are several trials published in which the herb has been administered to women using OCP without causing unwanted pregnancy – see note C.</td>
<td></td>
<td><strong>Monitor</strong> (low level of risk).</td>
</tr>
<tr>
<td><strong>Chinese Skullcap</strong> <em>Scutellaria baicalensis</em>**</td>
<td><strong>Rosuvastatin</strong> May decrease drug levels. Clinical study with healthy volunteers using 150 mg/day of isolated constituent (baicalin).</td>
<td></td>
<td><strong>Monitor</strong> (low level of risk).</td>
</tr>
<tr>
<td><strong>Coleus</strong> <em>Coleus forskohlii</em>**</td>
<td><strong>Antiplatelet and anticoagulant drugs</strong> May alter response to drug. Theoretical concern initially based on in vitro antiplatelet activity of active constituent forskolin, and in vivo antiplatelet activity in an animal model (oral doses: standardized Coleus extract and forskolin). More recent in vivo animal research: standardized Coleus extract reduced the antiangiogenic activity of warfarin.</td>
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<td><strong>Monitor</strong> (low level of risk).</td>
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<td><strong>Hypotensive medication</strong> May potentiate effects of drug. Theoretical concern based on ability of high doses of forskolin and standardized Coleus extract to lower blood pressure in normotensive and hypertensive animals. Clinical data from weight management trials: no effect on blood pressure in three trials, trend toward lower blood pressure in one small study; Clinical trial (dose escalation in healthy volunteers, extract providing 25-100 mg/day of forskolin): no significant effect on blood pressure or heart rate.</td>
<td><strong>Monitor</strong> (low level of risk).</td>
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<td><strong>Prescribed medication</strong> May potentiate effects of drug. Theoretical concern based on ability of forskolin to activate increased intracellular cyclic AMP in vitro.</td>
<td><strong>Monitor</strong> (low level of risk).</td>
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<td>Drug</td>
<td>Potential Interaction</td>
<td>Basis of Concern</td>
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<td><strong>Cranberry</strong> <em>Vaccinium macrocarpon</em></td>
<td>May increase drug levels.</td>
<td>Clinical trials with healthy volunteers' effect on drug levels conflicting - increased (double-strength juice, 240 mL tds)^11 and no effect (cranberry juice, 200 mL tds)^12</td>
<td>Monitor (low level of risk).</td>
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<td><strong>Midazolam</strong></td>
<td>May increase drug levels.</td>
<td>Clinical trials with healthy volunteers' effect on drug levels conflicting - increased (double-strength juice, 240 mL tds)^11 and no effect (cranberry juice, 200 mL tds)^12</td>
<td>Monitor (low level of risk).</td>
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<td><strong>Statin drugs</strong></td>
<td>May increase side effects of drug.</td>
<td>Two case reports (355–473 mL/day cranberry juice drink (7% juice), and 473 mL/day cranberry juice)^13,14</td>
<td>Monitor (low level of risk).</td>
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<td><strong>Tacrolimus</strong></td>
<td>May decrease drug levels.</td>
<td>Case report (2 g/day 'juice extracts', causality rated as possible (score 4)^15</td>
<td>Monitor (medium level of risk).</td>
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<td><strong>Warfarin</strong></td>
<td>May alter INR (most frequently increase).</td>
<td>Case reports (where reported the dosage was often high: up to 2000 mL/day, juice strength undefined; 1.5–2 quarts (1420–1893 mL)/day of cranberry juice cocktail; 113 g/day, cranberry sauce).^36-44 Clinical trials: no significant effect found in atrial fibrillation patients (250 mL/day cranberry juice cocktail),^45 in patients on warfarin for a variety of indications (8 oz (236 mL)/day cranberry juice cocktail), but increase observed in healthy volunteers (juice concentrate equivalent to 57 g of dry fruit/day).^48 No alteration of prothrombin time in patients on stable warfarin therapy (480 mL/day cranberry juice)^48 or of thromboplastin time in healthy volunteers (600 mL/day cranberry juice).^32 See also note E</td>
<td>Monitor (low level of risk at typical doses).</td>
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<td><strong>Dong Quai</strong> <em>Angelica polyphylla</em></td>
<td>May potentiate effect of drug.</td>
<td>Herb Alone and with Drug: Aspirin: Clinical study found inhibitory effect on arachidonic acid-induced platelet aggregation (2 of 24 healthy volunteers) and on epinephrine-induced platelet aggregation (1 of 24) after several days' consumption of dried root and rhizome (1 g/day). Bleeding was not reported in these participants. Taking with aspirin did not further suppress platelet function and prothrombin time was not impaired. Two other participants reported heavier menses, which were not associated with abnormality in platelet aggregation or thrombin generation.49</td>
<td>Monitor (low level of risk).</td>
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<td><strong>Echinacea</strong> <em>Echinacea angustifolia, Echinacea purpurea</em></td>
<td>Antiretroviral drugs</td>
<td>HIV non-nucleoside transcriptase inhibitors eg etravirine: May alter drug levels. Clinical trial (<em>E. purpurea</em> root; HIV-infected patients): no effect overall, but large interindividual variability occurred (from near 25% decreases to up to 50% increases in drug levels). All maintained an undetectable viral load.52</td>
<td>Monitor (low level of risk).</td>
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<td>HIV protease inhibitors eg darunavir: May decrease drug levels Clinical trial (<em>E. purpurea</em> root; HIV-infected patients): no effect overall, but some patients showed a decrease by as much as 40%. All maintained an undetectable viral load. (Patients were also taking a low dose of ritonavir.)53</td>
<td>Monitor (low level of risk).</td>
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<td>Dextromethorphan</td>
<td>May increase drug levels. Clinical study (healthy volunteers): no effect in CYP2D6 extensive metabolizers; increase in AUC without increase in drug level in one poor metabolizer.54</td>
<td>Monitor (very low level of risk).</td>
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<td>Immunosuppressant medication</td>
<td>May decrease effectiveness of drug.1,55 Theoretical concern based on immune-enhancing activity of Echinacea.</td>
<td>Contraindicated.</td>
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<td>Midazolam</td>
<td>Decreases drug levels when drug administered intravenously.55</td>
<td>Monitor (medium level of risk) when drug administered intravenously.</td>
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<td><strong>Eleuthero (Siberian Ginseng)</strong> <em>Eleutherococcus senticosus</em></td>
<td>Atorvastatin</td>
<td>May cause liver injury due to high elevation of liver enzymes. Case report (combination of &quot;Siberian ginseng&quot; and silymarin).56</td>
<td>Monitor (low level of risk).</td>
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<td>Digoxin</td>
<td>May increase plasma drug levels. Case report: apparent increase in plasma level, but herb probably interfered with digoxin assay. Patient had unchanged ECG and apparent digoxin concentration of 5.2 nmol/L.57 In a later clinical trial no effect observed on plasma concentration.58</td>
<td>Monitor (very low level of risk).</td>
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<td><strong>Evening Primrose Oil</strong> <em>Oenothera biennis</em></td>
<td>May decrease effectiveness of drug. Reports of worsening epilepsy in schizophrenics. No causal association demonstrated and no effect observed in later trials.59</td>
<td>Monitor (very low level of risk).</td>
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<td><strong>Phenothiazines</strong></td>
<td>May decrease effectiveness of drug.</td>
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<td><strong>Garlic A. sativum (See also Hypoglycemic herbs)</strong></td>
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<td><strong>Antiplatelet and anticoagulant drugs</strong></td>
<td>Aspirin: May increase bleeding time.</td>
<td>Concern may be overstated, as antiplatelet/anticoagulant drugs are often coadministered eg aspirin and warfarin.</td>
<td>Monitor at doses equivalent to ≥ 3 g/day fresh garlic.</td>
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<td>Clopidogrel: May potentiate effect of drug.</td>
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<td>Stop taking at least one week before surgery.</td>
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<td>Warfarin: May potentiate effect of drug. Large doses could increase bleeding tendency.</td>
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<td>Case reports of increased bleeding tendency with high garlic intake. In three of the four cases the bleeding occurred after surgery.</td>
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<td>Anthocyanins: garlic taken shortly before testing interferes with platelet aggregation in control subjects.</td>
<td>Anecdotal: garlic taken shortly before testing interferes with platelet aggregation in control subjects.64</td>
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<td>Single-dose studies, and studies demonstrating a beneficial effect on disordered function, including for example, in atherosclerosis, are excluded. Clinical studies (5 g/day or less of fresh garlic): inhibited platelet aggregation in three trials (about 2.4-2.7 g/day, patients and healthy volunteers).65-67 but no effect on platelet aggregation in one trial (about 1.8 g/day, healthy volunteers).68 See note J.</td>
<td>Single-dose studies, and studies demonstrating a beneficial effect on disordered function, including for example, in atherosclerosis, are excluded. Clinical studies (5 g/day or less of fresh garlic): inhibited platelet aggregation in three trials (about 2.4-2.7 g/day, patients and healthy volunteers).65-67 but no effect on platelet aggregation in one trial (about 1.8 g/day, healthy volunteers).68 See note J.</td>
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<td>Clinical studies (3 g/day or less of fresh garlic, patients and healthy volunteers): 69-71 no effect on platelet aggregation in three trials† (about 2.4–2.7 g/day, patients and healthy volunteers),65-67 but no effect on platelet aggregation in one trial† (about 1.8 g/day, healthy volunteers).68</td>
<td>Clinical studies (3 g/day or less of fresh garlic, patients and healthy volunteers): 69-71 no effect on platelet aggregation in three trials† (about 2.4–2.7 g/day, patients and healthy volunteers),65-67 but no effect on platelet aggregation in one trial† (about 1.8 g/day, healthy volunteers).68</td>
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<td>Clinical studies (4.2–5 g/day of fresh garlic, patients and healthy volunteers): inhibited platelet aggregation and increased clotting time.72</td>
<td>Case reports (dose unknown): bleeding86, increase in INR but no bleeding.87 No pharmacokinetic or pharmacodynamic effects demonstrated in a clinical trial with healthy volunteers (3.6 g/day, dried ginger).88 Epidemiological study: garlic (as a complementary medicine) was significantly associated with an increased risk of self-reported bleeding in patients taking warfarin.89 These results should be viewed cautiously (See note L).</td>
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<td>Clinical studies (8–10 g/day of fresh garlic, healthy volunteers): inhibited platelet aggregation and increased clotting time.73</td>
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<td><strong>HIV protease inhibitors</strong></td>
<td>Decreases drug level.</td>
<td>Monitor (medium level of risk).</td>
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<td><strong>Ginger Z. officinale</strong></td>
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<td><strong>Antacids</strong></td>
<td>May decrease effectiveness of drug.</td>
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<td>Theoretical concern since ginger increases gastric secretory activity in vivo (animals).1 Heartburn has been reported by some patients, although a review of clinical studies involving pregnant women using the herb found it to be a low risk.90</td>
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<td><strong>Antiplatelet and anticoagulant drugs</strong></td>
<td>Phenprocoumon: May increase effectiveness of drug.</td>
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<td>Case report (dose undefined): increased INR.85</td>
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### Drug Interaction Chart

<table>
<thead>
<tr>
<th>Drug</th>
<th>Potential Interaction</th>
<th>Basis of Concern</th>
<th>Recommended Action</th>
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<tbody>
<tr>
<td><strong>Ginkgo</strong> Ginkgo biloba</td>
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<tr>
<td><strong>Anticonvulsant medication</strong>&lt;br&gt;eg carbamazepine, sodium valproate</td>
<td>May decrease the effectiveness of drug. Case reports: two with well-controlled epilepsy,92 others anecdotal and uncertain.93-95 One of these94 was subsequently analyzed as having probable causality (score 7).96</td>
<td>Monitor (medium level of risk); increasing the intake of vitamin B6 may be advisable for patients taking anticonvulsants.96</td>
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<tr>
<td><strong>Antiplatelet and anticoagulant drugs</strong></td>
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<td><strong>Herb Alone</strong>&lt;br&gt;Rare case reports of bleeding.98-100&lt;br&gt;Meta-analysis of randomized, placebo-controlled trials (healthy volunteers and patients): results indicate standardized Ginkgo extract does not increase the risk of bleeding.98 Randomized, 5-year trial (elderly participants, Ginkgo 50:1 extract, 240 mg/day): no significant difference in incidence of hemorrhagic events.102&lt;br&gt;<strong>Herb and Drug</strong>&lt;br&gt;Retrospective population-based study in Taiwan: the relative risk of hemorrhage associated with the use of Ginkgo extract combined with drugs (dipyridamole, cilostazol, ticlopidine, warfarin) was not significant.97&lt;br&gt;See also note P.</td>
<td>Monitor (low level of risk), although additional caution may be warranted for the elderly and/or those taking warfarin.</td>
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<tr>
<td><strong>Antipsychotic medication</strong>&lt;br&gt;eg haloperidol, olanzapine, clozapine</td>
<td>General: May potentiate the efficiency of drug in patients with schizophrenia, by reducing symptoms.</td>
<td>Randomized, controlled trials (11; Ginkgo 50:1 extract: 120–360 mg/day), for schizophrenic patients taking haloperidol, olanzapine, clozapine, chlorpromazine, sulpiride, or a mixture (clozapine, chlorpromazine, sulpiride, perphenazine and haloperidol).119 Five of 8 trials reported on adverse effects: no difference between Ginkgo and placebo for total scores, the results for subscores varied in two trials (generally favoring Ginkgo), but without serious side effects in one trial, 2 patients who received placebo and experienced treatment failure were then treated with Ginkgo alone at double the dose (480 mg/day) and had severe delusions after about 2 weeks.119&lt;br&gt;Risperidone: May potentiate adverse effects of drug or cause idiosyncratic reaction.</td>
<td>Prescribe cautiously. Reduce drug if necessary in conjunction with prescribing physician.</td>
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<td><strong>Risperidone</strong></td>
<td>Two case reports (mood dysregulation, 160 mg/day of undefined extract;119 priapism, 160 mg/day of undefined extract), incidence of adverse effects not significantly different between groups in two controlled studies (schizophrenia, dose unknown119 and autistic disorders in children 6 to 7 years, 30–120 mg/day of undefined extract).120</td>
<td>Monitor (low level of risk).</td>
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<td>Drug</td>
<td>Potential Interaction</td>
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<td>Antiretroviral drugs</td>
<td>HIV integrase inhibitors eg raltegravir. May alter drug levels.</td>
<td>Clinical study with healthy volunteers (Ginkgo 50:1 extract: 240 mg/day) found an increase in plasma levels, due to large interindividual variability, not considered to be of clinical importance. (The drug's pharmacokinetics are known for considerable intra- and interindividual variability.)</td>
<td>Monitor (low level of risk)</td>
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<td>HIV non-nucleoside transcriptase inhibitors eg efavirenz. May decrease drug level and/or may cause virological breakthrough/failure.</td>
<td>Case report (decreased drug level and virological failure); case report (increase in viral load after ongoing suppression; multiple supplements but the main one was an unspecified Ginkgo product (300 mg/day); causality rated as probable (score 6)).</td>
<td>Monitor (medium level of risk)</td>
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<tr>
<td>Atorvastatin</td>
<td>May alter drug level.</td>
<td>Alprazolam: Clinical trial in healthy volunteers found no effect (Ginkgo 50:1 extract: 240 mg/day). Diazepam: Clinical trial in healthy volunteers found no effect (Ginkgo 50:1 extract: 240 mg/day). Midazolam: Clinical trials in healthy volunteers found conflicting results on drug levels, increased Ginkgo 50:1 extract: 360 mg/day; decreased (Ginkgo 50:1 extract: 240 mg/day); and no effect (Ginkgo 50:1 extract: 240 mg/day).</td>
<td>Monitor (low level of risk).</td>
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<td>Benzodiazepines</td>
<td>May alter drug level.</td>
<td>General (sulfonylureas): May decrease the hypoglycemic activity. See also Glipizide and Tolbutamide.</td>
<td>Monitor (low level of risk).</td>
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<tr>
<td>Hypoglycemic drugs</td>
<td>General (sulfonylureas): May decrease the hypoglycemic activity. See also Glipizide and Tolbutamide.</td>
<td>Theoretical extrapolation from clinical studies (very small numbers of participants): improved pancreatic beta-cell insulin production in response to glucose load (healthy/normal glucose tolerant individuals); and in diabetics (both those with hyperinsulinemia treated with a range of oral hypoglycemic drugs and those with pancreatic exhaustion, and not diet-controlled diabetics i.e. those with medium to high insulin resistance), although no improvement in glucose metabolism (e.g. blood glucose) and no glycaemia-related adverse effects - this suggests increased hepatic clearance of insulin and hypoglycemic agents. Later study confirmed no adverse effect on insulin resistance (small number of healthy volunteers, prediabetic and diabetics taking oral hypoglycemic drugs). Dose in each trial was Ginkgo 50:1 extract: 120 mg/day.</td>
<td>Monitor (low level of risk).</td>
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<td>Glipizide</td>
<td>May cause hypoglycemia.</td>
<td>Observation from aborted trial: hypoglycemia occurred in volunteers with normal glucose tolerance within 60 minutes. Ginkgo 50:1 extract was administered as a single dose of 120 mg.</td>
<td>Monitor (low level of risk).</td>
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<tr>
<td>Metformin</td>
<td>May enhance effectiveness of drug.</td>
<td>Clinical trial with very small number of diabetics taking a variety of metformin daily doses (0.5-2.55 g; Ginkgo 50:1 extract: 120 mg/day): effect on pharmacokinetics of drug were not substantially altered in those taking 0.5 g/day or less of the drug. No effect observed in healthy volunteers. Clinical trial (patients ineflectively managed): significantly improved glycemic parameters including HbA1c (Ginkgo 50:1 extract: 120 mg/day; metformin: 1.24 g/day).</td>
<td>Monitor (low level of risk).</td>
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<td>Pioglitazone</td>
<td>May increase drug level.</td>
<td>Clinical trials with healthy volunteers (Ginkgo 50:1 extract: 120 mg/day).</td>
<td>Monitor (low level of risk).</td>
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<td>Tolbutamide</td>
<td>May decrease effectiveness of drug.</td>
<td>Clinical trials with healthy volunteers nonsignificant reduction in glucose-lowering effect of drug (Ginkgo 50:1 extract: 360 mg/day); pharmacokinetics not altered (Ginkgo 50:1 extract: 240 and 360 mg/day).</td>
<td>Monitor (low level of risk).</td>
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<td>Nifedipine</td>
<td>May increase drug levels or side effects.</td>
<td>Clinical studies found mixed results for mean plasma drug level: increase (120 mg/day, undefined); although those results considered preliminary/inconclusive as AUC was not measured and no effect (240 mg/day; although results probably not robust as the herb was only administered for one day). However, in the latter study, maximal plasma drug level and heart rate was increased with adverse drug reactions for participants with highest plasma drug levels (headache, dizziness, hot flashes).</td>
<td>Monitor at doses &lt;240 mg/day (medium level of risk). Contraindicated for higher doses.</td>
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<tr>
<td>Omeprazole</td>
<td>May decrease drug levels.</td>
<td>Clinical trials with healthy volunteers found conflicting results on drug levels: decreased (Ginkgo 50:1 extract: 280 mg/day; AUC decreased by 27-42% depending on genotype); no effect (Ginkgo 50:1 extract: 240 mg/day).</td>
<td>Monitor (low level of risk).</td>
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<tr>
<td>Statin drugs</td>
<td>May decrease drug levels.</td>
<td>Meta-analysis of 18 randomized controlled trials conducted in China (and of low methodological quality) found that compared with statins alone, the combination of statins and Ginkgo achieved significantly greater improvements in lipids in patients with dyslipidemia. See also note R. Meta analysis of four trials atorvastatin was administered, simvastatin in three and rosvastatin in one trial.</td>
<td>Monitor (low level of risk).</td>
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<td>Tadalafil</td>
<td>May cause bleeding.</td>
<td>Case report (hematoma after surgery; patient also taking anticoagulants).</td>
<td>Monitor (low level of risk).</td>
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<td>Talinolol</td>
<td>May increase drug levels.</td>
<td>Clinical trial with healthy volunteers.</td>
<td>Monitor (low level of risk).</td>
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<td><strong>Golden Seal Hydrastis canadensis</strong></td>
<td>Drugs which displace the protein binding of bilirubin, e.g., phenylbutazone.</td>
<td>May potentiate effect of drug on displacing bilirubin.</td>
<td>Monitor (low level of risk).</td>
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<td><strong>Midazolam</strong></td>
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<td>May increase drug level.</td>
<td>Monitor (low level of risk).</td>
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<td><strong>Green Tea Camellia sinensis</strong></td>
<td>(See also Polyphenol-containing and/or Tannin-containing herbs)</td>
<td>May decrease efficacy of drug.</td>
<td>Contraindicated at high doses (around 600 mg/day EGCG or 1 g/day green tea catechins). More information required for doses below this level.</td>
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<td><strong>Boronic acid-based protease inhibitors</strong> (e.g., bortezomib)</td>
<td>Boronic acid-based protease inhibitors may decrease efficacy of drug.</td>
<td>Theoretical concern based on initial in vitro data and in vivo animal study (green tea constituent, EGCG reduced tumor cell death induced by drug). However, a further in vivo animal study found EGCG was not antagonistic to the activity of the drug.</td>
<td>See note S.</td>
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<td><strong>Digoxin</strong></td>
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<td>May decrease drug levels.</td>
<td>Monitor (medium level of risk).</td>
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<td><strong>Folate</strong></td>
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<td>May decrease absorption.</td>
<td>Monitor (medium level of risk).</td>
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<td><strong>Immunosuppressives</strong> (e.g., tacrolimus)</td>
<td>May increase drug levels.</td>
<td>Case report (patient was a CYP3A4 poor metabolizer).</td>
<td>Monitor (medium level of risk).</td>
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<td><strong>Nadolol</strong></td>
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<td>May increase drug levels.</td>
<td>Monitor (medium level of risk).</td>
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<td><strong>Sildenafil</strong></td>
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<td>May increase bioavailability of drug.</td>
<td>Monitor (low level of risk).</td>
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<td><strong>Statin drugs</strong></td>
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<td>May increase drug level and side effect of drug.</td>
<td>Monitor (low level of risk).</td>
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<td><strong>Sunitinib</strong></td>
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<td>May reduce bioavailability of drug.</td>
<td>Contraindicated, unless taken at least 4 hours apart.</td>
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<td><strong>Warfarin</strong></td>
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<td>May decrease effectiveness of drug.</td>
<td>Monitor (very low level of risk).</td>
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<tr>
<td>Hawthorn <em>Crataegus monogyna, Crataegus laevigata (Crataegus oxyacantha)</em> (See also Polyphenol-containing and/or Tannin-containing herbs)</td>
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<tr>
<td>Digoxin</td>
<td>May increase effectiveness of drug.</td>
<td>Clinical studies indicate a (beneficial) synergistic effect. Pharmacokinetics not affected in a clinical study (healthy volunteers).</td>
<td>Monitor (low level of risk).</td>
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<td>Hypotensive drugs</td>
<td>May increase effectiveness of drug.</td>
<td>Controlled trials where drugs known to be taken by all or many heart disease patients: blood pressure decreased significantly (2 trials), decreased nonsignificantly (1 trial) and was unchanged (1 trial).</td>
<td>Monitor (low level of risk).</td>
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<td>Horsetail <em>Equisetum arvense</em></td>
<td>May cause virological breakthrough.</td>
<td>Two case reports (supplements containing horsetail).</td>
<td>Monitor (medium level of risk).</td>
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<td>Hypoglycemic drugs (See also Ginkgo, Korean Ginseng, Milk Thistle, St John’s Wort)</td>
<td>May potentiate hypoglycemic activity of drug.</td>
<td>Theoretical based on potential additive effects, although there are many examples of clinical trials in which herbs have been administered to diabetics who were using hypoglycemic medications, and despite improvements in glycemic parameters no adverse hypoglycemic effects were observed. Examples:</td>
<td>Prescribe cautiously and monitor blood sugar regularly. Warn patient about possible hypoglycemic effects. Reduce drug if necessary in conjunction with prescribing physician.</td>
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<tr>
<td>Kava <em>Piper methysticum</em></td>
<td>May potentiate effect of drug.</td>
<td>Herb Alone and with Drug</td>
<td>Monitor (very low level of risk at typical doses).</td>
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<td>CNS depressants eg alcohol, barbiturates, benzodiazepines</td>
<td>Potentiation of drug effects</td>
<td>Theoretical concern based on deliberations of German Commission E and the anxiolytic activity of kava. Two apparent case reports (kava + benzodiazepines (alprazolam, flunitrazepam)):</td>
<td>Monitor (low level of risk).</td>
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<td>L-Dopa and other Parkinson's disease treatments</td>
<td>Possible dopamine antagonist effects.</td>
<td>Case reports. Although kava is unlikely to be responsible for central dopaminergic antagonism (experimental model) and kava reduced parkinsonism induced by neuroleptic drugs (observational study, psychiatric patients).</td>
<td>Contraindicated unless under close supervision.</td>
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<td>Other CNS drugs</td>
<td>May potentiate adverse effect possibly by decreased metabolism of drug.</td>
<td>Hallucinations: Case report (patient consumed kava beverage i.e. probable high dose). Risperidone: Case report (patient consumed kava beverage and kava tablets i.e. probable high dose).</td>
<td>Monitor (low level of risk at typical doses).</td>
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<td><strong>Korean Ginseng</strong> Panax ginseng</td>
<td><strong>Antihypertensive medications including nifedipine</strong></td>
<td>General: May decrease effectiveness of drug. Theoretical concern since hypertension is a feature of GAS. Clinical significance unclear.1 Assessment of 316 hospital patients found Korean ginseng to have a contrary effect only in a very small percentage: blood pressure increase in 3% of hypertensives, increase in 3% and decrease in 2% of normotensives, decreases in 6% of hypotensives.12 No information on concurrent medications. Note for clinical trial data below: Acute, single-dose trials excluded. High doses used in several trials.</td>
<td>Monitor (very low level of risk).</td>
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<td>Herb Alone Clinical trials: no significant effects found in healthy volunteers,183,184 those with metabolic syndrome,16 type 2 diabetes16 or glaucoma,18 although baseline blood pressure may be a factor.186</td>
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<tr>
<td><strong>Antiplatelet and anticoagulant drugs</strong></td>
<td><strong>Acenocoumarol. May decrease effectiveness of drug.</strong></td>
<td>Case report (decreased INR, herb dose unknown; causality rated as possible (score 4)).15</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
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<td><strong>Warfarin. May decrease effectiveness of drug.</strong></td>
<td>Herb and Drug Aspirin: Clinical study found inhibitory effect on arachidonic acid-induced platelet aggregation (1 of 24 healthy volunteers) after several day's consumption of concentrated extract (providing 30 mg/day of ginsenosides), no clinically relevant bleeding events occurred. Taking with aspirin did not further suppress platelet function and prothrombin time was not impaired.41</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td></td>
<td><strong>HIV integrase inhibitors eg raltegravir</strong></td>
<td>May potentiate adverse effect possibly by altered metabolism. Case report (elevated liver enzymes; dosage unknown, causality rated as possible (score 5)).208</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
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<td><strong>Hypoglycemic drugs including insulin</strong></td>
<td>May potentiate hypoglycemic activity of drug.16 Theoretical concern based on clinically observed hypoglycemic activity of ginseng in newly diagnosed type 2 diabetes.55 Clinical significance unclear. No effect on insulin sensitivity or beta-cell function after very high doses in newly diagnosed type 2 diabetes or those with impaired glucose tolerance.56 Korean red ginseng (2.7 g/day) reduced the requirement for insulin in about 40% of diabetics in a small uncontrolled trial.210 No adverse effects in three trials of type 2 diabetes well controlled with diet and/or oral hypoglycemic drugs.55,56,57</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td></td>
<td><strong>Imatinib</strong></td>
<td>May potentiate adverse effect possibly by altered metabolism. Case report (hepatotoxicity;213 causality rated as probable (score 5)).96</td>
<td>Monitor (low level of risk).</td>
</tr>
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<td></td>
<td><strong>Lamotrigine</strong></td>
<td>May cause side effect due to elevated drug level. Case report (combined with deer antler velvet; DRESS syndrome; causality rated as probable (score 5)).114</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td></td>
<td><strong>MAO inhibitors eg phenelzine</strong></td>
<td>May cause side effects such as headache, sleeplessness, tremor. Case reports.211,217</td>
<td>Contraindicated.</td>
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<td>Midazolam</td>
<td>May decrease drug level.</td>
<td>Clinical studies with healthy volunteers: effect on drug levels conflicting – decreased (extract providing about 45 mg/day of ginsenosides Rb1, Rb2, Rg1, Rd, Re, Rg1); and no relevant effect (extracts providing about 62 mg/day of ginsenosides Rb1, Rb2, Rg1, Rd, Re, Rg1); and 85 mg/day of ginsenosides Rb1, Rb2, Rg1, Rd, Re, Rg1, Rg3, Rh1).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Sildenafil</td>
<td>May potentiate effects of drug.</td>
<td>Theoretical concern based on in vitro studies which show ginseng increases nitric oxide release from corpus cavernosum tissue.</td>
<td>Monitor (very low level of risk).</td>
</tr>
<tr>
<td>Laxative (anthraquinone-containing) herbs</td>
<td>eg cascara (Frangula purshiana, Rhamnus purshianus), yellow dock (Rumex crispus)</td>
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<td>Antiarrhythmic agents</td>
<td>May affect activity if potassium deficiency resulting from long-term laxative abuse is present.</td>
<td>German Commission E and ESCOP recommendation.</td>
<td>Avoid excessive doses of laxatives. Maintain patients on a high potassium diet.</td>
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<tr>
<td>Cardiac glycosides</td>
<td>May potentiate activity if potassium deficiency resulting from long-term laxative abuse is present.</td>
<td>German Commission E and ESCOP recommendation.</td>
<td>Monitor (low level of risk at typical doses)</td>
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<tr>
<td>Potassium-depleting agents</td>
<td>eg thiazide diuretics, corticosteroids, licorice root (Glycyrrhiza glabra)</td>
<td></td>
<td>Avoid excessive doses of laxatives. Maintain patients on a high potassium diet.</td>
</tr>
<tr>
<td>Glycyrrhiza glabra</td>
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<tr>
<td>Antihypertensive medications</td>
<td>other than diuretics</td>
<td>General: May decrease effectiveness of drug.</td>
<td></td>
</tr>
<tr>
<td>Herb or Constituent Alone</td>
<td>When consumed in sufficient doses, licorice can cause pseudoaldosteronism and high blood pressure.</td>
<td>Herb or Constituent Alone: Hypertension demonstrated in case reports, usually from long-term intake and/or very high dose. Although hypertension was mild, possibly due to coexisting sodium wasting related to uropathy from prostate cancer. Dromatically elevated blood pressure with hypertensive retinopathy and nephropathy reported (225 mg/day of glycyrrhizin for 3 years). Clinical studies (up to 290 g/day of licorice): dose-dependent relationship found between licorice and increase in blood pressure, more pronounced effect in hypertensive patients than in normotensive volunteers, adverse effect greater in women, and effect shown for dose as low as 50 g/day of licorice (75 mg/day of glycyrrhetinic acid = 150 mg/day of glycyrrhizin) taken for 2 weeks. Other studies show variation of effects on blood pressure (see note X) – renal function may be a factor. The increase in blood pressure after taking glycyrrhetinic acid (874 mg/day of glycyrrhizin) was more pronounced in salt-sensitive than salt-resistant volunteers. The mechanism involves increased extracellular volume and enhanced pressure wave reflection from the peripheral circulation (licorice containing 290-370 mg/day of glycyrrhizin, taken for 2 weeks in normotensive volunteers): significant results (eg blood pressure, serum potassium and aldosterone) compared to controls found for daily dose of 4 mg/kg (220-323 mg/day) taken for 8 weeks, but no effect at lower doses of 1-2 mg/kg (55-166 mg/day) of glycyrrhizin. Clinical study to establish a no-effect level for glycyrrhizin (healthy female volunteers): significant results (eg blood pressure, serum potassium and aldosterone) compared to controls found for daily dose of 4 mg/kg (220-323 mg/day) taken for 8 weeks, but no effect at lower doses of 1-2 mg/kg (55-166 mg/day) of glycyrrhizin.</td>
<td>Avoid long-term use at doses &gt; 100 mg/day glycyrrhizin unless under close supervision. Place patients on a high potassium diet.</td>
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<tr>
<td>ACE-inhibitor.</td>
<td>May mask the development of pseudoaldosteronism.</td>
<td>Case report (patient consumed licorice herbal medicine (200-240 mg/day glycyrrhizin)). Drug dosage was reduced, leading to pseudoaldosteronism.</td>
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<tr>
<td>Cilostazol</td>
<td>May cause hypokalemia, which can potentiate the toxicity of the drug.</td>
<td>Case report (patient taking 150 mg/day of glycyrrhizin). Serum potassium levels were stable prior to administration of drug.</td>
<td>Monitor (medium level of risk). Place patients on a high potassium diet.</td>
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<tr>
<td>Corticosteroids</td>
<td>Cortisol: May potentiate the action (rather than increase level of drug).</td>
<td>Inhibition of the enzyme 11β-HSD2 by glycyrrhizin leads to an increased level of cortisol in the kidney. This does not happen in the liver. The plasma half-life of cortisol may be prolonged when herb and drug are coadministered, but drug concentrations remain normal, possibly because of a concomitant fall in cortisol production. Prolonged half-life of cortisol may suggest the potential for licorice to prolong clearance (and hence, activity) of the drug. Studies involving patients with Addison’s disease or on hemodialysis are not listed here.</td>
<td>Monitor (very low level of risk at typical doses).</td>
</tr>
<tr>
<td>Prednisolone: May potentiate the action or increase level of drug.</td>
<td>Herb or Constituent Alone</td>
<td>Clinical studies: increased plasma half-life of cortisol (oral administration of licorice candy (200 g/day, containing 580 mg/day glycyrrhizin) + intravenous cortisol to 7 healthy volunteers; oral administration of glycyrrhetinic acid = 227 mg/day of glycyrrhizin to 2 volunteers).</td>
<td>Monitor (low level of risk at typical doses) when drug administered intravenously.</td>
</tr>
<tr>
<td>Digoxin</td>
<td>May cause hypokalemia which can potentiate the toxicity of the drug.</td>
<td>Herb Alone</td>
<td>Hypokalemia demonstrated in case reports and clinical studies, usually from long-term intake and/or very high dose, however effect has been demonstrated in sensitive individuals at low doses (licorice containing 100 mg/day of glycyrrhizin). Side effects would be common at 400 mg/day of glycyrrhizin (227 mg/day of glycyrrhizin).</td>
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<tr>
<td>Diuretics</td>
<td>Spironolactone (potassium-sparing diuretic): Reduce side effects of drug.</td>
<td>Herb or Constituent Alone</td>
<td>Hypokalemia demonstrated in case reports and clinical studies, usually from long-term intake and/or very high dose, however effect has been demonstrated in patients on ongoing treatment with herbal medicines containing glycyrrhizin at doses of 80–240 mg/day.</td>
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<td>Thiazide and loop (potassium-depleting) diuretics: The combined effect of licorice and the drug could result in excessive potassium loss.</td>
<td>Herb Alone</td>
<td>Hypokalemia demonstrated in case reports and clinical studies, usually from long-term intake and/or very high dose, however effect has been demonstrated in patients on ongoing treatment with herbal medicines containing glycyrrhizin at doses of 80–240 mg/day.</td>
<td>Monitor (low level of risk at typical doses).</td>
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<td>Herb or Constituent Alone</td>
<td>Clinical study: in women with PCOS addition of licorice extract (containing about 463 mg/day glycyrrhizin) reduced side effects related to the diuretic activity of drug.</td>
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<tr>
<td>Herb Alone</td>
<td>Case report (patient taking herbal laxative containing licorice (1.2 g/day) and rhubarb (Rheum spp., 4.8 g/day)). In addition to diuretics, patient was also taking a potassium-depleting diuretic.</td>
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<td>Herb and Drug</td>
<td>Case report: patient taking herbal laxative containing licorice (1.2 g/day) and rhubarb (Rheum spp., 4.8 g/day)).</td>
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<td>Herb Alone</td>
<td>Clinical study: patients on a high potassium diet.</td>
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*The chart is up-to-date as of January 2020.*
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<td><strong>Immunosuppressives eg sirolimus</strong></td>
<td>May decrease drug clearance.</td>
<td>Population pharmacokinetic study with 112 Chinese adult renal transplant recipients: clearance of sirolimus decreased in those patients with abnormal ALT values who were taking herbal formulations containing glycyrrhizin (route and dosage unknown).</td>
<td>Monitor (medium level of risk) in hepatically-impaired patients.</td>
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<td>Midazolam</td>
<td>May decrease drug level.</td>
<td>Clinical study with healthy volunteers (potassium salt of glycyrrhizin, equivalent to 287 mg/day of glycyrrhizin).</td>
<td>Monitor (low level of risk at typical doses).</td>
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<tr>
<td>Omeprazole</td>
<td>May decrease drug level.</td>
<td>Clinical study with healthy volunteers (potassium salt of glycyrrhizin, equivalent to 287 mg/day of glycyrrhizin).</td>
<td>Monitor (low level of risk at typical doses).</td>
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<td>Potassium-depleting drugs other than thiazide and loop diuretics eg corticosteroids, stimulant laxatives</td>
<td>May result in excessive potassium loss.</td>
<td>Concern based on known adverse effect of herb. Hypokalemia demonstrated in case reports and clinical studies, usually from candy intake (high dose), however effect has been demonstrated in sensitive individuals at low doses (licorice containing 100 mg/day of glycyrrhizin). Side effects would be common at 400 mg/day of glycyrrhizin.</td>
<td>Avoid long-term use at doses &gt; 100 mg/day glycyrrhizin unless under close supervision. Place patients on a high potassium diet.</td>
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<td>Terbutaline</td>
<td>May cause hypokalemia and apparent mineralocorticoid excess.</td>
<td>Case report (“nonspecific intake of licorice” with high intake of water (4-5 L/day) and excessive use of drug (3-4 times normal dose)).</td>
<td>Monitor (very low level of risk under normal circumstances).</td>
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**Marshmallow Root Althaea officinalis**

Prescribed medication: May slow or reduce absorption of drugs.

Theoretical concern based on absorbent properties of marshmallow root.

Take at least 2 hours away from medication.

**Meadowsweet Filipendula ulmaria** (See also Polyphenol-containing and/or Tannin-containing herbs)

**Warfarin**

May potentiate effects of drug.

Theoretical concern based on in vivo animal study demonstrating anticoagulant activity (dosage unavailable).

Monitor (very low level of risk).

**Milk Thistle® Silybum marianum**

**Domperidone**

Increases drug levels, and therefore potential toxic side effects.

Clinical study with healthy volunteers (silymarin: 1000 mg/day).

Contraindicated at this dose, effect at typical doses not known.

**Hypoglycemic drugs including insulin**

May improve insulin sensitivity.

Controlled trials: improved glycemic control and reduced insulin requirements in patients with type 2 diabetes and cirrhosis (silymarin: 600 mg/day). Although insulin requirements unchanged in another trial (silymarin: 200 mg/day). Improved glycemic control in diabetics treated with hypoglycemic drugs (silymarin: 200 and 600 mg/day). Improved blood glucose, blood insulin and insulin resistance in PCOS patients treated with metformin (silymarin: 750 mg/day), but no effect on glucose metabolism in NAFLD patients including those with insulin resistance (silymarin: 200 and 600 mg/day).

Prescribe cautiously and monitor blood sugar regularly. Warn patient about possible hypoglycemic effects. Reduce drug if necessary in conjunction with prescribing physician.

**Immunosuppressives eg sirolimus**

May decrease drug clearance.

Population pharmacokinetic study with 112 Chinese adult renal transplant recipients: clearance of sirolimus decreased in those patients with abnormal ALT values who were taking silymarin formulations (route and dosage unknown). Monitor (medium level of risk) in hepatically-impaired patients.

**Losartan**

May reduce efficacy of drug by inhibiting metabolism.

Clinical study (healthy volunteers, clinical significance unclear): inhibited metabolism of drug; the inhibition was greater in those of a particular CYP2C9 genotype (silymarin: 420 mg/day). Monitor (low level of risk).

**Metronidazole**

May decrease absorption of drug, by increasing clearance.

Clinical study with healthy volunteers (silymarin: 140 mg/day).

Monitor (medium level of risk).

**Nifedipine**

May delay the absorption rate of drug.

Clinical study with healthy volunteers (2x silymarin: 280 mg, single dose), but bioavailability unchanged and pharmacodynamic effects were minor.

Monitor (low level of risk).

**Oxymetholone**

May increase drug levels.

Clinical study with healthy volunteers (silymarin: 140 mg/day).

Monitor (medium level of risk).

**Talinolol**

May increase drug levels.

Clinical study with healthy volunteers (silymarin: 420 mg/day).

Monitor (low level of risk).

**Oregon Grape Berberis aquifolium**

**Drugs that displace the protein binding of bilirubin eg phenylbutazone**

May potentiate effect of drug on displacing bilirubin.

Theoretical concern based on in vitro data (displaced bilirubin from albumin) and in animals with high dose of berberine by injection (reduced bilirubin serum protein binding).

Monitor (low level of risk).
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<td><strong>Phellodendron</strong>&lt;sup&gt;®&lt;/sup&gt; <em>Phellodendron amurense</em></td>
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<td>Drugs that displace the protein binding of bilirubin eg phenylbutazone</td>
<td>May potentiate effect of drug on displacing bilirubin.</td>
<td>Theoretical concern based on in vitro data (displaced bilirubin from albumin) and in animals with high dose of berberine by injection (reduced bilirubin serum protein binding)&lt;sup&gt;113&lt;/sup&gt;.</td>
<td>Monitor (low level of risk).</td>
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<td><strong>Immunosuppressives</strong></td>
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<td>Cyclosporin. Increase drug levels.</td>
<td>Observations in some transplant patients&lt;sup&gt;28&lt;/sup&gt;. Clinical studies (600 mg/day of berberine): increased drug level but no renal toxicity or chronic rejection occurred in transplant patients&lt;sup&gt;28&lt;/sup&gt;. Mixed results in healthy volunteers: no effect and increased drug level possibly due to timing – when intake was separated by 12 hours, the pharmacokinetics were not substantially altered&lt;sup&gt;28&lt;/sup&gt;. Regarded as a beneficial interaction in China, as berberine allows the dose of drug to be decreased&lt;sup&gt;28&lt;/sup&gt;.</td>
<td>At substantial doses of berberine, contraindicated unless under close supervision and/or in contact with prescribing physician.</td>
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<tr>
<td>Tacrolimus: Increase drug levels and hence, adverse effects.</td>
<td>Case report (600 mg/day of berberine in a 16-year-old);&lt;sup&gt;290&lt;/sup&gt; causality rated as possible (score 4)&lt;sup&gt;B&lt;/sup&gt;.</td>
<td>Monitor (medium level of risk).</td>
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</tr>
<tr>
<td><strong>Midazolam</strong></td>
<td>May increase drug levels.</td>
<td>Clinical trial with healthy volunteers (900 mg/day of berberine).&lt;sup&gt;291&lt;/sup&gt;</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>Polyphenol-containing and/or Tannin-containing herbs</strong>&lt;sup&gt;29&lt;/sup&gt;</td>
<td></td>
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<tr>
<td><strong>Immunosuppressives</strong> eg cyclosporin</td>
<td>Decreases drug levels, due to impaired absorption or increased metabolism.</td>
<td>Three case reports, in transplant patients (2 L/day of a tea containing 9 herbs including peppermint, chamomile, lemon balm);&lt;sup&gt;29&lt;/sup&gt; 1.5 L/day of chamomile tea; ‘large quantities’ of fruit tea containing hibiscus extract, and a drink containing black tea). Confirmed by rechallenge in one case, but no signs of rejection.&lt;sup&gt;29&lt;/sup&gt; Interactions subsequently analyzed as having probable causality (score 7) for chamomile tea, and possible causalities (score 4) for the other teas&lt;sup&gt;B&lt;/sup&gt;.</td>
<td>Monitor (medium level of risk). Also advisable not to take simultaneously.</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>Inhibition of non-heme iron&lt;sup&gt;29&lt;/sup&gt; absorption.</td>
<td>Clinical and epidemiological studies, many of which have investigated black tea, have produced mixed results, but overall, a substantial dose of polyphenols/tannins may inhibit iron absorption.&lt;sup&gt;29&lt;/sup&gt;-&lt;sup&gt;317&lt;/sup&gt; Results for green tea have been conflicting (adverse effect, no effect, beneficial effect) in the healthy and those with anemia and dosage may be a factor.&lt;sup&gt;29&lt;/sup&gt;-&lt;sup&gt;317&lt;/sup&gt; Factors that affect the consistency of results include: timing of consumption,&lt;sup&gt;7&lt;/sup&gt; presence of inhibitors (such as phytate&lt;sup&gt;7&lt;/sup&gt;) and type of study (results from single test meals may exaggerate the effect of iron inhibitors and enhancers).&lt;sup&gt;7&lt;/sup&gt; Inhibition more likely to occur in those with poor iron status and iron-deficiency anemia. Examples:</td>
<td>In anemia and where iron supplementation is required, do not take simultaneously with meals or iron supplements.</td>
</tr>
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</tbody>
</table>

<sup>1</sup>This chart is up-to-date as of January 2020.

<sup>B</sup>See also note HH.
<table>
<thead>
<tr>
<th>Drug</th>
<th>Potential Interaction</th>
<th>Basis of Concern</th>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Red Clover</strong> <em>Trifolium pratense</em></td>
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</tr>
<tr>
<td>Antipatelet and anticoagulant drugs</td>
<td>May potentiate effect of drug and/or cause bleeding.</td>
<td>Herb Alone: Case report of bleeding from the nose and lips, bruising, hematuria with INR &gt; 7 and “detection of warfarin in the patient’s blood” despite no history of warfarin use (red clover and alfalfa tea 3-6 cups/day for 2 weeks). Authors incorrectly assumed clover contains coumarins. Case report of subdural hematoma with normal INR and impaired platelet function (“red clover extract containing 40 mg isoflavones” for 8-10 years).</td>
<td>Monitor (very low level of risk)</td>
</tr>
<tr>
<td>Methotrexate</td>
<td>May improve insulin sensitivity.</td>
<td>Case report (severe vomiting and epigastric pain, liver function test normal; preparation strength and standardization unknown). Causality rated as possible (score 4%).</td>
<td>Monitor (low level of risk)</td>
</tr>
<tr>
<td>Rhodiola <em>Rhodiola rosea</em></td>
<td>Potentiation effects possible in regard to serotonin levels.</td>
<td>Escitalopram: Case report (superventricular tachycardia, possibly due to serotonin syndrome). Paroxetine: Case report (some symptoms of serotonin syndrome). Sertraline: Clinical trial (mild to moderate depression): significantly fewer adverse events in those taking herb and drug compared to drug alone.</td>
<td>Monitor (very low level of risk)</td>
</tr>
<tr>
<td>Saw Palmetto <em>Serenoa repens</em></td>
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<tr>
<td>Antipatelet and anticoagulant drugs</td>
<td>May potentiate effect of drug.</td>
<td>Herb Alone: Case report (hemorrhage during surgery). Clinical trials (BPH patients): reduced intraoperative bleeding from TURP procedure with preoperative use of liposterolic extract (2 trials); blood loss not different when compared with drug treatment (5-alpha reductase inhibitor, 1 trial). Herb and Drug: Case reports (2): increased INR (warfarin + simvastatin, aspirin + clopidogrel).</td>
<td>Monitor (very low level of risk)</td>
</tr>
<tr>
<td>Schisandra <em>Schisandra chinensis</em></td>
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<tr>
<td>Immunosuppressives</td>
<td>May increase drug levels.</td>
<td>Sirolimus: Observations in some liver transplant recipients. Clinical study markedly increased drug levels in healthy volunteers given S. sphenanthera extract, providing 67.5 mg/day of deoxyschisandrin. Tacrolimus: Observations in some renal and liver transplant recipients. Clinical studies (S. sphenanthera extract): markedly increased drug levels in healthy volunteers and transplant recipients given extract, providing 67.5 mg/day of deoxyschisandrin; in patients with idiopathic membranous nephropathy (extract, providing 33.75 mg/day of deoxyschisandrin) reduced the dose of the drug required to treat patients with idiopathic membranous nephropathy (dose unknown); and transplant recipients (extract, providing 22.5 mg/day of deoxyschisandrin). Although the drug levels were increased, there were no adverse effects on allograft function, and graft survival appeared to be facilitated, in renal transplant recipients (dose not clearly defined, possibly extract, providing 22.5 mg/day of deoxyschisandrin).</td>
<td>Monitor (medium level of risk at typical doses)</td>
</tr>
<tr>
<td>Midazolam</td>
<td>Increased drug level, increase in sleeping time and increase in mild to moderate adverse effects found in healthy volunteers, given S. sphenanthera extract, providing 67.5 mg/day of deoxyschisandrin.</td>
<td></td>
<td>Monitor (low level of risk at typical doses)</td>
</tr>
<tr>
<td>Prescribed medication</td>
<td>May accelerate clearance from the body.</td>
<td>Theoretical concern based on in vivo animal studies demonstrating enhanced phase I/Il hepatic metabolism.</td>
<td>Monitor (low level of risk)</td>
</tr>
<tr>
<td>Talinolol</td>
<td>Increased drug level and decreased clearance found in healthy volunteers, given S. chinensis extract, providing 33.75 mg/day of deoxyschisandrin.</td>
<td></td>
<td>Monitor (low level of risk at normal doses)</td>
</tr>
<tr>
<td>Slippery Elm Bark <em>Ulmus rubra</em></td>
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<tr>
<td>Prescribed medication</td>
<td>May slow or reduce absorption of drugs.</td>
<td>Theoretical concern based on absorbent properties of slippery elm.</td>
<td>Take at least 2 hours away from medication</td>
</tr>
<tr>
<td>Drug</td>
<td>Potential Interaction</td>
<td>Basis of Concern</td>
<td>Recommended Action</td>
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<tr>
<td><strong>St John’s Wort</strong></td>
<td>Hypericum perforatum (See also Polyphenol-containing and/or Tannin-containing herbs)</td>
<td>- May decrease drug levels.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Anticoagulant and antiplatelet drugs</td>
<td>May decrease plasma drug levels.</td>
<td>Clinical study: decreases plasma drug levels.</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td>Antihistaminic, anxiolytic, sedative</td>
<td>May decrease drug levels.</td>
<td>Clinical study: decreases drug levels.</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td>Calcium antagonist, antihypertensive</td>
<td>Decreases drug levels.</td>
<td>Clinical study: decreases plasma drug levels.</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td>Classical chemotherapeutic drugs ( \text{eg irinotecan, imatinib} )</td>
<td>Decreases drug levels.</td>
<td>Clinical study: decreases plasma drug levels.</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td>Cytochrome P450 inhibitors ( \text{eg mephenytoin, phenobarbitone, &amp; carbamazepine} )</td>
<td>Decreases drug levels.</td>
<td>Clinical study: decreases plasma drug levels.</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td>Cytochrome P450 inducers ( \text{eg carbamazepine, &amp; warfarin} )</td>
<td>Decreases drug levels.</td>
<td>Clinical study: decreases plasma drug levels.</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td>Cancer chemotherapeutic drugs</td>
<td>Decreases drug levels.</td>
<td>Clinical study: decreases plasma drug levels.</td>
<td>Monitor (medium level of risk).</td>
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<tr>
<td>Other ( \text{eg irinotecan, imatinib} )</td>
<td>Decreases drug levels.</td>
<td>Clinical study: decreases plasma drug levels.</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td>Calcium antagonist, antihypertensive</td>
<td>Decreases drug levels.</td>
<td>Clinical study: decreases plasma drug levels.</td>
<td>Monitor (low level of risk).</td>
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<tbody>
<tr>
<td>Monitor (very low level of risk)</td>
<td>Monitor (low level of risk)</td>
<td>Monitor (medium level of risk)</td>
<td>Monitor (high level of risk)</td>
<td>Contraindicated</td>
<td>Notes</td>
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<tr>
<td>HIV non-nucleotide reverse transcriptase inhibitors</td>
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<tr>
<td>Skelatone (oral)</td>
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<tr>
<td>Antiplatelet</td>
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<tr>
<td>Antiinflammatory</td>
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<tr>
<td>Anticoagulants</td>
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<td>Statins</td>
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<tbody>
<tr>
<td>Talinolol</td>
<td>May decrease drug levels.</td>
<td>Clinical study (healthy volunteers)</td>
<td>Monitor (medium level of risk)</td>
</tr>
<tr>
<td>Theophylline</td>
<td>May decrease drug levels.</td>
<td>Case report. No effect observed in clinical study with healthy volunteers.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Voriconazole</td>
<td>Decreases drug levels.</td>
<td>Clinical study</td>
<td>Contraindicated</td>
</tr>
<tr>
<td>Zolpidem</td>
<td>May decrease drug levels (but with wide interindividual variability)</td>
<td>Clinical study (healthy volunteers)</td>
<td>Contraindicated</td>
</tr>
<tr>
<td><strong>Tannin-containing herbs</strong></td>
<td>Refer to Polyphenol-containing and/or Tannin-containing herbs (above)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Turmeric</strong> * C. longa</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Antiplatelet and anticoagulant drugs</td>
<td>May potentiate effect of drug.</td>
<td>Herb Alone and with Drug. Aspirin. Clinical study found inhibitory effect on arachidonic acid-induced platelet aggregation in 5 of 24 healthy volunteers after several days' consumption of highly concentrated turmeric extract (providing 475 mg/day of curcuminoids), no bleeding events were reported and no effect on platelet aggregation by other agonists. Taking with aspirin did not further suppress platelet function and prothrombin time was not impaired.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Tacrolimus</td>
<td>May increase drug levels.</td>
<td>Case report: nephrotoxicity in liver transplant patient, high dose with food, estimated at “15+ spoonsful daily” starting roughly 10 days prior to rehospitalization (causality rated as probable (score 7)). Elevated drug level in transplant patient (meal containing a lot of turmeric).</td>
<td>Monitor at high doses (medium level of risk).</td>
</tr>
<tr>
<td>Talinolol</td>
<td>May decrease drug levels.</td>
<td>Clinical study with healthy volunteers (300 mg/day of curcuminoids). No effect on pharmacodynamics (blood pressure or heart rate).</td>
<td>Monitor at high doses (&lt; 300 mg/day curcumin, low level of risk).</td>
</tr>
<tr>
<td>Valerian</td>
<td>* Valeriana officinalis *</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CNS depressants or alcohol</td>
<td>May potentiate effects of drug.</td>
<td>Theoretical concern expressed by US Pharmacopeial Convention. However a clinical study found no potentiation with alcohol. Case report of adverse effect with benzoxyazine drug (lozaegapam) — herb dosage undefined but likely high (tablet contained extracts of valerian and passion flower (Passiflora incarnata), causality rated as possible (score 3)).</td>
<td>Monitor (very low level of risk).</td>
</tr>
<tr>
<td><strong>Willow Bark</strong> S. alba, S. daphnoides, S. purpurea, S. fragilis</td>
<td>(See also Polyphenol-containing and/or Tannin-containing herbs)</td>
<td></td>
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</tr>
<tr>
<td>Warfarin</td>
<td>May potentiate effects of drug.</td>
<td>Clinical study observed very mild but statistically significant antiplatelet activity (extract containing 240 mg/day of salicin).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>Wormwood</strong> A. absinthium</td>
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<tr>
<td>Warfarin</td>
<td>May potentiate effects of drug.</td>
<td>Case report: gastrointestinal bleeding due to increased INR. ingestion of herb (although plant part undefined), the dose of which was increased after several days. Subsequently analyzed as having possible causality (score 4)</td>
<td>Monitor (medium level of risk).</td>
</tr>
</tbody>
</table>

**CODE FOR RECOMMENDED ACTION**

Contraindicated: Do not prescribe the indicated herb.
Monitor: Can prescribe the indicated herb at typical therapeutic doses but maintain close contact and review the patient’s status on a regular basis. Note that where the risk is assessed as medium, self-prescription of the herb in conjunction with the drug is not advisable.

**ABBREVIATIONS**

ACE: angiotensin-converting enzyme; ALT: alanine transaminase, also known as glutamic pyruvic transaminase (GPT); AMP: adenosine monophosphate; APTE: activated partial thromboplastin time; AUC: area under the plasma/serum concentration-time curve (measures extent of absorption); BPH: benign prostatic hyperplasia; CNS: central nervous system; CYP: cytochrome P450; DRESS: drug reaction with eosinophilia and systemic symptoms; ECG: electrocardiogram; EgG: epigallocatechin gallate; GAD: gliarial disease syndrome; HaBaTc: hemoglobin A1c; Hb: hemoglobin; HIV: human immunodeficiency virus; HRT: hormone replacement therapy; 11beta-HSD2: 11beta-hydroxysteroid dehydrogenase type 2; IDA: iron deficiency anemia; INR: international normalized ratio; LDL: low density lipoprotein; NASH: non-alcoholic fatty liver disease; OCP: oral contraceptive pill; PCG: polysaccharide; PT: prothrombin time; SSRI: selective serotonin reuptake inhibitors; TURP: transurethral resection of the prostate; ≥: greater than; ≤: less than.

Health care professionals please note: when a patient presents using any of the drugs listed and there is a potential interaction with the herb you intend to dispense, it is important that you or your patient discuss the potential interaction with their prescribing physician before you dispense the herb to the patient.
Herb-Drug Interaction Chart: General Prescribing Guidelines

- Exercise great caution when prescribing herbs for patients taking drugs with a narrow therapeutic window. These drugs may become dangerously toxic or ineffective with only relatively small changes in their blood concentrations. Examples include digoxin, warfarin, antirejection (immunosuppressive) drugs, many anti-HIV drugs, theophylline, phenytoin and phenobarbital. These patients need to be monitored on a frequent, regular basis.

- Exercise great caution when prescribing herbs for patients taking drugs (these patients need to be monitored on a frequent, regular basis):
  - if heart, liver, or kidney function is impaired,
  - in elderly patients,
  - in pregnant women,
  - in those who have received an organ transplant,
  - in those with a genetic disorder that disturbs normal biochemical functions.

- Care should be exercised with patients who exhibit long-term use of laxative herbs or potassium-depleting diuretics.

- Critical drugs should be taken at different times of the day from herbs (and food) to reduce chemical or pharmacokinetic interactions. They should be separated by at least 1 hour, preferably more.

- Stop all herbs approximately 1 week before surgery. Milk thistle may help reduce the toxic after-effects of anesthetic drugs, so it can be taken up to the day before, and then again, after surgery.

- Carefully monitor the effects of drugs such as antihypertensives and anti diabetic drugs when combining with herbal remedies. The herbs may make them more or less effective. In the ideal situation the dose of the drug could be adjusted.

- Interactions may be dose related for the herb and the drug, for example, St John’s Wort and digoxin.

- The use of antioxidants (including herbs) in conjunction with chemotherapy and radiotherapy for cancer is controversial. Health care professionals should be aware of the issues and make informed recommendation to their patients.


NOTES

* This chart contains information the authors believe to be reliable or which has received considerable attention as potential issues. However, many theoretical concerns expressed by other authors have not been included. Due to the focus on safety, positive interactions between herbs and drugs, and the effect of drugs on the bioavailability of herbs are generally not included.

A. Pharmacokinetic parameters were unchanged. Pharmacodynamic interaction possible, but clinical relevance is not known. The small, statistically-significant effect was observed at the dose of andrographolide and the minimum therapeutic dose of midazolam.

B. Assessed using the Drug Interaction Probability Scale (DIPS). Total DIPS score of greater than 8 has highly probable causation, 5-8 is probable, 2-4 possible and a score of less than 2 denotes a doubtful causation. Note: this assessment does not consider the dose of the herb compared to normal therapeutic doses.

C. Chaste tree has been evaluated for treatment of premenstrual syndrome (5 trials) and cyclical mastalgia (1 trial). OCP use was permitted providing the dose was maintained throughout or documented. Three trials noted that 12.8%, 30.2% and 22.7% of those receiving the herb used concomitant OCPs. In these trials, the administered dose was equivalent to 72-270 mg/day of dried fruit. One of the trials were placebo-controlled, and one was uncontrolled. There were either no adverse events found or they were mild, and occurred with similar incidence rate to the placebo and comparator groups. For example, 4 events occurred in the 86 women who received chaste tree (180 mg/day of dried fruit; one case of intermenstrual bleeding), and 3 events occurred in the 84 who received placebo. There was one case of mild intermenstrual spotting among 36 women treated with chaste tree (72 mg/day of dried fruit). In the uncontrolled study, there were 5 cases of spotting among the 43 that completed the study (180 mg/day of dried fruit), and one woman withdrew from the study due to pregnancy which was described as not related to the herbal treatment.

D. Analysis of Chinese skullcap root samples from Japan found the baicalin content varied from 3.5 to 12%. For a dose of 150 mg/day of baicalin, 1.2–4.3 g/day of dried root would be required.

E. Single-strength (freshly squeezed, 100%) cranberry juice is highly acidic and astringent, making it unpalatable. For this reason, cranberry juice is usually diluted and sweetened (often known as cranberry juice drink). Cranberry juice cocktail usually contains 25% cranberry juice, although it can be up to 35%. Cranberry juice drinks contain about 10% cranberry juice. Cranberry sauce is about half the strength of cranberry juice cocktail, about the same strength as juice drinks. Cranberry juice can be concentrated to a dry powder (unsweetened and usually up to 25:1) and used in tablets and capsules. Juices can be prepared by diluting juice concentrates yielding a concentrated juice (e.g. double-strength juice, at twice the strength of single-strength, squeezed juice). It is likely that unless defined, cranberry juice referred to in case reports and clinical studies is juice drink containing around 10% cranberry juice.

F. The cranberry ‘juice’ administered was similar in concentration to a reference cranberry ‘juice’ containing about 25% cranberry juice but with a higher concentration of anthocyanins, and lower in catechins and organic acids. See also note E.

G. No effect overall when midazolam was administered orally: oral clearance and AUC were unchanged.

H. Eleutheroside from Eleuthero and ginsenosides from Korean ginseng have some structural similarity with digoxin. Because of this similarity interference with serum digoxin measurements is possible, as confirmed when mice fed these herbs demonstrated digoxin activity in their serum. More specific assays are able to negate the interference.

I. These four trials used tablets containing a concentrated, standardized extract. A dosage of 900 mg/day of dry extract was equivalent to about 2.7 g/day of fresh garlic, and was said to provide 12 mg/day of alliin, although there is some doubt as to the amount of allicin released from this brand of tablet from around 1995 to 2000.
K. Although the contents of the garlic tablets were not defined in the published results, information obtained from the manufacturer of the product indicated the disclosed amount (1 25, 2.5, 3.75 g) corresponded to fresh weight of garlic. All volunteers received aspirin and after a washout period, one of three doses of garlic.

L. There may have been variation in patients’ interpretations of ‘bleeding’ and the significant association between ginger use and bleeding was based on 7 self-reported events in 25 users.

M. Information is provided for specialized and/or concentrated extract, rather than galenical form of herb.

N. Ginkgotoxin (4’-O-methylpyridoxine) is present in substantial amounts in Ginkgo seed, and convulsions arising from ingestion of Ginkgo seed have been documented in Japan (infants are particularly vulnerable). Ginkgotoxin is known to inhibit vitamin B6 phosphorylation, which may lead to increased neuronal excitability. Poisoning by ginkgo can be counteracted by vitamin B6, in cases of poisoning it is administered by intravenous injection. Ginkgotoxin is present in very small amounts in standardized Ginkgo leaf extracts; but is below the detection limits in human plasma after oral doses (240 mg of 50:1 extract). According to the manufacturer, despite the extensive use of this special extract (more than 150 million daily doses per year for more than two decades) no cases of epileptic seizure have been attributed to this extract. Ginkgo preparations associated with the above case reports were undefined. Strictly speaking this is a potential adverse effect (rather than a herb-drug interaction) as there is no pharmacokinetic data indicating an interaction for coadministration of Ginkgo and anticonvulsants in humans. An interaction is suggested though, because Ginkgo has been found to induce CYP2C19 activity (see entry for omeprazole), an enzyme involved in the metabolism of some anticonvulsants.

P. Analysis of over 320 000 patients in a German adverse drug reaction reporting system (1999-2002) found no increase in prevalence of bleeding during Ginkgo intake compared to periods without Ginkgo in those taking anticoagulant or antplatelet medication. In a trial involving 3069 healthy volunteers treated for an average of 6.1 years, there were no statistically significant differences between placebo and Ginkgo in the rate of major bleeding or the incidence of bleeding in individuals taking aspirin (Compliance during the trial was however low: at the end of the trial, about 60% were taking Ginkgo/placebo). Another randomized dementia prevention trial that enrolled 2854 patients found no significant difference in the incidence of hemorrhagic events between those receiving Ginkgo 50:1 extract (240 mg/day) or placebo. The treatment period was 5 years and compliance was 95%. In Korea, Ginkgo extract is administered with ticlopidine for the prevention of ischemic stroke or acute coronary syndrome.

Q. Final analysis included 722 142 records. The data was adjusted for age (75 years or older) and comorbidities. The hazard ratio was 1.38 (95% CI 1.20-1.58, p < 0.001).

R. For example, the pooled results show a mean difference for serum levels of total cholesterol of -0.61 mmol/L (-23.6 mg/dl). The dose of Ginkgo biloba administered was reported as 120-576 mg/day, and it is likely (from information in the English abstracts of two of the trials) that this refers to standardized extract.

S. The in vitro reduction by EGCG was overcome when the concentration of the drug was increased (to a level expected clinically i.e. in plasma from the standard drug dose). A further in vivo study found no reduction in the activity of the drug (when EGCG administered by injection to achieve plasma levels of 11-16 microM).

T. The in vitro study found a pronounced reduction in the cytotoxic effect of the drug for a concentration of 2.5-5 microM of EGCG, and when applied as green tea polyphenols a very substantial effect occurred at a EGCG concentration of 1 microM (the other polyphenols may contribute to the activity). A pharmacokinetic study with healthy volunteers found a EGCG plasma concentration of 0.7 microM after a dose of 580 mg of EGCG, and a EGCG plasma concentration of 0.5 microM after a dose of 1 g of green tea polyphenols.

U. A better design would have volunteers take warfarin alone for a period long enough to allow the drug to reach its maximum effect (about 3-5 days) before adding the herb.

V. Information is provided for dried root and extracts containing glycyrrhizin. See elsewhere for information on extracts containing only a minimum amount of glycyrrhizin (deglycyrrhizinized licorice).

W. Glycyrrhetic acid, is the aglycone of glycyrrhizin. Glycyrrhizin, is the glycoside and contains the aglycone (glycyrrhetinic acid) and a sugar unit.

X. No effect on blood pressure in healthy volunteers in three studies (130 mg/day of glycyrrhetinic acid = 227 mg/day of glycyrrhizin, for 14 days);229 licorice tablets (266 mg/day of glycyrrhizin) for 56 days;300 300 mg/day of potassium salt of glycyrrhizin = 287 mg/day of glycyrrhizin, for 14 days),229 including where plasma renin levels were high (3.1 ng/mL/h),472 but in another study, blood pressure increased in healthy volunteers taking 546 mg/day of glycyrrhizin for 4 weeks, only for those with plasma renin activity greater than 1.5 ng/mL/h.463 Hypertension, or hyperkalemia, did not occur in acute ischemic stroke patients treated with licorice extract made from roasted root that provided 106 and 212 mg/day of glycyrrhizin, taken for up to 7 days.

Y. This is a guide, based on a recommendation from the German Commission E for long-term consumption of licorice as a flavoring. Glycyrrhizin is also known as glycyrrhizinic acid and glycyrrhetic acid.

Z. ACE-inhibitors cause mild natriuresis (an increase in sodium excretion in the urine) and occasionally hyperkalemia. The mechanism of the interaction is not known, although it may involves opposing effects on 1beta-hydroxysteroid dehydrogenase type 2 (glycyrrhizin inhibiting, ACE-inhibitor promoting), thus affecting mineralocorticoid receptor activity. Reduction of drug dosage revealed the existing hyperkalemia caused by this dosage of glycyrrhizin.

AA. Maximum plasma cortisol (exogenous) was not increased in one volunteer; in the other, plasma (exogenous) cortisone/cortisol ratio decreased, suggesting increased (exogenous) cortisol while (endogenous) cortisol decreased (although statistical and clinical significance is unknown, and may have been within the normal range). In these studies isotope-labelled cortisol was administered, which allowed exogenous and endogenous cortisol to be measured.

BB. A higher prednisolone/prednisone ratio indicates decreased conversion of prednisolone (active) to prednisone (inactive).

CC. Several variants of CYP2C9 have been identified in humans: the most important mutations are CYP2C9*2 and CYP2C9*3. The CYP2C9 3 variant shows decreased metabolic activity for many drugs metabolized by CYP2C9. CYP2C9 is the main enzyme responsible for transforming losartan to its active metabolite.

DD. Polyphenols are considered to be a dietary factor responsible for influencing iron absorption. This is due to studies in the 1970s and 1980s that found inhibition of iron absorption by beverages such as tea and coffee, and by gallic acid, tannic acid, and to a lesser extent, chlorogenic acid. The potential effect of a food was estimated from its polyphenol content (measuring for example, galloyl groups, catechin equivalents, tannic acid equivalents etc.), in addition to considering other factors including phytate and ascorbic acid. The problem arises however, in the estimation of polyphenols, due to inaccuracies based on different methods of analysis, and possibly, differences in classification. The term ‘tannin’ has long-established and extensive usage although it is considered in more recent years to lack precision. Polyphenol is the preferred term when considering the properties at a molecular level. Historically, plant polyphenols have been broadly divided into proanthocyanidins (condensed tannins) and polymers of esters based on gallic and/or hexahydroxypyrenic acid and their derivatives (hydrolyzable tannins). (This classification ignores flavonoids, which are also regarded as polyphenols.) The terms ‘tannin’ and ‘polyphenol’ have been used interchangeably for example, for the results of a clinical study are described.
“polyphenols present in tea and coffee inhibited iron absorption in a dose-dependent manner”. The ‘polyphenol’ content was measured using a spectrophotometric method for the determination of “tannins and other polyphenolics”.311 Depending on the analytical method used, it is possible that the polyphenol content may actually be the content of tannins or tannins + polyphenols.486 It is not known if herbs containing substantial amounts of flavonoids will have similar interactions, and this may depend on the chemical structure. In one of the studies listed, the researchers assessed a variety of “polyphenolic-containing” beverages: coffee (containing chlorogenic acid), herbs such as chamomile, lemon balm, vervain and peppermint containing monomeric flavonoids and black tea and cocoa which contained polymerized polyphenols. The polyphenol contents of the teas and cocoa were expressed as catechin equivalents and as chlorogenic acid for coffee.413 It is difficult then, to assess how the iron-absorption research relates to herbs. Whilst some herbs have polyphenols, tannins, oligomeric procyanidins and phenolic acids (such as chlorogenic acid) as characteristic or prominent constituents, such as cayenne (Capsicum annum), chamomile (Matricaria recutita), hawthorn (Crataegus spp.), rosemary (Rosmarinus officinalis), sage (Salvia officinalis), it is probably only those herbs with a high content (e.g. 10% or higher) such as cinnamon (Cinnamomum verum), grape seed extract (Vitis vinifera), green tea (Camellia sinensis), meadowsweet (Filipendula ulmaria), raspberry leaf (Rubus idaeus), St John’s wort (Hypericum perforatum), willow bark (Salix spp.) or those providing substantial amounts of a key constituent e.g. resveratrol from Polygonum cuspidatum that might inhibit iron absorption. Some herbs may contain constituents that improve iron absorption (e.g. ascorbic and organic acids in chamomile), and therefore overall may be less of a concern.

**EE.** Heme iron is derived from hemoglobin and myoglobin mainly in meat products. Non-heme iron is derived mainly from cereals, vegetables and fruits.

**FF.** Another clinical study also found a dose-dependent effect, and the reduced absorption was most marked when coffee was taken with the meal or one hour later. No decrease in iron absorption occurred when coffee was consumed one hour before the meal.310

**GG.** Sorghum also contains phytate. Both phytate and polyphenols inhibit nutrients such as iron.486,489 Clinical studies (healthy volunteers): reduced iron absorption (sorghum containing 0.15% tannins)490 and dose-dependent inhibiting effect for condensed tannins (dephytynized sorghum).491

**HH.** At an identical concentration of total polyphenols, black tea was more inhibitory than all the herb teas excluding peppermint. Black tea was of equal inhibition to peppermint tea.113 The type of polyphenols present, as well as the concentration, may affect iron absorption.

**JJ.** Administered in freeze-dried form (from 14.2 g, fresh weight), which would be expected to have a lower inhibitory effect than with the use of fresh chili, as freeze drying probably decreased the ascorbic acid content (ascorbic acid enhances iron absorption).315

**KK.** The different results for cayenne and turmeric under the same experimental conditions, suggest it is not only the quantity of polyphenol present that determines the inhibition, but also for example, the structure of the polyphenol (and hence mechanism of iron binding).315

**LL.** There may be implications for conditions of iron overload. Clinical study (black tea consumed with meals over one year): decrease of iron absorption (from a single test meal) and consequently reduced storage iron reaccumulation (but to a smaller, nonsignificant extent than expected from studies using single doses) in those with hemochromatosis.492 Reduced serum ferritin levels in patients with beta-thalassemia major (clinical study; green tea consumed as a tea: 2.5 g in 150 ml of hot water; 3 times a day for 8 weeks),493 and in a patient with beta-thalassemia intermedia (green tea consumed for 11 months).494 Although concentrated extract of milk thistle (known as silymarin) is a complex of flavanolignans, which have different chemical structures to most of the polyphenols studied, a possible iron-chelating effect has been suggested in preliminary research involving 10 hemochromatosis patients (single dose: 140 mg; test meal),495 and it has significantly reduced serum ferritin levels in patients with beta-thalassemia major in three of five controlled trials (small patient numbers; adults and children, 420 mg/day).496

MM. Fructus Schisandra has historically been defined as the fruit of Schisandra chinensis or Schisandra sphenanthera in traditional Chinese medicine. In more recent years, the Chinese Pharmacopeia lists the two species under separate monographs, with separate and different minimum marker levels but with similar properties and indications.491 The major constituents are dibenzocyclooctene lignans. Several factors including harvest season, origin of herb and extraction solvent affect the levels of the individual lignans. Aqueous or ethanolic extracts of S. chinensis are not likely to contain more than 2.5 mg/g of deoxycisandrin.496,497 Using these analyses as a guide, a maximum dose of S. chinensis extract equivalent to 4 g/day would provide 10 mg/day of deoxycisandrin.

**NN.** As noted for several drugs, the hyperforin content of the St John’s Wort preparation, as well as the dosage of herb, affects the extent of the interaction. All types of preparations can contain hyperforin, including drug extracts used in tablets and capsules. Hyperforin is however, unstable – particularly when in solution.491 Tinctures and liquid extracts made using a standard ethanol content (45%) contain negligible amounts of hyperforin. Liquid extracts using a higher ethanol content (such as 60%) will contain a higher initial amount of hyperforin than standard liquid extracts. Over time the hyperforin content is substantially reduced and after a few months tinctures and liquid extracts contain no hyperforin.501

**PP.** Genetic polymorphisms are important in determining differences in the response to drugs, and may influence interactions. There are many genetic variants of the CYP genes, including the CYP2C19 gene. Phenotypes of CYP2C19 have been classified functionally as extensive metabolizers and poor metabolizers, the latter having a deficiency of CYP2C19 activity.497,502

**QQ.** Two of the 10 patients with the highest hyperforin levels prior to drug administration showed the greatest decrease in the AUC0-∞ of docetaxel, for the other patients, no apparent correlation was observed.

**RR.** Of the 14 volunteers, in three, a small increase in AUC was observed after administration of St John’s Wort.

**SS.** Information is provided for herb containing standard levels of active constituents. See elsewhere for information on more bioavailable forms.
# Herb-Drug Interaction Chart

**REFERENCES**


### Chart Information

- **Herb-Drug Interaction Chart:** Updated as of January 2023.
- **Drugs and Herbs Interactions:** This chart is designed to provide an overview of potential interactions between various herbs and drugs. It is important to consult with a healthcare professional before using any herbal supplements, especially when combined with prescribed medications.
- **Updated as of January 2023:** This indicates the last update date of the chart. Adjustments and updates are made periodically to reflect the latest research and developments in the field of herb-drug interactions.

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**Herb-Drug Interaction Chart**

- **Usage Instructions:** This chart is meant to be a reference tool for healthcare professionals and consumers alike. It should not replace professional medical advice.
- **Interpreting the Chart:** The chart uses various symbols and colors to indicate the strength and nature of the interactions, such as potential for harm, moderate risk, or no interaction. Understanding these symbols is crucial for accurate interpretation.

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**Herb-Drug Interaction Chart**

- **Herb Safety:** It is important to consider herb safety when using herbs in conjunction with prescription medications. This includes monitoring for adverse reactions and adjusting the dosage as necessary.
- **Consultation:** Consulting with a healthcare provider is always recommended before initiating or adjusting any herbal supplement regimen, especially if used concurrently with prescribed medications.

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**Herb-Drug Interaction Chart**

- **Potential for Harm:** Some interactions may pose a significant risk to health, requiring immediate attention and possibly discontinuation of the interacting medications.
- **Moderate Risk:** These interactions are not as immediately severe but may still require monitoring and careful management.
- **No Interaction:** Most herbs do not significantly interact with prescription medications, and these interactions are generally safe and manageable.

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**Herb-Drug Interaction Chart**

- **Interactions with Prescription Medications:** Prescription medications may alter the effects of herbs, or herbs may alter the effects of prescription medications. This can lead to increased effectiveness, decreased effectiveness, or side effects.
- **Herbal Supplements and Prescription Medications:** Always consult a healthcare provider before initiating any herbal supplement regimen, especially when using them alongside prescription medications.

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This chart is up-to-date as of January 2020.
Health care professionals who have clinical questions or need guidance using these products should contact their local Standard Process representative.

Sales representative contact information can be found on the Standard Process Inc. website at standardprocess.com