

MEDI  HERB<sup>®</sup>

# Gut Flora Complex

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





# Gut Flora Complex

M1319 60 Softgels



**Gut Flora Complex is a unique combination of Andrographis and Phellodendron extracts, with Oregano and Anise (also called Aniseed) essential oils.**

This formulation contains many active compounds including diterpenoid lactones (active component andrographolide) and alkaloids of the isoquinoline type (active component berberine).

## Advantages of MediHerb® Gut Flora Complex



### Optimal Strength Ingredients

Each capsule is standardized to contain 10 mg per dose of andrographolide and 38 mg per dose of berberine to ensure optimal strength and quality.



### Delayed Release Capsules

Gut Flora Complex comes in the form of a delayed release capsule, which helps the active compounds to stay intact until delivered to the intestine.



### MediHerb® Quality Expertise

MediHerb® uses stringent testing and high quality ingredients, for formulas with the highest quality and consistent potency.

## Product Key

 No Added Dairy<sup>#</sup>

<sup>#</sup> Non-Dairy or Non-Dairy Formulas have been formulated to not contain milk or milk-derived ingredients.

## Suggested Use

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

### Supplement Facts

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

## Other Ingredients

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

## Caution

Contraindicated in pregnancy and lactation.

# Why Use MediHerb® Gut Flora Complex?

Gut Flora Complex contains herbs and essential oils used traditionally to:



Encourage a **healthy intestinal environment\***



Relieve occasional mild **gastrointestinal discomfort**, including **bloating and flatulence\***



Promote **regularity** of bowel function\*



Support a **healthy immune system\***



## References

1. Bensky D, Clavey S, Stoger E. *Chinese Herbal Medicine: Materia Medica*, 3rd Edn. Eastland Press, Seattle, 2004
2. Force M, Sparks WS, Ronzio RA. *Phytother Res* 2000; 14(3): 213-214
3. World Health Organization. *WHO Monographs on Selected Medicinal Plants*, Vol 2. WHO, Geneva, 2001.
4. Kapoor LD. *CRC Handbook of Ayurvedic Medicinal Plants*. CRC Press, Boca Raton, 1990.
5. European Medicines Agency. Final. *Community herbal monograph on Pimpinella anisum L., aetheroleum*. 2013.
6. Chen JK & Chen TT. *Chinese Medical Herbology and Pharmacology*. Art of Medicine Press, USA, 2012, pp.145-146.

# How Gut Flora Complex Supports Your Health

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**MediHerb® Gut Flora Complex delayed release capsules contain high quality extracts of Andrographis standardized to andrographolide, and Phellodendron standardized to berberine, along with Oregano and Anise oil.**

## Encourages a Healthy Intestinal Environment\*

Andrographis has traditionally been used for its bitter action and to support digestion. Oregano essential oil (orally), Phellodendron and Andrographis have been used traditionally to cleanse the lower gastrointestinal tract<sup>1</sup> which helps promote colonization of beneficial intestinal microbiota. Phellodendron contains the important constituent, berberine, which supports cleansing of the lower gastrointestinal tract.

## Supports Immune System Health\*

While intestinal health is important for immune function, a healthy immune system also helps the body keep a healthy balance of intestinal flora. Andrographis has been used traditionally to support a healthy immune system.<sup>3</sup>

## Relieves GIT Symptoms & Promotes Bowel Regularity\*

Traditionally, Aniseed essential oil is used in Western herbal medicine to help relieve occasional mild gastrointestinal discomfort, due to its carminative actions. Phellodendron is also used traditionally in Chinese medicine to support bowel regularity, with its TCM cooling dry qualities.<sup>5,6</sup>





# Complementary Products for better patient outcomes:

MediHerb® Gut Flora Complex can be prescribed as additional support with other MediHerb® products. Each patient's individual needs should be evaluated before making recommendations.

## Support healthy GIT mucus membrane\*



Golden Seal 500 mg

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



## Antioxidants to support healthy liver function and cellular health\*



VitanoX

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

## Immune System Support\*



Garlic Forte

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

## Additional Immune System Support\*



Echinacea Premium 1:2 Liquid

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



Echinacea Premium Tablets

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



Astragalus Complex

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

## Encourage a Healthy Intestinal Environment\*



Wormwood Complex

2 tablets 2-3 times daily before meals for 10 days repeated after a 10-day break, or as directed.



Artemisinin Forte

1 tablet 3 times daily, or as directed.

## Support of Healthy Digestion and Respiratory Tract Health\*



Myrrh Forte

4 tablets 1-2 times daily in pulse dosing (3 days on, 4 days off), or as directed.



# The Quality Choice for Practitioners



## Over 30 years of experience in natural health care

For over 30 years, MediHerb® has provided health care professionals with high-quality herbal products. Primary research, clinical experience and respect for traditional evidence defines the MediHerb® approach to innovation – tried, tested, trusted and true.



## Quality manufacturing

At MediHerb®, products are manufactured according to strict manufacturing and laboratory practices. Due to the complex constituents present in a herb's biological matrix, we've invested in our own state-of-the-art laboratories featuring the latest technological equipment for precision, accuracy and quality control.



## Results-driven formulations

Standardized ingredients and quantified activity levels are tested where relevant and allow us to ensure MediHerb formulas retain potency and deliver suitable doses throughout their shelf life. Our labels state exactly how much each product contains of the important plant constituents, so you know exactly what you are prescribing to your patients and can rest assured that our formulations are produced at stable doses.

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