



Metabol Complex

Multi-Action Metabolic Support*

Quality-tested
formula

Standardized
Fenugreek to
4-hydroxyisoleucine

Unique combination of
Black Cumin, Bitter Melon,
Cinnamon and Fenugreek
which support metabolic
systems in the body*



Metabol Complex

Multi-Action Metabolic Support*

A distinct formulation of Black Cumin seed, Fenugreek seed, Cinnamon bark and Bitter Melon to support metabolic systems in the body.* These ingredients are traditionally used in Ayurveda to:

Why Use MediHerb Metabol Complex?

- ✓ Help support the **metabolism of fats and sugars***
- ✓ Help support normal **pancreatic and liver function***
- ✓ Help relieve **occasional indigestion symptoms**, including bloating and flatulence*
- ✓ Support **antioxidant activity** against free radicals formed in the body during normal metabolism and exposure to environmental factors*
- ✓ Promote general well-being and vitality*

Additional Support

- **Sweet Cravings** - combine with **Gymnema** tablets to help reduce sweet cravings and inhibit sweet taste sensation.*
- **Digestive Function** - combine with **DiGest Forte** tablets for additional digestion and intestinal function support.*
- **Inflammation** - combine with **Turmeric Forte** tablets to support a healthy inflammation response after exercise.*
- **Liver Support** - consider **Milk Thistle Forte** tablets to support healthy liver function and aid in the elimination of normal toxin accumulation in the liver.*
- **General Well-being** - combine with **HerbaVital** tablets to support healthy circulation and general well-being.*
- **Circulation** - combine with **Garlic Forte** tablets to help maintain normal cholesterol levels and support cardiovascular system health.*
- **Antioxidant Activity** - combine with **Vitanox®** tablets for additional antioxidant activity.*

Please consult the product packaging label for the most accurate product information. See cautions and/or contraindications on the product label before dispensing.



MULTI-ACTION
METABOLIC
SUPPORT*

4HIL FROM
FENUGREEK

STRINGENTLY
TESTED

M1610 90 Tablets

Dosage and Administration

Adults: 1 tablet 3 times daily, or as directed.

Supplement Facts

Serving size:	1 Tablet	
Servings per container:	90	
	Amount per Serving	%DV
Calcium	37 mg	2%
Fenugreek seed 100:1 extract from <i>Trigonella foenum-graecum</i> seed 10 g containing 4-Hydroxyisoleucine 20 mg	100 mg	†
Black Cumin seed 5:1 extract from <i>Nigella sativa</i> seed 500 mg	100 mg	†
Bitter Melon fruit 6.5:1 extract from <i>Momordica charantia</i> fruit 600 mg	92.3 mg	†
Cinnamon stem bark 12:1 extract from <i>Cinnamomum verum</i> stem bark 1 g	83.3 mg	†
† 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.

MediHerb Metabol Complex may benefit patients with:

- ✓ **Poor diet** - patients who may have concerns about their diet, energy levels and who may have a diet high in sugar and processed carbohydrates.*
- ✓ **Digestive issues** - patients presenting with symptoms of indigestion.*
- ✓ **Metabolic challenges** - patients should use in conjunction with a healthy diet and exercise for normal metabolism and weight management.*
- ✓ **Pancreatic and liver support** - patients seeking to support pancreatic and liver function.*

MediHerb Cinnamon Quality Assurance

Cinnamon is a useful herb clinically but in recent times concerns have arisen over its safety and accurate identification. The MediHerb research team has worked diligently to ensure all MediHerb products contain Cinnamon of an appropriate species with low levels of coumarin.

Coumarin is a naturally occurring substance in many plants including Cinnamon. In Australia, it is classified as an S4 substance due to hepatotoxicity concerns. The limit for coumarin in all Cinnamon products is no more than 0.001% (10ppm).

There are around 250 species in the genus Cinnamomum. The four species detailed in the table are most commonly used commercially and there is wide variation in phytochemistry among species.

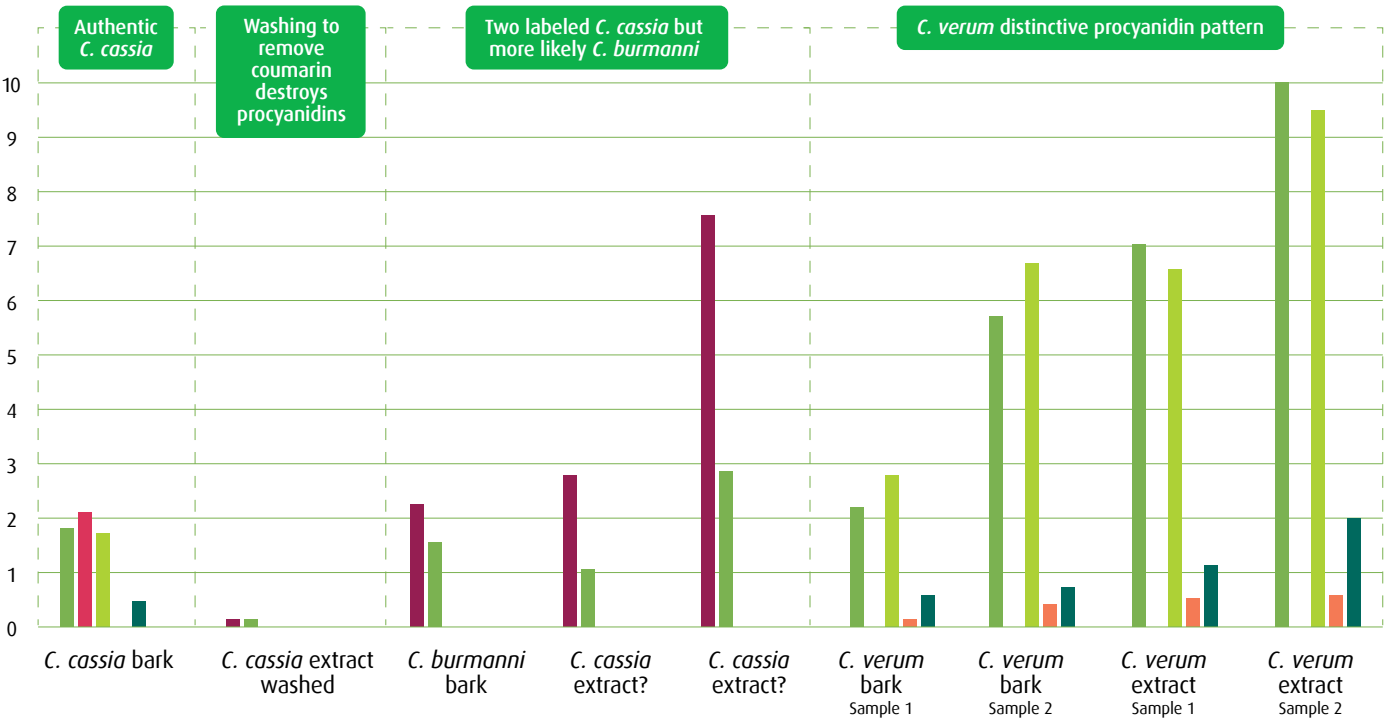
Ceylon (True) Cinnamon (<i>C. verum</i> , synonym <i>C. zeylanicum</i>)	Low in coumarin
Cassia (<i>C. cassia</i> , synonym <i>C. aromaticum</i>)	High in coumarin
Indonesian (Korintji) Cinnamon (<i>C. burmanni</i>)	Very high in coumarin
Saigon Cinnamon (<i>C. loureiroi</i>)	High in coumarin

The MediHerb research team partnering with the University of Reading, embarked on a research project to develop effective identification testing and ensure low levels of coumarin in our Cinnamon products. The result is a novel testing technique, exclusive to MediHerb, focused on patterns of procyanidins unique to each species.¹

This work revealed that only *C. verum* has naturally low coumarin content to meet Australian regulatory requirements. ‘Washing’ Cinnamon to reduce the coumarin levels also reduces the active procyanidins. *C. verum* and *C. cassia* contain similar levels of active type A procyanidin dimers.

Procyanidins May Assist Cinnamon Species Identification

Cinnamon procyanidins (mg/g) - Different colored bars show different classes of procyanidins



Complementary Products

Research continues to link the typical American diet with unhealthy outcomes.⁴ Many patients are accustomed to the typical American diet and eating large amounts of sugar and carbohydrates, which have a significant impact on blood sugar and overall metabolic health. Approximately 48% of Americans report drinking soda every day.⁵ Patients may not realize that many processed foods are high in sugar, fat, and salt - designed for ultimate taste, not nutrition.⁵ Cravings for sugar and processed foods make it difficult for these patients to stick to a healthy diet, and they often become overweight. As a health care professional, recommendations on diet and lifestyle changes along with supporting supplementation for a healthy metabolism are extremely important to help educate these patients.

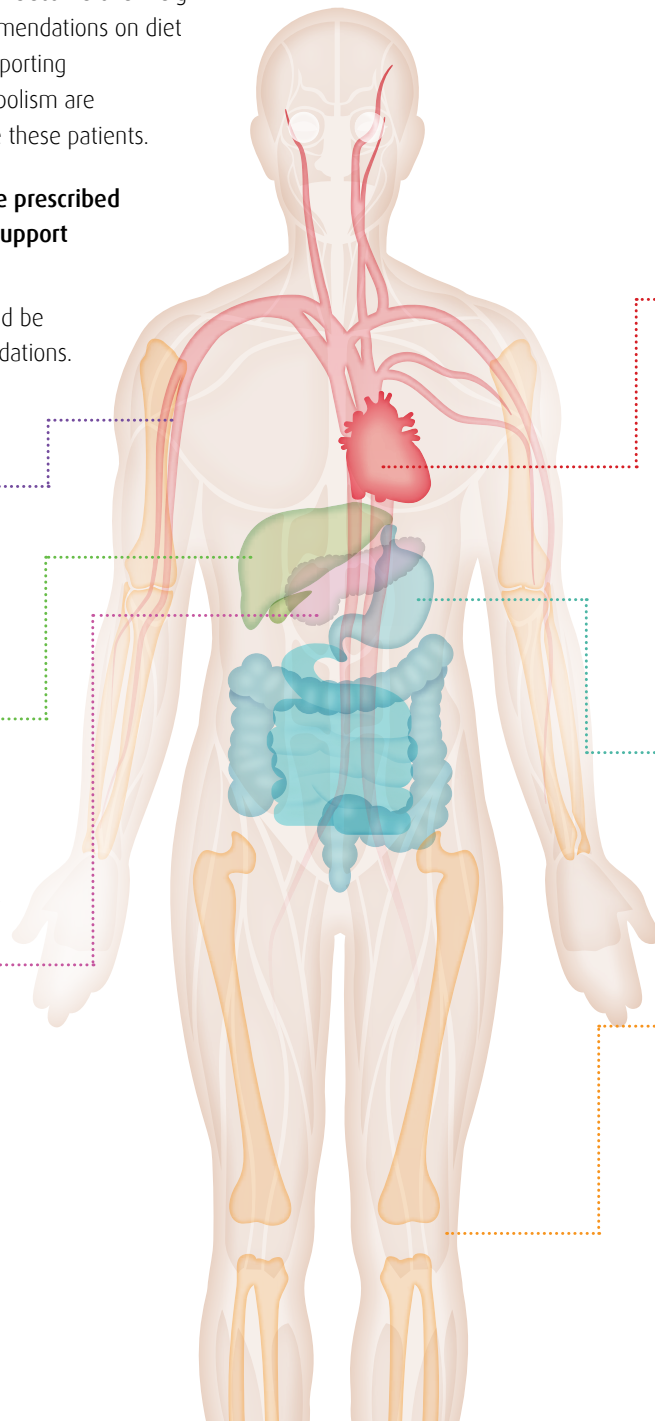
MediHerb Metabol Complex can be prescribed with other MediHerb products to support healthy metabolism.*

Each patient's individual needs should be evaluated before making recommendations.

MediHerb Metabol Complex

Multi-Action Metabolic Support*

1 tablet 3 times daily,
or as directed



Antioxidant Activity

*For additional antioxidant activity**

MediHerb Vitanox®

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

Liver Support

*To support healthy liver function**

MediHerb Milk Thistle Forte

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

Metabolic Support

*To help reduce sweet cravings**

MediHerb Gymnema

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

Circulation Support

*To support healthy blood circulation**

MediHerb HerbaVital

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

Cardiovascular Support

*To support cardiovascular health**

MediHerb Garlic Forte

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

Digestive Support

*Used traditionally to support healthy digestion and intestinal function**

MediHerb DiGest Forte

1 tablet 3 times daily, or as directed.

Inflammation Support

*To support a healthy inflammation response function after exercise**

MediHerb Turmeric Forte

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

Traditional Herbs for Metabolic Health

In traditional systems of health around the globe, including Ayurveda, Chinese medicine and Western herbalism, supporting good health by preventing metabolic imbalances with the use of herbs and spices has been applied for thousands of years.*

Black Cumin seed, **Fenugreek** seed, **Cinnamon** bark and **Bitter Melon** have been specifically chosen for their pungent, bitter, warming and penetrating qualities. They provide a balancing effect to the over-sweet, fatty and heavy Western diet that slows down digestion and normal metabolic processes.² This includes refined sugars and processed foods such as white bread, pasta, biscuits, fried food, thick shakes, ice cream and soft drinks. Maintaining good “digestive fire” - which is the body’s ability to catabolize and metabolize carbohydrates, protein, fats and nutrients from food - is crucial to maintaining good metabolic health.^{2*}

The pungent and bitter qualities of the herbs and spices used in **MediHerb Metabol Complex** are like kindling for the digestive fire, supporting the metabolism of fats and sugars and providing a much needed boost to overall health.* These herbs and spices also provide plant constituents, which can offer tonifying effects on digestive organs such as the liver and pancreas, as used by traditional health systems.^{2*}

Features and Benefits of MediHerb Metabol Complex

- ✓ **Multi-Action Formula** – MediHerb Metabol Complex provides increased scope to support patients’ metabolic health and can be prescribed in conjunction with existing protocols.*
- ✓ **Standardized Fenugreek to 4-Hydroxyisoleucine** – a unique amino acid compound only found in some plants. Research suggests 4-hydroxyisoleucine has beneficial properties on glucose and lipid metabolism.^{3*}
- ✓ **Backed by High-Quality Cinnamon Phytochemistry Research** – MediHerb’s leading scientists developed knowledge on the complex chemistry of Cinnamon species traded on the international market and ensure that the correct species of Cinnamon with a very low level of coumarin is used.
- ✓ **MediHerb Manufacturing Expertise** – manufactured in Australia to strict pharmaceutical GMP standards.
- ✓ **Distinct Combination of Traditional Herbs** – work together to help support metabolic systems in the body.*

Traditional Use of Herbs

Black Cumin Seed (*Nigella sativa*)

Often referred to as the “seed of blessing,” it has been used for centuries as a spice and remedy. Black Cumin is traditionally used to help the liver metabolize fat, and as a carminative on the intestines, providing relief of mild bloating and flatulence.*



Bitter Melon Fruit (*Momordica charantia*)

Bitter Melon is used in Ayurveda to enkindle the digestive fire and clear metabolic accumulations due to its bitter and pungent energy.* Traditionally used to support normal pancreatic function, and the body’s ability to metabolize fats and sugars.*



Fenugreek Seed (*Trigonella foenum-graecum*)

The whole seed has a range of constituents including 4-hydroxyisoleucine, which is known to support macronutrient metabolism.* Fenugreek seed has a long history of use as a culinary spice in many cultures and is used in Ayurvedic tradition to support nourishment of the pancreas with its pungent and penetrating quality in clearing metabolic waste.*



Cinnamon Bark (*Cinnamomum verum*)

In Western and Ayurvedic herbal traditions, Cinnamon is known to help generate heat and relieve symptoms of cold, sluggish indigestion as well as promoting vitality.*





The Quality Choice for Practitioners



Over 30 years of experience in natural health

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.



Manufactured to pharmaceutical GMP standards

All MediHerb products are manufactured under pharmaceutical GMP and subject to our rigorous and specialized testing to ensure they contain what is on the label for suitable clinical results, batch after batch. We've invested in our own state-of-the-art laboratories featuring the latest technological equipment for precision, accuracy and quality control. Our testing occurs at various stages of production and follows strict criteria, so you can be sure every MediHerb product is of the highest quality and consistent potency.



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 suitable doses.

¹ Leach D, Fryganas C, Harvey-Mueller J, Wohlmuth H. Phytoequivalence of Therapeutic Cinnamon Barks and Extracts with Low Coumarin Levels. *Planta Medica* 2017; **4**(S 01): S1-S202. DOI: 10.1055/s-0037-1608572.

² Pole S. *Ayurvedic Medicine: The Principles of Traditional Practice*. London: Singing Dragon; 2013.

³ Zaid H, Silbermann M, Ben-Arye E et al. *Evid Based Complement Alternat Med* 2012; 2012: 349040

⁴ Micha R, Penalvo J, Cudhea F Association between dietary factors and mortality from heart disease, stroke and type 2 diabetes in the United States, *JAMA* 2017;**317**(9):912-924.

⁵ Gorski M, Roberto C Public health policies to encourage healthy eating habits: recent perspectives, *Journal of Healthcare Leadership* 2015(7).

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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.**