



Ashwagandha (*Withania somnifera*)



## Delivering Health Solutions That Work

MediHerb® was co-founded in 1986 by world-renowned phytotherapist, Professor Kerry Bone. In his words, "Our passion at MediHerb® is to unlock the healing power of plants by combining the time-honored wisdom of traditional knowledge with sound clinical experience and the rigor of scientific research. This quest can only be attained by the total commitment to quality and continuous improvement that permeate every aspect of our endeavors."

In over 30 years of operation, MediHerb® has not only demonstrated an unwavering commitment to quality in herbal products, but we have also redefined it. We believe our unique approach to quality sets a standard for herbal products that is unsurpassed in the world today.

Kerry Bone and over 20 health care professionals work within MediHerb® while still maintaining their own clinical practices. We know from our experience that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver you health solutions that work.



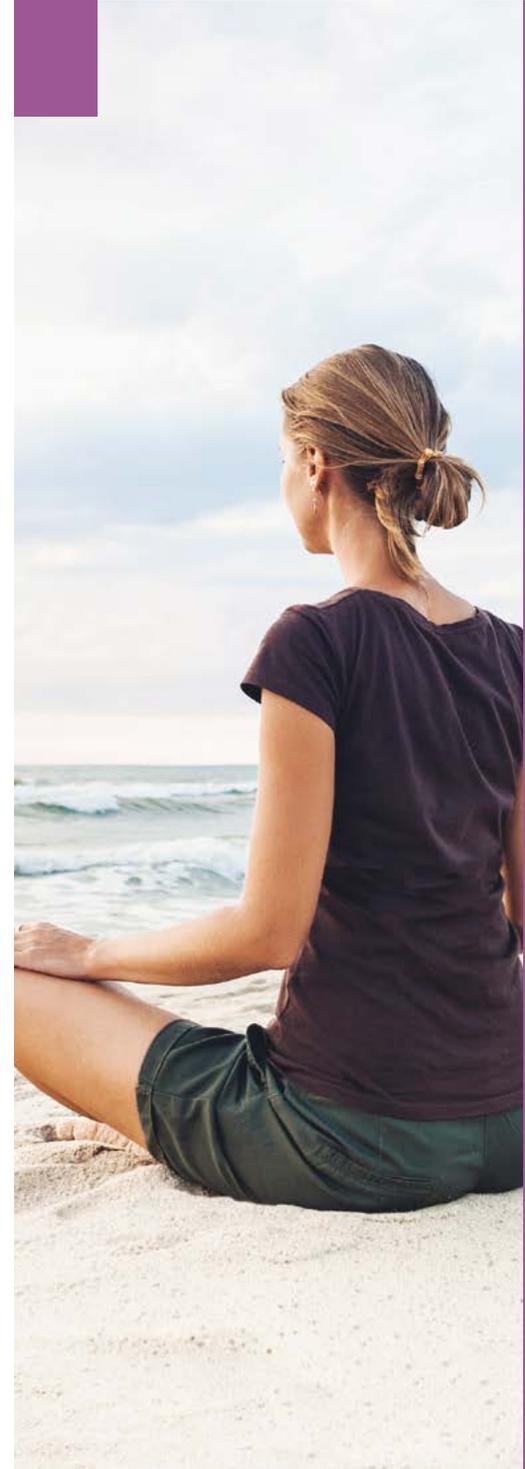
Exclusive United States Distributor of MediHerb®

[mediherb.com](http://mediherb.com)

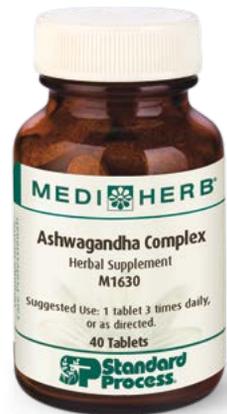
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Calming Support for Temporary Stress\*



Ashwagandha Complex



# MediHerb® Ashwagandha Complex

## Calming Support for Temporary Stress\*

No matter where we are or what we do, some level of occasional stress is part of life. It might be the traffic in our daily commute, or pressure at work or school. Back at home, there are always things to take care of, from bills to cleaning, cooking and looking after the family. Even the thrill of a new job or relationship may cause a temporary stress response.

**MediHerb® Ashwagandha Complex** helps support life's ups and downs. By helping both the nervous system and adrenal glands, it may assist our body's ability to combat temporary stress and maintain well-being.\*

### What is MediHerb® Ashwagandha Complex?

**MediHerb® Ashwagandha Complex** is a combination of four high-quality herbs: *Withania somnifera* (Ashwagandha), Licorice, Skullcap and Korean Ginseng.

As one of the most well known traditional herbs for occasional stress, Ashwagandha has been used for more than 5,000 years. In Hindi, "Ashwagandha" loosely translates as the "strength of ten horses" – thanks to the plant's reputation as a natural energizer.

Licorice can aid healthy adrenal function, gently helping the body to adapt when challenged by temporary stress. Skullcap is an effective tonic for the nervous system, especially during times of occasional stress. The adaptive benefits of Korean Ginseng helps support temporary stress and can help promote vitality and stamina.

### How is MediHerb® Ashwagandha Complex Unique?

**MediHerb® Ashwagandha Complex** is formulated by our team of clinical experts to help the body adapt to the changes of everyday life.\*

The raw materials in Licorice, Korean Ginseng, Skullcap and Ashwagandha are carefully tested to determine the quantity of key constituents.

The quality of Ashwagandha can vary greatly, depending on where it is grown and which part of the plant is used. MediHerb® has conducted research to determine which compounds are the most important, to ensure we deliver you an optimal product.

### Who Needs MediHerb® Ashwagandha Complex?

Because we can all feel occasionally stressed and overtired from time to time, everyone can benefit from **MediHerb® Ashwagandha Complex**.\*

Busy mothers, hard-working executives, people in demanding jobs and anyone with a hectic schedule will often be worn out, but unable to switch off when the chance comes to relax. To help nurture general health and wellness, **MediHerb® Ashwagandha Complex** helps the body adapt to the changes of everyday life. It's gentle enough to take every day, while easing the effects of temporary stress.\*



Licorice (*Glycyrrhiza glabra*)

### What is MediHerb® Ashwagandha Complex designed to do?

The unique combination of herbs in **MediHerb® Ashwagandha Complex** are traditionally used 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\*

Ask your health care professional today about **MediHerb® Ashwagandha Complex**.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.