Standard Process®

WHOLE FOOD NUTRIENT SOLUTIONS

MEDI HERB®

Product Catalog

REV 09/21

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Standard Process Product Index
MediHerb Product Index

Body Systems Category

General Health and Wellness

Vitamins and Minerals

- Calcifood®
- Calcifood® Powder
- Calcium Lactate
- Calcium Lactate Powder
- Cal-Ma Plus®
- Calsol®
- Cataplex® A
- Cataplex® A-C
- Cataplex® B
- Cataplex® B-GF
- Cataplex® B-Core
- Cataplex® B_{12}
- Cataplex® D
- Cataplex® F *Softgels*
- Cataplex® F *Tablets*
- Cataplex® G
- Cataplex® GTF
- Chezyn®
- E-Manganese™
- E-Z Mg™
- Ferrofood®
- Immuplex®
- Iodomere®
- Magnesium Lactate
- Manganese B_{12}™
- Organically Bound Minerals
- Phosfood® Liquid
- Prolamine Iodine
- Prolamine Iodine Plus
- Trace Minerals-B_{12}™
- Zinc Chelate™
- Zinc Test™

Fatty Acids (Omegas)

- Black Currant Seed Oil
- Calamari Omega-3 Liquid
- Cataplex® F *Softgels*
- Cataplex® F *Tablets*
- Cod Liver Oil
- Linum B_6
- Olprima™ DHA
- Olprima™ EPA
- Olprima™ EPA | DHA
- Super-EFF®
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil

Detoxification

- A-F Betafood®
- Albaplex®
- Antronex®
- Arginex®
- Betacol®
- Chlorophyll Complex™
- Cruciferous Complete™
- Fen-Cho®
- Garlic
- Gastro-Fiber®
- Hepatrophin PMG®
- Livaplex®
- Okra Pepsin E_3
- Purification Product Kits
- Renafood®
- Sesame Seed Oil
- SP Cleanse®
- SP Detox Balance™ Chai
- SP Detox Balance™ Chai Program Kits
- SP Detox Balance™
- SP Detox Balance™ Program Kits
- SP Green Food®
- Spanish Black Radish
- Spleen PMG®
- Whole Food Fiber
- Zymex® *Capsule*
- Zymex® II

Weight Management

- Purification Product Kits
- Veg-E Complete Pro™ Chocolate
- Veg-E Complete Pro™ Vanilla
- Whey Pro Complete

Metabolism

- 10-Day Blood Sugar Support Kits
- A-F Betafood®
- Antronex®
- Cardio-Plus® GF
- Cardiotrophin PMG®
- Cataplex® B
- Cataplex® B_{12}
- Cataplex E_2
- Cataplex® GTF
- Cayenne Pepper
- Cellular Vitality
- Cholacol®
- Choline
- Cruciferous Complete™
- Cyruta® Plus
- Diaplex®
- Drenamin®
- Fen-Gre®
- Folic Acid B_{12}
- Gastro-Fiber®
- Hemp Oil
- Hemp Oil Complex™
- Inositol
- Inositol Powder
- Livaplex®
- Nutrimere®
- Olprima™ EPA
- Olprima™ EPA | DHA
- Paraplex®
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil
- Veg-E Complete Pro™ Chocolate
- Veg-E Complete Pro™ Vanilla
- Whole Food Fiber
- Zinc Chelate™

Mental Health

- Inositol
- Inositol Powder
- Min-Chex®
- Min-Tran®
- OPC Synergy®
- Orchex®
- Ribonucleic Acid (RNA)
- St. John's Wort-IMT™

Dental Health

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

Eye Health

- Cruciferous Complete™
- Iplex®
- Oculotrophin PMG®
- OPC Synergy®

Skin and Hair

- Calamari Omega-3 Liquid
- Cataplex® F *Softgels*
- Chlorophyll Complex Ointment™
- Chlorophyll Complex™
- Cod Liver Oil
- Dermatrophin PMG®
- Linum B_6
- Regeneplex®
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil
- USF Ointment®
- Wheat Germ Oil
- Wheat Germ Oil Fortified™

***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.**

Standard Process Product Index
MediHerb Product Index

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

Female
- Calamari Omega-3 Liquid
- Catalyn®
- Catalyn® Chewable
- Catalyn® GF
- Cyrofood®
- Daily Fundamentals–General Female Endocrine
- Daily Fundamentals–General Health
- Drenamin®
- Fen-Gre®
- For-Til B_{12}®
- Livaplex®
- Mammary PMG®
- Ovatrophin P PMG™
- Ovex®
- Ovex® P
- SP Green Food®
- Symplex® F
- Utrophin PMG®

Male
- Calamari Omega-3 Liquid
- Catalyn®
- Catalyn® Chewable
- Catalyn® GF
- Chezyn®
- Cyrofood®
- Daily Fundamentals–General Health
- Orchex®
- Orchic PMG®
- Palmettoplex®
- Prostate PMG®
- Prost-X™
- SP Green Food®
- Symplex® M
- Wheat Germ Oil
- Zinc Chelate™

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

Bars
- Possible™ Bar
- StandardBar®-Berry
- StandardBar®-Cocoa Cherry
- StandardBar®-Cocoa Crisp
- StandardBar®-Peanut Butter
- StandardBar®-Soy Almond Crunch

Inflammation and Immune System

General Inflammation
- 10-Day Healthy Inflammation Response Kits
- Calamari Omega-3 Liquid
- Hemp Oil Complex™
- Cataplex® F *Softgels*
- Cataplex® F *Tablets*

General Immune Support
- Cal-Amo®
- Calcium Lactate
- Calcium Lactate Powder
- Cardiotrophin PMG®
- Cataplex® A-C
- Cataplex® A-C-P
- Cataplex® C
- Cataplex® D
- Cataplex® F *Tablets*
- Chezyn®
- Congaplex®
- Congaplex® Chewable
- Drenamin®
- Echinacea-C™
- Epimune Complex
- Immuplex®
- Neurotrophin PMG®
- Parotid PMG®
- ProSynbiotic
- Sesame Seed Oil
- Spleen Desiccated
- Spleen PMG®
- Thymex®
- Thymus PMG®

Respiratory
- Allerplex®
- Emphaplex®
- Pneumotrophin PMG®

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

Endocannabinoid System

General Support
- Hemp Oil
- Hemp Oil Complex™

Digestive Health

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

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 E_3
- Parotid PMG®
- Pituitrophin PMG®
- Prebiotic Inulin
- ProSynbiotic
- Spanish Black Radish
- Whole Food Fiber
- Zinc Chelate™
- Zymex® *Capsules*
- Zymex® *Wafers*
- Zypan®

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Endocrine and Lymphatic Systems

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

Hypothalamus
- Hypothalamus PMG®
- Hypothalmex®
- Neuroplex®

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

Parathyroid
- Cal-Ma Plus®

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

Thyroid
- Cataplex® E
- Cataplex® F *Tablets*
- Chezyn®
- Iodomere®
- Prolamine Iodine
- Prolamine Iodine Plus
- Thytrophin PMG®
- Trace Minerals-B_{12}™

Lymphatic Health
- Sesame Seed Oil
- Spleen Desiccated
- Spleen PMG®
- Thymex®
- Thymus PMG®

Female Specific
- Daily Fundamentals–General Female Endocrine
- Fen-Gre®
- Mammary PMG®
- Ovatrophin P PMG™
- Ovex®
- Ovex® P
- Symplex® F
- Utrophin PMG®

Male Specific
- Chezyn®
- Orchex®
- Orchic PMG®
- Symplex® M
- Zinc Chelate™

Musculoskeletal Support

Bone Health
- Bio-Dent®
- Biost®
- Calcifood®
- Calcifood® Powder
- Cataplex® C
- Cataplex® D
- Cruciferous Complete™
- Daily Fundamentals–Bone Health
- Manganese B_{12}™
- Ostrophin PMG®
- Protefood®

Joint, Ligament and Tendon Support
- Betacol®
- Calamari Omega-3 Liquid
- Cardio-Plus®
- Cardio-Plus GF
- Cod Liver Oil
- Collagen C™
- Glucosamine Synergy®
- Ligaplex® I
- Ligaplex® II
- Manganese B_{12}™
- Ostarplex®
- Protefood®
- Rumaplex®
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil

Muscle Support
- Cardio-Plus®
- Cardio-Plus GF
- Cardiotrophin PMG®
- Myotrophin PMG®
- Whey Pro Complete

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

Nervous System

Central Nervous System
- B_6-Niacinamide
- Cataplex® B_{12}
- Cellular Vitality
- Cruciferous Complete™
- E-Z Mg™
- Neuroplex®
- Neurotrophin PMG®
- OPC Synergy®
- ProSynbiotic
- Thymus PMG®
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil

Brain Support
- Calamari Omega-3 Liquid
- Cataplex® B
- Cataplex® B-GF
- Cod Liver Oil
- Ginkgo Synergy®
- Neuroplex®
- Olprima™ DHA
- Olprima™ EPA | DHA
- OPC Synergy®
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil

Nerve Function
- Cataplex® B
- Cataplex® B-GF
- Cataplex® G
- Choline
- Neuroplex®
- Neurotrophin PMG®
- Niacinamide B_6
- St. John's Wort IMT™

Sports

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

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Sports Performance
- Calcium Lactate
- Calcium Lactate Powder
- Cataplex® D
- Cellular Vitality
- Ferrofood®
- Glucosamine Synergy®
- Ligaplex® I
- OPC Synergy®
- Possible™ Bar
- Sports Performance Packs

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

Cardiovascular System

General Support
- Calamari Omega-3 Liquid
- Cardio-Plus®
- Cardio-Plus® GF
- Cardiotrophin PMG®
- Cataplex® B_{12}
- Chlorophyll Complex™
- Cod Liver Oil
- Cyruta® Plus
- Ferrofood®
- Folic Acid B_{12}
- Garlic
- Magnesium Lactate
- Olprima™ DHA
- Olprima™ EPA | DHA
- OPC Synergy®
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil

Vascular and Circulation
- Cayenne Pepper
- Circuplex®
- Cyruta®
- Cyruta® Plus
- Ginkgo Synergy®
- Vasculin®

Healthy Cholesterol Support
- A-F Betafood®
- Cholaplex®
- Cyruta®
- Garlic
- Livaplex®
- Purification Product Kits
- Soybean Lecithin

Urinary Health

Kidney Function
- Arginex®
- Renafood®
- Renatrophin PMG®

Water Balance
- A-C Carbamide®
- Arginex®
- B_6 Niacinamide
- Renafood®

pH Balance
- Cal-Amo®
- Chlorophyll Complex™
- Magnesium Lactate
- Organically Bound Minerals
- Phosfood® Liquid

Dietary Needs

Gluten-Free
- A-C Carbamide®
- A-F Betafood®
- Adrenal Desiccated
- Antronex®
- Arginex®
- B_6-Niacinamide
- Betacol®
- Betafood®
- Betaine Hydrochloride
- Biost®
- Black Currant Seed Oil
- Cal-Amo®
- Cal-Ma Plus®
- Calamari Omega-3 Liquid
- Calcium Lactate
- Calcium Lactate Powder
- Calsol®
- Cardio-Plus® GF
- Cardiotrophin PMG®
- Catalyn® GF
- Cataplex® B-GF
- Cataplex® B_{12}
- Cataplex® D
- Cataplex® E
- Cataplex® F *Softgels*
- Cataplex® GTF
- Cayenne Pepper
- Cellular Vitality
- Chezyn®
- Chlorophyll Complex™
- Cholacol®
- Choline®
- Cod Liver Oil
- Collinsonia Root
- Cruciferous Complete™
- Cyruta®
- Cyruta® Plus
- Dermatrophin PMG®
- Disodium Phosphate
- Drenamin®
- Drenatrophin PMG®
- E-Manganese™
- E-Z Mg™
- Echinacea-C™
- Enzycore
- Epimune Complex
- Fen-Cho®
- Fen-Gre®
- Garlic
- Gastro-Fiber®
- GI Stability™
- Ginkgo Synergy®
- Hemp Oil
- Hemp Oil Complex™
- Hepatrophin PMG®
- Hypothalamus PMG®
- Hypothalmex®
- Immune System Health Pack-Vegetarian
- Immuplex®
- Inositol
- Inositol Powder
- Iodomere®
- Lact-Enz®
- Ligaplex® I
- Linum B_6
- Livaplex®
- Magnesium Lactate
- Mammary PMG®
- Manganese B_{12}™
- Min-Tran®
- Multizyme®
- Myotrophin PMG®
- Neurotrophin PMG®
- Nutrimere®
- Oculotrophin PMG®
- Okra Pepsin E_3
- Olprima™ DHA
- Olprima™ EPA
- Olprima™ EPA | DHA
- OPC Synergy®
- Orchic PMG®
- Organically Bound Minerals
- Ostrophin PMG®
- Ovatrophin P PMG™
- Ovex®
- Ovex® P
- Palmettoplex®
- Parotid PMG®
- Phosfood® Liquid
- Pituitrophin PMG®
- Pneumotrophin PMG®
- Possible™ Bar

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Prebiotic Inulin
Prolamine Iodine
Prolamine Iodine Plus
Prostate PMG®
ProSynbiotic
Purification Product Kit with SP Complete® Dairy Free and Gastro-Fiber®
Purification Product Kit with SP Complete® Dairy Free and Whole Food Fiber
Regeneplex®
Renatrophin PMG®
Ribonucleic Acid (RNA)
Sesame Seed Oil
Soybean Lecithin
SP Cleanse®
SP Complete®
SP Complete® Chocolate
SP Complete® Dairy Free
SP Complete® Vanilla
SP Detox Balance™
SP Detox Balance™ Chai
SP Green Food®
Spanish Black Radish
Spleen Desiccated
Spleen PMG®
St. John's Wort-IMT™
StandardBar®-Berry
StandardBar®-Cocoa Cherry
StandardBar®-Cocoa Crisp
StandardBar®-Peanut Butter
StandardBar®-Soy Almond Crunch
Symplex® F
Symplex® M
Thymex®
Thymus PMG ®
Thytrophin PMG®
Tuna Omega-3 Chewable
Tuna Omega-3 Oil
Utrophin PMG®
Veg-E Complete Pro™ Chocolate
Veg-E Complete Pro™ Vanilla
Wheat Germ Oil
Wheat Germ Oil Fortified™
Whey Pro Complete
Whole Food Fiber
Zinc Chelate™
Zinc Test™
Zymex® *Capsules*
Zymex® II
Zypan®

Non-Dairy Formula

Betafood®
Cal-Amo®
Calcium Lactate
Calcium Lactate Powder
Calsol®
Cardio-Plus®
Catalyn®
Catalyn® *Chewable*
Cataplex® B-Core
Cayenne Pepper
Cellular Vitality
Chezyn®
Choline
Collinsonia Root
Cruciferous Complete™
Cyruta®
Cyruta® Plus
Enzycore
Epimune Complex
Fen-Gre®
Garlic
Gastro-Fiber®
Ginkgo Synergy®
Hemp Oil
Hemp Oil Complex™
Inositol
Inositol Powder
Min-Tran®
Multizyme®
Okra Pepsin E_3
OPC Synergy®
Organically Bound Minerals
Ovatrophin P PMG™
Parotid®
Phosfood® Liquid
Possible™ Bar
Prolamine Iodine
Prolamine Iodine Plus
Prostate PMG®
Purification Product Kit with SP Complete® Dairy Free and Gastro-Fiber®
Purification Product Kit with SP Complete® Dairy Free and Whole Food Fiber
Ribonucleic Acid (RNA)
SP Cleanse®
SP Complete® Dairy Free
SP Green Food®
Spanish Black Radish
StandardBar®-Soy Almond Crunch
Veg-E Complete Pro™ Chocolate
Veg-E Complete Pro™ Vanilla
Whole Food Fiber
Zinc Chelate™
Zinc Test™
Zypan®

Non-Grain Formula

Cal-Amo®
Calsol®
Cayenne Pepper
Chezyn®
Choline
Collinsonia Root
Cruciferous Complete™
Garlic
Gastro-Fiber®
Ginkgo Synergy®
Hemp Oil Complex™
Inositol
Inositol Powder
Min-Tran®
OPC Synergy®
Ovatrophin P PMG™
Parotid PMG®
Phosfood® Liquid
Prolamine Iodine
Prolamine Iodine Plus
Prostate PMG®
ProSynbiotic
Ribonucleic Acid (RNA)
Veg-E Complete Pro™ Chocolate
Veg-E Complete Pro™ Vanilla
Zinc Test™

Non-Soy Formula

Betafood®
Cal-Amo®
Calcium Lactate
Calcium Lactate Powder
Calsol®
Cardio-Plus®
Catalyn®
Catalyn® *Chewable*
Cataplex® B-Core
Cayenne Pepper
Cellular Vitality
Chezyn®
Choline
Collinsonia Root
Cruciferous Complete™
Cyruta®
Cyruta® Plus
Enzycore
Epimune Complex
Fen-Gre®
Garlic
Gastro-Fiber®
GI Stability™
Ginkgo Synergy®
Hemp Oil
Immune System Health Packs
Inositol
Inositol Powder
Min-Tran®
OPC Synergy®
Organically Bound Minerals
Ovatrophin P PMG™
Parotid PMG®
Phosfood® Liquid

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MediHerb Product Index

Prolamine Iodine
Prolamine Iodine Plus
Prostate PMG®
ProSynbiotic
Purification Product Kit with SP Complete® Dairy Free and Gastro-Fiber®
Purification Product Kit with SP Complete® Dairy Free and Whole Food Fiber
Ribonucleic Acid (RNA)
SP Cleanse®
SP Complete® Dairy Free
SP Green Food®
Spanish Black Radish
Whole Food Fiber
Zinc Chelate™
Zinc Test™

USDA Organic

E-Z Mg™
Organically Bound Minerals
Veg-E Complete Pro™ Chocolate
Veg-E Complete Pro™ Vanilla

Vegan

Cal-Amo®
Calcium Lactate
Calcium Lactate Powder
Calsol®
Cayenne Pepper
Cellular Vitality
Cyruta®
Cyruta® Plus
E-Z Mg™
Enzycore
Epimune Complex
Gastro-Fiber®
Ginkgo Synergy®
Hemp Oil
Min-Tran®
Phosfood® Liquid
Prolamine Iodine
Prolamine Iodine Plus
Purification Product Kit with SP Complete® Dairy Free and Gastro-Fiber®
Purification Product Kit with SP Complete® Dairy Free and Whole Food Fiber
Ribonucleic Acid (RNA)
SP Cleanse®
SP Complete® Dairy Free
SP Detox Balance™
SP Detox Balance™ Chai
SP Green Food®
Veg-E Complete Pro™ Chocolate
Veg-E Complete Pro™ Vanilla
Whole Food Fiber
Zinc Test™

Vegetarian

Betafood®
Cal-Amo®
Calcium Lactate
Calcium Lactate Powder
Calsol®
Cataplex® D
Cayenne Pepper
Cellular Vitality
Choline
Cyruta®
Cyruta® Plus
E-Z Mg™
Echinacea-C™
Enzycore
Epimune Complex
Gastro-Fiber®
GI Stability™
Ginkgo Synergy®
Hemp Oil
Immune System Health Pack - Vegetarian
Inositol
Inositol Powder
Lactic Acid Yeast™
Min-Tran®
Organically Bound Minerals
Phosfood® Liquid
Possible™ Bar
Prebiotic Inulin
Prolamine Iodine
Prolamine Iodine Plus
Purification Product Kit with SP Complete® Dairy Free and Gastro-Fiber®
Purification Product Kit with SP Complete® Dairy Free and Whole Food Fiber
Purification Product Kit with SP Complete® Chocolate and Gastro-Fiber®
Purification Product Kit with SP Complete® Chocolate and Whole Food Fiber
Purification Product Kit with SP Complete® Vanilla and Gastro-Fiber®
Purification Product Kit with SP Complete® Vanilla and Whole Food Fiber
Purification Product Kit with SP Complete® and Gastro-Fiber®
Purification Product Kit with SP Complete® and Whole Food Fiber
Ribonucleic Acid (RNA)
SP Cleanse®
SP Complete®
SP Complete® Dairy Free
SP Complete® Chocolate
SP Complete® Vanilla
SP Detox Balance™
SP Detox Balance™ Chai
SP Green Food®
Spanish Black Radish
StandardBar® - Berry
StandardBar® - Soy Almond Crunch
StandardBar® - Cocoa Cherry
StandardBar® - Cocoa Crisp
StandardBar® - Peanut Butter
Veg-E Complete Pro™ Chocolate
Veg-E Complete Pro™ Vanilla
Whole Food Fiber
Zinc Test™
Zymex® *Wafers*

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MediHerb Product Index

Buckwheat on the Standard Process certified organic farm

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Why Whole Food Nutrient Solutions Matter

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.

Alfalfa

Beet

Peas

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 732-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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Nutrient	Natural Sources *Listed in order of highest nutrient value*	Physiological Support
Calcium	Tofu, sardines, sesame seeds, dairy (yogurt, milk), greens (collards, turnip greens, mustard, beet greens), spinach, kale, cheese, bone meal, cabbages, bok choy	Blood; skeletal, cardiovascular, musculoskeletal, and nervous systems
Choline	Eggs, seafood (shrimp, scallops, tuna, cod, salmon), poultry, beef, lentils, greens (collards, Swiss chard), broccoli, Brussels sprouts, peas, cauliflowers, mushrooms (shiitake, crimini)	Cell membranes, nervous and hepatic systems
Chromium	Broccoli, barley, oats, green beans, tomatoes, romaine lettuce, black pepper, garlic, potatoes. There are also trace amounts of chromium in many other foods, including vegetables, fruits, grains, legumes, seafood, meats, and dairy.	Endocrine system
Coenzyme Q_{10} (CoQ_{10}) Ubiquinol, Ubiquinone	Liver, beef, fish (trout, herring), chicken, sesame seeds, pistachio nuts, spinach, broccoli, cauliflowers, rice bran, strawberries, eggs	Metabolic and immune systems
Copper	Liver, mollusks, lobster, seeds (sesame, sunflower), nuts (cashews, walnuts, pine, hazelnuts), beans (soybeans, chickpeas, lima beans, kidney beans), mushrooms (shiitake), tempeh, lentils, buckwheat, radishes	Immune, musculoskeletal, metabolic, and vascular systems
Essential Fatty Acids Vitamin F	Flaxseeds, chia seeds, walnuts, fatty fish (sardines, salmon, tuna, shrimp, halibut, scallops, cod), beef, wheat germ, black currant seed oil, evening primrose oil, cauliflowers, Brussels sprouts	Brain; visual; endocrine, cardiovascular, nervous, and integumentary systems
Folate/ Folic Acid Vitamin B_9	Beans (pinto beans, chickpeas, navy beans, black beans, kidney beans), lentils, asparagus, spinach, greens (beet greens, collards, turnip greens), broccoli, beets, romaine lettuce, citrus fruits, Brussels sprouts, liver, nutritional/ baker's yeast	Energy production; blood; nervous, cardiovascular, and reproductive systems
Inositol Vitamin B_8, Phytic Acid	Cantaloupes, citrus fruits (oranges, grapefruits, limes), beans (Great Northern, kidney, lima, navy, green, pole, wax), peas, whole grains (wheat), artichokes, nuts, and seeds	Cell membranes
Iodine	Sea vegetables, seafood (scallops, cod, shrimp, sardines, salmon, tuna), dairy (yogurt, milk), eggs, turkey, navy beans, potatoes	Endocrine, nervous, metabolic, and reproductive systems
Iron	Beef, lamb, pork, mollusks, spinach, greens (Swiss chard, beet greens, collards, mustard, turnip greens), seeds (sesame, pumpkin), beans (chickpeas, lima beans, navy beans, green beans, black beans, kidney beans), lentils, artichokes, beets	Blood; metabolic, nervous, immune, and reproductive systems

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**See Primary Ingredient Cross Reference for additional products*

Functions	Supplements *Containing Named Nutrient***	
Calcium is 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.	Calcifood® Calcifood® Powder Calcium Lactate Powder Cyrofood® Powder	SP Complete® SP Complete® Chocolate SP Complete® Dairy Free SP Complete® Vanilla
Choline is 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	Cardio-Plus® Cardio-Plus® GF Choline	
Chromium supports healthy blood glucose by enhancing insulin function.	Cataplex® GTF Diaplex® Immuplex®	
CoQ_{10} is a cofactor in the electron transport chain for energy production and acts as an antioxidant. Due to this vital role in energy production, CoQ_{10} has an effect on all systems within the body.	Cellular Vitality	
Copper is 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.	Chezyn® Immuplex® Neuroplex® Trace Minerals-B_{12}™	
Essential fatty acids are 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.	Black Currant Seed Oil Calamari Omega-3 Liquid Cod Liver Oil Sesame Seed Oil Soybean Lecithin	Tuna Omega-3 Chewable Tuna Omega-3 Oil Wheat Germ Oil
Folate and folic acid 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.	Cellular Vitality Folic Acid B_{12} Immuplex®	
Inositol has not been demonstrated to be an essential nutrient; however, inositol is a component of cell membrane phospholipids and may play an important role in cell physiology.	Cyruta* Inositol Inositol Powder	St. John's Wort-IMT™ Phosfood® Liquid
Iodine is 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.	A-F Betafood® Cataplex® F *Tablets* Iodomere® Min-Chex® Min-Tran®	Organically Bound Minerals Prolamine Iodine Prolamine Iodine Plus St. John's Wort-IMT™ Trace Minerals-B_{12}™
Iron is 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.	Chezyn® Ferrofood® Immuplex® Livaplex® Neuroplex®	

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***See Primary Ingredient Cross Reference for additional products*

Nutrient	Natural Sources *Listed in order of highest nutrient value*	Physiological Support
Magnesium	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	Musculoskeletal, metabolic, nervous, endocrine, and cardiovascular systems
Manganese	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)	Musculoskeletal, integumentary, metabolic, and nervous systems
Phosphorus	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)	Cell membranes; musculoskeletal, integumentary, metabolic, nervous, and renal systems
Potassium	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	Electrolytes; blood; cardiovascular, nervous, musculoskeletal, renal, and metabolic systems
Selenium	Brazil nuts, seafood (tuna, shrimp, sardines, salmon, cod, lobster), poultry (meat, organ), barley, pork, beef (meat, organ), lamb, mushrooms (crimini, shiitake), wheat germ	Endocrine, immune, and metabolic systems
Vitamin A	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	Visual; endocrine, immune, integumentary, and reproductive systems
Vitamin B_1 Thiamine	Sunflower seeds, beans (navy, black, pinto, lima), lentils, whole grains (oats, wheat, barley), peas, mushrooms, sweet potatoes, flaxseeds, tuna, nutritional yeast, wheat germ	Energy production; nervous, cardiovascular, and immune systems
Vitamin B_2 Riboflavin	Spinach, beet greens, tempeh, dairy (yogurt, milk), crimini mushrooms, eggs, asparagus, almonds, green peas, turkey (meat, liver), beef (meat, liver)	Energy production; blood; immune, cardiovascular, nervous systems
Vitamin B_3 Niacin or Niacinamide	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	Energy production; cardiovascular, hepatic, integumentary, and nervous systems

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Functions	Supplements *Containing Named Nutrient***	
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.	Calcium Lactate Calcium Lactate Powder E-Z Mg™ Magnesium Lactate SP Detox Balance™	
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.	E-Manganese™ Ligaplex® I Ligaplex® II Manganese B_{12}™ Trace Minerals-B_{12}™	
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.	Calcifood® Calsol® Disodium Phosphate Ligaplex® I Phosfood® Liquid	
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.	Calcifood® Powder Cruciferous Complete™ Organically Bound Minerals	
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.	Cardio-Plus® Cardio-Plus® GF Cataplex® E	Cataplex® E_2 Immuplex®
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.	A-F Betafood® Cataplex® A Cataplex® A-C Cataplex® A-C-P Cod Liver Oil Emphaplex®	
Vitamin B_1 is a required cofactor for carbohydrate metabolism and is necessary for biosynthesis of neurotransmitters that support mental alertness and cognitive ability. Vitamin B_1 supports myocardial energy, has roles in oxidant stress protection, and supports the immune system.	Catalyn® Cataplex® B Cataplex® B-GF Cellular Vitality	e-Poise® Neuroplex® Vasculin®
A required factor in coenzymes that activate and support metabolic processes throughout the body, vitamin B_2 is vital in the electron-transport chain for production of energy, normal cell function, and growth. Vitamin B_2 interacts as a cofactor with other B vitamins, such as in the activation of vitamin B_6 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.	Cardio-Plus® Cardio-Plus® GF Cataplex® G Cholaplex® Drenamin® Neuroplex®	
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.	B_6-Niacinamide Cataplex® B Cataplex® B-GF Cataplex® G Niacinamide B_6	

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Nutrient	Natural Sources *Listed in order of highest nutrient value*	Physiological Support
Vitamin B_5 Pantothenic Acid	Mushrooms (shiitake and crimini), avocados, sweet potatoes, lentils, dried peas, poultry (meat, liver), beef (liver), yogurt, broccoli, rye, sunflower seeds	Energy production; endocrine and hepatic systems
Vitamin B_6 Pyridoxine	Poultry, beef, fish (cod, salmon, halibut, tuna), sweet potatoes, potatoes, sunflower seeds, spinach, bananas, nutritional yeast, winter squash, broccoli	Energy production; blood; nervous, hepatic, and immune systems
Vitamin B_7 Biotin	Almonds, sweet potatoes, eggs, onions, oats, tomatoes, peanuts, carrots, walnuts, salmon	Hepatic, endocrine, integumentary, and immune systems
Vitamin B_{12} Cobalamin	Seafood (salmon, halibut, sardines, shrimp, tuna, cod, scallops, mollusks), lamb (meat, liver), beef (meat, liver), dairy (yogurt, milk, cheese), eggs, poultry (meat, liver, heart)	Energy and DNA production; blood; cardiovascular, nervous, and musculoskeletal systems
Vitamin C	Papayas, bell peppers, broccoli, Brussels sprouts, strawberries, pineapples, oranges, kiwi fruits, cantaloupes, cauliflowers, tomatoes	Immune, integumentary, nervous, endocrine, cardiovascular, and skeletal systems
Vitamin D	Fatty fish (salmon, halibut, sardines, tuna, mackerel), cow's milk (fortified), alternative milks (fortified), eggs, mushrooms, cod liver oil, liver	Skeletal, immune, endocrine, cardiovascular, and integumentary systems
Vitamin E	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	Immune, cardiovascular, integumentary, and nervous systems
Vitamin K Naphthoquinones	Kale, spinach, greens (mustard, collards, beet greens, Swiss chard, turnip greens), parsley, broccoli, Brussels sprouts, cabbages, pumpkins, okra, pine nuts, blueberries	Blood, skeletal system
Zinc	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	Cell membranes; metabolic, cardiovascular, immune, integumentary, endocrine, musculoskeletal, and nervous systems

Standard Process Product Index

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Functions	Supplements *Containing Named Nutrient***	
Vitamin B_5 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.	Cellular Vitality	
Vitamin B_6 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.	B_6-Niacinamide Circuplex® Min-Chex® Niacinamide B_6 Orchex®	
Vitamin B_7 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 B_{12} 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 B_{12} For-Til B_{12}® Manganese B_{12}™ Trace Minerals-B_{12}™	
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® E_2 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 Immuplex®	Neuroplex® Palmettoplex® Zinc Chelate™

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**See Primary Ingredient Cross Reference for additional products*

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.

Brussels sprouts

Kale

Oats

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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For more than 90 years, Standard Process has provided health care professionals with high-quality nutritional supplements made with whole food and other ingredients.

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.

*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.

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 732-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, 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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Standard Process Product Index
MediHerb Product Index

Manufacturing: Processes That Preserve Nutrients

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. We have our own certified organic farm, and our 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.

Quality Control: Comprehensive and Meticulous

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, B_6, B_{12}, 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

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Standard Process Product Index

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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. 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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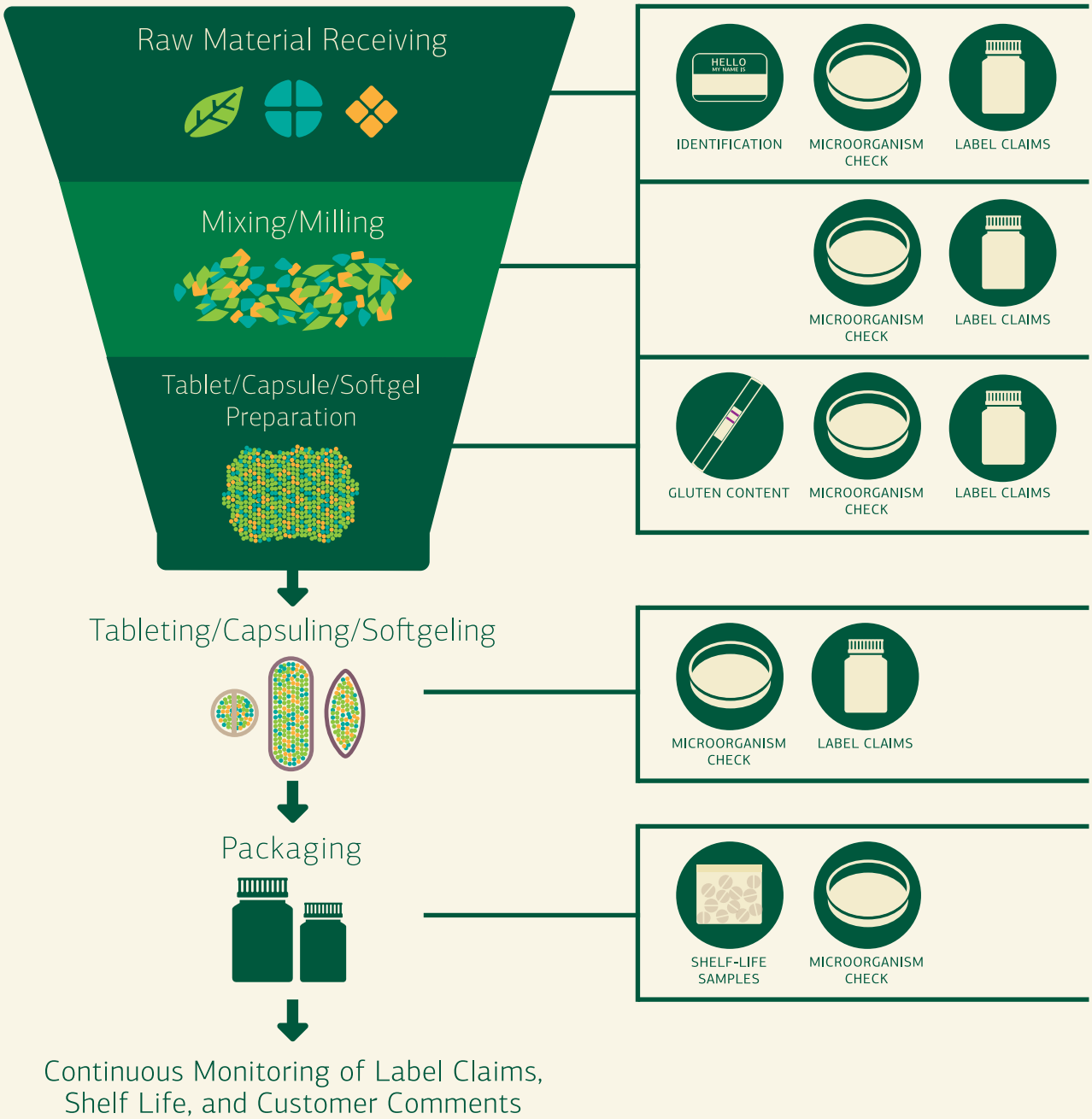
Standard Process Product Index
MediHerb Product Index

QUALITY CHECKS

From Raw Ingredient to Final Product

QUALITY ASSURANCE | **QUALITY CONTROL**

SUPPLIER AUDITS
MOST RAW MATERIALS



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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 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.

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

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.

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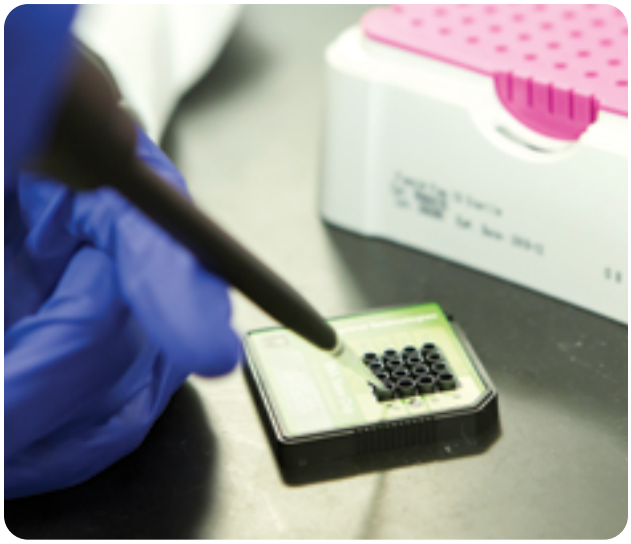

Standard Process scientists work meticulously to ensure product quality and safety.

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" 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.

To learn more, visit: https://www.fda.gov/food/current-good-manufacturing-practices-cgmps-food-and-dietary-supplements/current-good-manufacturing-practices-cgmps-dietary-supplements

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: www.fda.gov/food/guidance-regulation-food-and-dietary-supplements/food-safety-modernization-act-fsma

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Standard Process Product Index
MediHerb Product Index

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.

LEE
ENGINEERING
BY STANDARD PROCESS

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.

ROYAL LEE Organics™
BY STANDARD PROCESS

STANDARD PROCESS **PRODUCTS**

Guide to Dietary Icons

VEGAN

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

V

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

GF

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 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 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 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.

Standard Process Product Index

MediHerb Product Index

10-Day Blood Sugar Support Kits

Introduced in 2015
14010 - 1 Kit With SP Complete®
14011 - 1 Kit with SP Complete® Chocolate
14020 - 1 Kit With SP Complete® Dairy Free
14021 - 1 Kit with SP Complete® Vanilla

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

Introduced in 2016
14032 - 1 Kit With SP Complete®
14033 - 1 Kit with SP Complete® Chocolate
14042 - 1 Kit With SP Complete® Dairy Free
14043 - 1 Kit with SP Complete® Vanilla

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 Turmeric Forte (MediHerb®)
- Patient program guide
- Recyclable bag

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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Standard Process Product Index

MediHerb Product Index

A-C Carbamide®

Introduced in 1946
0625 - 90 Capsules | 0635 - 270 Capsules

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

Serving Size: 3 Capsules
Servings per Container: 30 or 90

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	3 g	1%*
Vitamin A	450 mcg RAE	50%
Vitamin C	18 mg	20%
Proprietary Blend Carbamide and arrowroot flour.	2,270 mg	†

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

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

Adrenal Desiccated

Introduced in 1959
0850 - 90 Tablets

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 response function during times of increased demand*

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

Synergistic Product Support
- Cataplex C
- Drenatrophin PMG

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 45

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Proprietary Blend Bovine adrenal and organic carrot.	430 mg	†

†Daily Value not established.

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

A-F Betafood®

Introduced in 1951
0800 - 180 Tablets | 0825 - 360 Tablets

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 B_6*

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

Synergistic Product Support
- Cholacol
- Choline

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 90 or 180

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Total Sugars	<1 g	†
Vitamin A	450 mcg RAE	50%
Vitamin B6	0.3 mg	18%
Iodine	40 mcg	27%
Proprietary Blend Organic beet (root), carrot (root), organic sweet potato, oat flour, organic dried swiss chard (beet leaf) juice, calcium lactate, rice (bran), magnesium citrate, bovine liver, bovine prostate, nutritional yeast, bovine kidney, organic alfalfa (aerial parts), organic flaxseed oil, bovine orchic extract, bovine liver fat extract, d-alpha tocopherol (vitamin E sunflower), and sunflower lecithin.	550 mg	†

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

Other Ingredients: Honey, arabic gum, starch, calcium stearate, vitamin A palmitate, prolamine iodine (zein), ascorbic acid, and pyridoxine hydrochloride.

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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Standard Process Product Index

MediHerb Product Index

Albaplex®

Introduced in 1959
0910 - 90 Capsules | 0925 - 150 Capsules

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 B_6
- Good source of antioxidant vitamin C*

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

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

Supplement Facts

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

	Amount per Serving	%Daily Value
Vitamin A	300 mcg RAE	33%
Vitamin C	12 mg	13%
Niacin	10 mg	63%
Vitamin B6	2 mg	118%
Sodium	10 mg	<1%
Proprietary Blend	910 mg	†

Kidney bean (aerial parts) juice powder, choline bitartrate, betaine hydrochloride, bovine liver PMG™ extract, oat flour, Spanish moss (*Tillandsia usneoides*), inositol, bovine adrenal, calcium glycerophosphate, bovine kidney PMG™ extract, nutritional yeast, organic carrot, organic sweet potato, bovine thymus Cytosol™ extract, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, soy protein, organic pea vine juice powder, bovine liver, organic alfalfa (aerial parts) juice powder, bovine kidney, veal bone, bovine bone, organic shiitake mushroom powder, organic reishi mushroom powder, enzymatically processed Spanish moss (*Tillandsia usneoides*) and beet (root), organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), defatted wheat germ, d-alpha tocopherol (vitamin E sunflower), rice bran, and sunflower lecithin powder.

†Daily Value not established.

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

Allerplex®

Introduced in 1959
1000 - 150 Capsules

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

Serving Size: 3 Capsules
Servings per Container: 50

	Amount per Serving	%Daily Value
Vitamin A	160 mcg RAE	18%
Vitamin C	4 mg	4%
Calcium	20 mg	2%
Magnesium	10 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	820 mg	†

Spanish moss (*Tillandsia 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 (aerial parts), organic alfalfa (aerial parts) 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).

†Daily Value not established.

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

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Antronex®

Introduced in 1953
1110 - 180 Tablets | 1115 - 330 Tablets

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

Supplement Facts
Serving Size: 1 Tablet
Servings per Container: 180 or 330

	Amount per Serving	%Daily Value
Calcium	30 mg	2%
Proprietary Blend	16 mg	†
Bovine liver fat extract (yakriton) and d-alpha tocopherol (vitamin E sunflower).		

† Daily Value not established.

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

Arginex®

Introduced in 1953
1140 - 90 Tablets | 1145 - 180 Tablets

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.

Supplement Facts
Serving Size: 1 Tablet
Servings per Container: 90 or 180

	Amount per Serving	%Daily Value
Vitamin A	297 mcg RAE	33%
Proprietary Blend	353 mg	†
Organic dried buckwheat (aerial parts) juice, organic buckwheat (seed), organic dried pea (vine) juice, oat flour, bovine liver, enzymatically processed Spanish moss (*Tillandsia usneoides*) and beet (root), organic dried swiss chard (beet leaf) juice, organic beet (root), and ascorbic acid.		

†Daily Value not established.

Other Ingredients: Honey, calcium stearate, starch, and vitamin A palmitate.

B6-Niacinamide

Introduced in 1969
1275 - 90 Tablets | 1280 - 330 Tablets

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.

Supplement Facts
Serving Size: 1 Tablet
Servings per Container: 90 or 330

	Amount per Serving	%Daily Value
Niacin	10 mg	63%
Vitamin B6	50 mg	2,941%
Proprietary Blend	250 mg	†
Nutritional yeast, bovine liver, organic reishi mushroom powder, organic shiitake mushroom powder, and ascorbic acid.		

†Daily Value not established.

Other Ingredients: Pyridoxine hydrochloride, honey, niacinamide, calcium stearate, and arabic gum.

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Betacol®

Introduced in 1946
1380 - 90 Capsules

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 B_6*

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

Synergistic Product Support
- Choline
- Livaplex

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 90

	Amount per Serving	%Daily Value
Niacin	10 mg	63%
Vitamin B6	2 mg	118%
Proprietary Blend	288 mg	†

Spanish moss (*Tillandsia usneoides*), bovine liver PMG™ extract, organic beet (root), betaine hydrochloride, organic dehydrated sugar cane juice (sugar), calcium lactate, potassium bicarbonate, choline bitartrate, inositol, disodium phosphate, bovine adrenal Cytosol™ extract, oat flour, and ascorbic acid.

†Daily Value not established.

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

Betafood®

Introduced in 1943
1450 - 90 Tablets | 1455 - 180 Tablets

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

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90 or 180

	Amount per Serving	%Daily Value
Proprietary Blend	312 mg	†

Organic beet (root), organic beet (leaf) juice powder, and oat flour.

†Daily Value not established.

Other Ingredients: Honey and calcium stearate.

Betaine Hydrochloride

Introduced in 1947
1525 - 180 Tablets

Betaine Hydrochloride supports normal gastrointestinal pH.*

- Supports healthy protein digestion
- Promotes healthy gastric pH
- Enhances calcium, iron, and vitamin B_{12} absorption*

Suggested Use: Two tablets per meal, or as directed. Chewing this product is not recommended.

Synergistic Product Support
- A-F Betafood

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 90

	Amount per Serving	%Daily Value
Proprietary Blend	570 mg	†

Betaine hydrochloride, ammonium chloride, pepsin (1:10,000), calcium lactate, and magnesium citrate.

†Daily Value not established.

Other Ingredients: Cellulose, calcium stearate, and water.

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Standard Process Product Index

MediHerb Product Index

Bio-Dent®

Introduced in 1955
1587 - 180 Tablets | 1590 - 330 Tablets | 1600 - 800 Tablets

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

Supplement Facts

Serving Size: 5 Tablets
Servings per Container: 36, 66 or 160

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Total Sugars	1 g	†
Includes <1 g Added Sugars		1%*
Calcium	100 mg	8%
Phosphorus	50 mg	4%
Manganese	7 mg	304%
Proprietary Blend	585 mg	†

Defatted wheat germ, organic carrot, bovine adrenal, bovine spleen, ovine spleen, organic sweet potato, licorice (root), and rice bran.

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

Other Ingredients: Honey, bovine bone, veal bone, cellulose, calcium lactate, manganese glycerophosphate, calcium stearate, and arabic gum.

Biost® GF

Introduced in 1954
1612 - 180 Tablets | 1615 - 360 Tablets

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

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 180 or 360

	Amount per Serving	%Daily Value
Manganese	6 mg	261%
Sodium	10 mg	<1%
Proprietary Blend	249 mg	†

Veal bone PMG™ extract, calcium lactate, and magnesium citrate.

†Daily Value not established.

Other Ingredients: Honey, manganese lactate, cellulose, and calcium stearate.

See page 34 for a guide to these dietary icons.

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Black Currant Seed Oil GF

Introduced in 1986
1630 - 60 Softgels | 1635 - 180 Softgels
13030 - General Female Endocrine Daily Fundamentals
14030, 14031, 14040, 14041 - 10-Day Healthy Inflammation Response Kits

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

Supplement Facts

Serving Size: 1 Softgel
Servings per Container: 60 or 180

	Amount per Serving	%Daily Value
Black Currant Seed Oil	320 mg	†
Gamma-Linolenic Acid	47 mg	†

†Daily Value not established.

Other Ingredients: Gelatin, water, and glycerine.

Calamari Omega-3 Liquid GF

Introduced in 2010
1680 - 200 mL

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. Refrigerate after opening.

Track omega-3s and optimize health with the Omega-3 Index Plus Test.
See page 139 for more information.

Supplement Facts

Serving Size: 1 teaspoon (5 mL)
Servings per Container: 40

	Amount per Serving	%Daily Value
Calories	45	
Total Fat	5 g	6%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	1 g	†
Cholesterol	110 mg	37%
DHA	800 mg	†
EPA	400 mg	†

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

Ingredients: Calamari oil (squid), natural citrus flavor, sunflower oil, d-alpha tocopherol (vitamin E soy), and rosemary extract.

Synergistic Product Support
- Black Currant Seed Oil

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

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.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	30 mg	2%
Chloride	100 mg	4%

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.

Synergistic Product Support

- Cataplex D
- Collagen C
- Cruciferous Complete
- Ostrophin PMG

Supplement Facts

Serving Size: 2 Wafers
Servings per Container: 50

	Amount per Serving	%Daily Value
Calories	10	
Total Carbohydrate	1 g	<1%*
Total Sugars	1 g	†
Calcium	190 mg	15%
Phosphorus	50 mg	4%
Proprietary Blend	830 mg	†

Veal bone, defatted wheat (germ), date (fruit), carrot (root), and rice (bran).

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

Other Ingredients: Honey, dicalcium phosphate, cellulose, bovine bone, calcium stearate, and arabic gum.

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.

Synergistic Product Support

- Cataplex D
- Collagen C
- Cruciferous Complete
- Ostrophin PMG

Supplement Facts

Serving Size: 1 level tablespoon (approximately 9 grams)
Servings per Container: 31

	Amount per Serving	%Daily Value
Calories	25	
Total Fat	1 g	1%*
Total Carbohydrate	4 g	1%*
Dietary Fiber	1 g	4%*
Protein	1 g	2%*
Calcium	600 mg	46%
Phosphorus	20 mg	2%
Proprietary Blend	4.8 g	†

Defatted wheat germ, oat flour, organic carrot, date, and rice bran.

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

Other Ingredients: Bovine bone and veal bone.

See page 34 for a guide to these dietary icons.

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Calcium Lactate

Introduced in 1947
1865 - 90 Tablets | 1885 - 330 Tablets | 1900 - 800 Tablets
13070 - Immune System Health Pack

Standard Process Product Index
MediHerb Product Index

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 non-dairy 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

Supplement Facts

Serving Size: 6 Tablets
Servings per Container: 15, 55, or 133

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Calcium	250 mg	19%
Magnesium	50 mg	12%

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

Ingredients: Calcium lactate, magnesium citrate, and calcium stearate.

Buckwheat on the Standard Process certified organic farm

See page 34 for a guide to these dietary icons.

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Calcium Lactate Powder

Introduced in 2000
1925 - 12 oz. (340 g)

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 non-dairy 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.

Supplement Facts

Serving Size: 1 level tablespoon (10 grams)
Servings per Container: 34

	Amount per Serving	%Daily Value
Calories	20	
Total Carbohydrate	5 g	2%*
Calcium	800 mg	62%
Magnesium	160 mg	38%

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

Ingredients: Calcium lactate and magnesium citrate.

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

Cal-Ma Plus®

Introduced in 1958
1980 - 90 Tablets | 1982 - 180 Tablets

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.

Supplement Facts

Serving Size: 3 Tablets
Servings per Container: 30 or 60

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Calcium	150 mg	12%

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

Ingredients: Calcium lactate, honey, calcium chloride, magnesium citrate, calcium stearate, and bovine parathyroid.

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

See page 34 for a guide to these dietary icons.

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Calsol®

Introduced in 1958
2015 - 90 Tablets

Calsol supports soft tissue.*

- A non-animal source of calcium and phosphorus
- Supports gallbladder function as well as the digestive, musculoskeletal, and central nervous systems
- Good source of calcium and phosphorous*

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

Supplement Facts

Serving Size: 5 Tablets
Servings per Container: 18

	Amount per Serving	%Daily Value
Calcium	230 mg	18%
Phosphorus	170 mg	14%
Proprietary Blend	195 mg	†
Carbamide and magnesium citrate.		

†Daily Value not established.

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

Cardio-Plus®

Introduced in 1956
2065 - 90 Tablets | 2080 - 330 Tablets
13060 - Sports Performance Packs

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_2, Cardiotrophin PMG, and Cataplex C
- Excellent source of riboflavin, niacin, and vitamin B_6*

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

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 45 or 165

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	<2%
Vitamin C	15 mg	17%
Vitamin E	1.3 mg	9%
Riboflavin	1.6 mg	123%
Niacin	14 mg	88%
Vitamin B6	0.5 mg	29%
Choline	30 mg	5%
Selenium	3 mcg	5%
Sodium	15 mg	<1%
Proprietary Blend	540 mg	

Bovine heart PMG™ extract, bovine liver, calcium lactate, porcine stomach, bovine orchic 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.

Synergistic Product Support

- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Cataplex E
- Vasculin

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Cardio-Plus® GF

Introduced in 2014
2085 - 330 Tablets

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 E_2, Cardiotrophin PMG, and Cataplex C
- Excellent source of riboflavin, niacin, and vitamin B_6
- 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

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 165

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	2%
Vitamin C	15 mg	17%
Vitamin E	1.3 mg	9%
Riboflavin	1.6 mg	123%
Niacin	14 mg	88%
Vitamin B6	0.5 mg	29%
Choline	30 mg	5%
Selenium	3 mcg	5%
Sodium	5 mg	<1%
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.

Cardiotrophin PMG®

Introduced in 1952
2125 - 90 Tablets

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, three times per day on an empty stomach, or as directed.

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

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	5 mg	<1%
Proprietary Blend	185 mg	†

Bovine heart PMG™ extract and magnesium citrate.

†Daily Value not established.

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

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Standard Process Product Index

MediHerb Product Index

Introduced in 1929
2140 - 90 Tablets | 2160 - 360 Tablets
13020 - General Health Daily Fundamentals
13030 - General Female Endocrine Health Daily Fundamentals

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 B_6, 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-B_{12}

Supplement Facts

Serving Size: 3 Tablets
Servings per Container: 30 or 120

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin A	360 mcg RAE	40%
Vitamin C	4 mg	4%
Vitamin D	7.8 mcg	39%
Thiamin	0.2 mg	17%
Riboflavin	0.2 mg	15%
Vitamin B6	1 mg	59%
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

Introduced in 1997
2165 - 90 Tablets

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 B_6, 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

Serving Size: 3 Tablets
Servings per Container: 30

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin A	360 mcg RAE	40%
Vitamin C	4 mg	4%
Vitamin D	7.8 mcg	39%
Thiamin	0.2 mg	17%
Riboflavin	0.2 mg	15%
Vitamin B6	1 mg	59%
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.

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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Standard Process Product Index
MediHerb Product Index

Catalyn® GF

Introduced in 2012
2167 - 360 Tablets

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 B_6, and antioxidant vitamin C
- Good source of thiamine and riboflavin*

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

Supplement Facts

Serving Size: 3 Tablets
Servings per Container: 120

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin A	360 mcg RAE	40%
Vitamin C	4 mg	4%
Vitamin D	7.8 mcg	39%
Thiamine	0.2 mg	17%
Riboflavin	0.2 mg	15%
Vitamin B6	1 mg	59%
Proprietary Blend	825 mg	†

Rice (bran), calcium lactate, carrot (root), organic sweet potato, nutritional yeast, bovine adrenal, bovine liver, magnesium citrate, bovine spleen, ovine spleen, bovine kidney, oat flour, organic dried pea (vine) juice, organic dried alfalfa (aerial parts) juice, sunflower lecithin, organic shiitake mushroom powder, and organic reishi mushroom powder.

*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.

Cataplex® A

Introduced in 1934
0510 - 180 Tablets

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

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin A (as Beta-carotene)	900 mcg RAE	100%
Proprietary Blend	568 mg	†

Organic carrot, organic sweet potato, calcium lactate, defatted wheat germ, bovine kidney, oat flour, nutritional yeast, rice bran, magnesium citrate, organic alfalfa (aerial parts), d-alpha tocopherol (vitamin E sunflower), ascorbic acid, and sunflower lecithin.

† Daily Value not established.

Other Ingredients: Honey, arabic gum, and calcium stearate.

See page 34 for a guide to these dietary icons.

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Cataplex® A-C

Introduced in 1950
0580 - 180 Tablets

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

Serving Size: 2 Tablets
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin A	450 mcg RAE	50%
Vitamin C	11 mg	10%
Proprietary Blend	490 mg	†

Calcium lactate, carrot (root), organic sweet potato, bovine adrenal, bovine kidney, organic echinacea angustofolia (root), organic echinacea purpurea (root), nutritional yeast, magnesium citrate, organic alfalfa (aerial parts), organic dried alfalfa (aerial parts) juice, organic dried buckwheat (aerial parts) juice, organic buckwheat (seed), bovine bone, organic reishi mushroom powder, organic shiitake mushroom powder, defatted wheat (germ), veal bone, oat flour, sunflower lecithin, d-alpha tocopherol (vitamin E sunflower), carrot oil, and rice (bran).

† 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.

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Cataplex® A-C-P

Introduced in 1956
0725 - 180 Tablets | 0750 - 360 Tablets
13040 - Adrenal Health Daily Fundamentals

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
- Good source of 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

Supplement Facts

Serving Size: 3 Tablets
Servings per Container: 60 or 120

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin A	380 mcg RAE	42%
Vitamin C	17 mg	19%
Proprietary Blend	800 mg	†

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

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

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

Cataplex® B

Introduced in 1934
1225 - 180 Tablets | 1250 - 360 Tablets

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 B_6*

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

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 90 or 180

	Amount per Serving	%Daily Value
Thiamin	1 mg	83%
Niacin	20 mg	125%
Vitamin B6	1 mg	59%
Choline	10 mg	2%
Proprietary Blend	545 mg	†

Bovine liver, organic beet (root), nutritional yeast, porcine duodenum, defatted wheat germ, organic carrot, organic sweet potato, rice bran, bovine adrenal, sunflower lecithin powder, d-alpha tocopherol (vitamin E sunflower), ascorbic acid, manganese lactate, phosphoric acid, inositol, and riboflavin.

†Daily Value not established.

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

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Cataplex® B-GF

Introduced in 2014
1255 - 360 Tablets

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 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

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 180

	Amount per Serving	%Daily Value
Thiamin	1 mg	83%
Niacin	20 mg	125%
Vitamin B6	1 mg	59%
Choline	10 mg	2%
Proprietary Blend	545 mg	†

Bovine liver, organic beet (root), nutritional yeast, rice bran, porcine duodenum, organic carrot, organic sweet potato, bovine adrenal, sunflower lecithin, d-alpha tocopherol (vitamin E sunflower), ascorbic acid, manganese lactate, phosphoric acid, inositol, and riboflavin.

†Daily Value not established.

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

Cataplex® B-Core

Introduced in 2020
1260 - 120 Tablets

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

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	10	
Cholesterol	5 mg	1%
Total Carbohydrate	<1 g	<1%*
Protein	<1 g	1%*
Thiamin	0.1 mg	8%
Folate	10 mcg DFE	3%
Sodium	10 mg	<1%
Proprietary Blend	1,515 mg	†

Bovine liver, organic beet (root), nutritional yeast, defatted wheat germ, rice bran, organic carrot, organic sweet potato, and bovine adrenal.

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

Other Ingredients: Honey, calcium stearate, and ascorbic acid.

Cataplex® B12

Introduced in 1950
1325 - 90 Tablets

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

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin B12	6 mcg	250%
Proprietary Blend	355 mg	†

Bovine liver, organic carrot, organic sweet potato, calcium lactate, porcine stomach parenchyma, bovine spleen, ovine spleen, bovine adrenal Cytosol™ extract, oat flour, and ascorbic acid.

†Daily Value not established.

Other Ingredients: Cellulose, honey, dicalcium phosphate, and cyancobalamin.

See page 34 for a guide to these dietary icons.

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Cataplex® C

Introduced in 1934
1650 - 90 Tablets | 1655 - 360 Tablets
13070 - Immune System Health Pack

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

Supplement Facts

Serving Size: 3 Tablets
Servings per Container: 30 or 120

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin C	17 mg	19%
Calcium	30 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	595 mg	†

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 angustofolia (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.
†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 (V) (GF)

Introduced in 1934
3405 - 180 Tablets | 3410 - 360 Tablets
13010 - Bone Health Daily Fundamentals
13090 - Immune System Health Pack - Vegetarian

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

Serving Size: 2 Tablets
Servings per Container: 90 or 180

	Amount per Serving	%Daily Value
Vitamin A	300 mcg RAE	35%
Vitamin D	40 mcg	200%
Calcium	40 mg	4%

Ingredients: Calcium lactate, milk powder, potassium citrate, glycerine, cholecalciferol, sucrose, starch, calcium stearate, arabic gum, vitamin A palmitate, and ascorbic acid.

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Cataplex® E GF

Introduced in 1934
3775 - 90 Tablets | 3825 - 360 Tablets

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

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 45 or 180

	Amount per Serving	%Daily Value
Vitamin E	3.3 mg	22%
Selenium	11 mcg	20%
Proprietary Blend	510 mg	†
Bovine orchic extract, inositol, organic pea vine juice powder, ribonucleic acid, bovine adrenal, organic beet (root), oat flour, bovine spleen, ovine spleen, bovine liver, manganese lactate, and ascorbic acid.		

†Daily Value not established.

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

Cataplex® E_2

Introduced in 1949
3850 - 90 Tablets | 3855 - 360 Tablets
13060 - Sports Performance Packs

Cataplex E_2 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

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 45 or 180

	Amount per Serving	%Daily Value
Vitamin E	2.7 mg	18%
Selenium	9 mcg	16%
Proprietary Blend	470 mg	†
Bovine orchic extract, calcium lactate, Spanish moss (*Tillandsia usneoides*), bovine spleen, ovine spleen, inositol, bovine adrenal Cytosol™ extract, oat flour, and ascorbic acid.		

†Daily Value not established.

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

Cataplex® F *Softgels* GF

Introduced in 1938
4075 - 60 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 B_6*

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

Synergistic Product Support
- Calcium Lactate

Supplement Facts

Serving Size: 1 Softgel
Servings per Container: 60

	Amount per Serving	%Daily Value
Vitamin B6	2 mg	118%
Proprietary Blend	360 mg	†
Organic flaxseed oil, bovine liver fat extract, and bovine orchic extract.		

†Daily Value not established.

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

See page 34 for a guide to these dietary icons.

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Cataplex® F *Tablets*

Introduced in 1934
4150 - 90 Tablets | 4200 - 360 Tablets
13070 - Immune System Health Pack

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 B_6 and iodine*

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

Synergistic Product Support
- Calcium Lactate

Supplement Facts

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

	Amount per Serving	%Daily Value
Vitamin B6	0.8 mg	47%
Iodine	95 mcg	63%
Proprietary Blend	275 mg	†

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).

†Daily Value not established.

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

Cataplex® G

Introduced in 1934
4500 - 90 Tablets | 4550 - 360 Tablets

Cataplex G maintains nerve health and provides a calmative 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 B_6*

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

Synergistic Product Support
- Livaplex

Supplement Facts

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

	Amount per Serving	%Daily Value
Vitamin C	7 mg	8%
Riboflavin	1.3 mg	100%
Niacin	12 mg	75%
Vitamin B6	0.3 mg	18%
Choline	20 mg	4%
Proprietary Blend	220 mg	†

Bovine liver, porcine stomach, calcium lactate, defatted wheat germ, nutritional yeast, and porcine brain.

†Daily Value not established.

Other Ingredients: Choline bitartrate, honey, niacinamide, ascorbic acid, glycerine, riboflavin, arabic gum, calcium stearate, and pyridoxine hydrochloride.

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

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

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 180

	Amount per Serving	%Daily Value
Vitamin A	150 mcg RAE	17%
Vitamin C	2 mg	2%
Niacin	9.5 mg	59%
Chromium	48 mcg	137%
Proprietary Blend	317 mg	†

Bovine liver, nutritional yeast, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, bovine pancreas Cytosol™ extract, inositol, *l*-cysteine hydrochloride, bovine adrenal Cytosol™ extract, and oat flour.

†Daily Value not established.

Other Ingredients: Honey, chromium yeast, niacinamide, ascorbic acid, modified corn starch, calcium stearate, vitamin A palmitate, and sucrose.

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 Capsule
Servings per Container: 150

	Amount per Serving	%Daily Value
Cayenne Pepper (*Capsicum annuum*) 35,000 Scoville Units	345 mg	†

†Daily Value not established.

Other Ingredients: Cellulose, water, and calcium stearate.

See page 34 for a guide to these dietary icons.

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Cellular Vitality

Introduced in 2010
2174 - 90 Capsules
13060 - Sports Performance Packs

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 Q_{10}, 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 B_{12}, biotin, and pantothenic acid
- Good source thiamin, niacin, vitamin B_6 and folate*

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

Synergistic Product Support
- Magnesium Lactate

Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	10	
Total Carbohydrate	1 g	<1%*
Thiamin	0.2 mg	17%
Riboflavin	0.3 mg	23%
Niacin	3 mg	19%
Vitamin B6	0.3 mg	18%
Folate (30 mcg folic acid)	50 mcg DFE	13%
Vitamin B12	0.5 mcg	21%
Biotin	10 mcg	33%
Pantothenic Acid	1 mg	20%
Sodium	5 mg	<1%
Coenzyme Q10	80 mg	†
Proprietary Blend	1,250 mg	†

Multi-fruit seed powder [ruby grape seed, blueberry seed, cranberry seed, red raspberry seed, and black raspberry seed], ribonucleic acid, organic cordyceps mushroom powder, American ginseng (root), and bromelain.

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

Other Ingredients: Cellulose, organic quinoa sprouts, water, and calcium stearate.

Chezyn®

Introduced in 1981
2175 - 90 Tablets

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.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Iron	5 mg	28%
Zinc	10 mg	91%
Copper	0.2 mg	22%
Proprietary Blend	148 mg	†

Bovine liver and organic beet (root).

†Daily Value not established.

Other Ingredients: Zinc amino acid (rice) chelate, iron amino acid (rice) chelate, honey, copper amino acid (rice) chelate, arabic gum, 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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Standard Process Product Index

MediHerb Product Index

Chlorophyll Complex™

Introduced in 1948
2275 - 60 Softgels | 2325 - 240 Softgels

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. Chewing this product is not recommended.

Synergistic Product Support
- Cataplex E and OPC Synergy

Supplement Facts

Serving Size: 2 Softgels
Servings per Container: 30 or 120

	Amount per Serving	%Daily Value
Calories	5	
Vitamin A (as Beta-Carotene)	20 mcg RAE	2%
Proprietary Blend	780 mg	†
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.		

†Daily Value not established.

Other Ingredients: Gelatin, water, and glycerine.

Chlorophyll Complex Ointment™

Introduced in 1949
2340 - Net Wt 18 grams

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

Ingredients: Organic soybean lecithin, fat soluble extract from alfalfa (leaf) and sunflower seed, lard, lanolin, beeswax, bovine orchic extract, organic flaxseed oil, organic sesame seed oil, organic buckwheat (aerial parts), Spanish moss (Tillandsia usneoides), organic pea vine, and organic carrot.

Cholacol®

Introduced in 1956
2425 - 90 Tablets

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

Serving Size: 2 Tablets
Servings per Container: 45

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Sodium	15 mg	<1%
Proprietary Blend	700 mg	†
Collinsonia (root) and purified bovine bile salts.		

*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.

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Standard Process Product Index

MediHerb Product Index

Cholaplex®

Introduced in 1959
2525 - 150 Capsules

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 B_6 and iodine*

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

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 150

	Amount per Serving	%Daily Value
Riboflavin	0.3 mg	23%
Niacin	22 mg	138%
Vitamin B6	4 mg	235%
Choline	10 mg	2%
Iodine	130 mcg	87%
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, prolamine iodine (zein), and riboflavin.

Choline

Introduced in 1947
2565 - 90 Tablets

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

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Choline	180 mg	33%

Ingredients: Choline bitartrate, honey, and calcium stearate.

Brussels sprouts on the
Standard Process certified organic farm

See page 34 for a guide to these dietary icons.

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Circuplex®

Introduced in 1964
2650 - 150 Capsules

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 B_6, and Ribonucleic Acid
- Excellent source of niacin and vitamin B_6*

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

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 150

	Amount per Serving	%Daily Value
Niacin	30 mg	188%
Vitamin B6	4.7 mg	276%
Proprietary Blend	415 mg	†

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, inositol, ascorbic acid, and magnesium citrate.

†Daily Value not established.

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

Cod Liver Oil GF

Introduced in 2013
2685 - 180 Softgels

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 contaminates 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*

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

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

Special information: Store in a cool, dark place.

Track omega-3s and optimize health with the Omega-3 Index Plus Test.
See page 139 for more information.

Supplement Facts

Serving Size: 3 Softgels
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	20	
Total Fat	2 g	3%*
Cholesterol	10 mg	3%
Protein	<1 g	1%*
Vitamin A	600 mcg RAE	67%
Vitamin D	2.3 mcg	12%
Cod Liver Oil	3,000 mg	†
DHA	300 mg	†
EPA	210 mg	†
Total Omega-3	630 mg	†

*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.

See page 34 for a guide to these dietary icons.

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Collagen C™

Introduced in 1972
2690 - 90 Tablets

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.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin C	100 mg	111%
Sodium	5 mg	<1%
Proprietary Blend	194 mg	†

Organic rose hips, veal bone, organic echinacea angustofolia (root), organic echinacea purpurea (root), bovine adrenal, defatted wheat germ, organic buckwheat flour, organic buckwheat (aerial parts) juice powder, organic reishi mushroom powder, and organic shiitake mushroom powder.

†Daily Value not established.

Other Ingredients: Ascorbic acid, honey, organic acerola (berry), maltodextrin, and calcium stearate.

Collinsonia Root

Introduced in 1955
2775 - 150 Capsules

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.

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 75

	Amount per Serving	%Daily Value
Collinsonia (root)	595 mg	†

†Daily Value not established.

Other Ingredients: Gelatin, water, and calcium stearate.

Barley on the Standard Process certified organic farm

See page 34 for a guide to these dietary icons.

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Congaplex®

Introduced in 1959
2915 - 90 Capsules | 2925 - 150 Capsules

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

Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 30 or 50

	Amount per Serving	%Daily Value
Vitamin A	270 mcg RAE	30%
Vitamin C	6 mg	7%
Calcium	80 mg	6%
Magnesium	15 mg	4%
Proprietary Blend	630 mg	†

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), veal 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.

†Daily Value not established.

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

Congaplex® Chewable

Introduced in 1997
2930 - 90 Tablets

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

Serving Size: 3 Tablets
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	5	
Cholesterol	5 mg	2%
Total Carbohydrate	1g	<1%*
Vitamin A	140 mcg RAE	16%
Vitamin C	3 mg	3%
Proprietary Blend	155 mg	†

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, veal 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.

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

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.

See page 34 for a guide to these dietary icons.

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Cruciferous Complete™

Introduced in 1998
2960 - 90 Capsules
13010 - Bone Health Daily Fundamentals
13050 Sports Recovery Packs

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.

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

Serving Size: 1 Capsule
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin K1	4 mcg	3%
Proprietary Blend	500 mg	†
Organic kale (aerial parts) and organic Brussels sprouts (aerial parts).		

†Daily Value not established.

Other Ingredients: Gelatin, water, and calcium stearate.

Synergistic Product Support

- Garlic, Livaplex, and Spanish Black Radish

Cyrofood®

Introduced in 1955
3050 - 360 Tablets

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

Serving Size: 4 Tablets
Servings per Container: 90

	Amount per Serving	%Daily Value
Cholesterol	10 mg	3%
Total Carbohydrate	<1 g	<1%*
Calcium	20 mg	2%
Proprietary Blend	820 mg	†
Organic carrot, organic sweet potato, nutritional yeast, defatted wheat germ, date, oat flour, veal bone, bovine bone, rice bran, bovine adrenal, bovine kidney, bovine spleen, ovine spleen, bovine liver, organic alfalfa (aerial parts) juice powder, organic shiitake mushroom powder, organic reishi mushroom powder, organic pea vine juice powder, ascorbic acid, sunflower lecithin, vitamin A palmitate, cholecalciferol, pyridoxine hydrochloride, thiamine hydrochloride, and riboflavin.		

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

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

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Cyrofood® Powder

Introduced in 2000
2975 - 10 Ounces (284 g)

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

Serving Size: 1 level tablespoon (7 grams)
Servings per Container: 40

	Amount per Serving	%Daily Value
Calories	25	
Total Carbohydrate	4 g	1%*
Dietary Fiber	1 g	4%*
Protein	1 g	2%*
Vitamin A	30 mcg RAE	3%
Calcium	200 mg	15%
Iron	1 mg	6%
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 parts) juice powder, sunflower lecithin, ascorbic acid, organic shiitake mushroom powder, organic reishi mushroom powder, cholecalciferol, pyridoxine hydrochloride, thiamine hydrochloride, and riboflavin.

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

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

Cyro-Yeast®

Introduced in 1946
3200 - 100 Wafers

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

Serving Size: 1 Wafer
Servings per Container: 100

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin A	120 mcg RAE	13%
Vitamin D	2.5 mcg	13%
Thiamine	0.1 mg	8%
Riboflavin	0.1 mg	8%
Vitamin B6	0.1 mg	6%
Proprietary Blend	1,070 mg	†

Organic corn, whey (milk), malt syrup, defatted wheat (germ), yeast (*Saccharomyces cerevisiae*), bovine liver, bovine adrenal, carrot (root), organic sweet potato, bovine kidney, bovine spleen, ovine spleen, organic dried alfalfa (aerial parts) 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.
†Daily Value not established.

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

See page 34 for a guide to these dietary icons.

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Cyruta®

Introduced in 1948
3250 - 90 Tablets

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.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin C	3 mg	3%
Proprietary Blend	339 mg	†
Organic buckwheat (aerial parts) juice powder, organic buckwheat flour, inositol, oat flour, and bovine adrenal Cytosol™ extract.		

†Daily Value not established.

Other Ingredients: Honey, ascorbic acid, and calcium stearate.

Cyruta® Plus

Introduced in 1950
3325 - 90 Tablets | 3330 - 360 Tablets
14030, 14031, 14040, 14041 - 10-Day Healthy Inflammation Response Kits

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.

Supplement Facts

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

	Amount per Serving	%Daily Value
Vitamin C	3 mg	3%
Proprietary Blend	306 mg	†
Organic buckwheat (aerial parts) juice powder, organic buckwheat flour, bovine adrenal Cytosol™ extract, and oat flour.		

†Daily Value not established.

Other Ingredients: Honey, ascorbic acid, and calcium stearate.

Synergistic Product Support
- Collagen C

Buckwheat field on the Standard Process certified organic farm

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Daily Fundamentals—Adrenal Health

Introduced in 2014
13040 - 60 Packs/Box

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

Serving Size: 1 Pack
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	10	
Cholesterol	10 mg	3%
Total Carbohydrate	1 g	<1%*
Protein	<1 g	<1%*
Vitamin A	250 mcg RAE	28%
Vitamin C	20 mg	22%
Riboflavin	1 mg	77%
Niacin	12 mg	75%
Vitamin B6	0.3 mg	18%
Choline	10 mg	2%
Calcium	50 mg	4%
Sodium	15 mg	<1%
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 angustofolia (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.

See page 34 for a guide to these dietary icons.

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Daily Fundamentals—Bone Health

Introduced in 2010
13010 - 60 Packs/Box

Standard Process Product Index
MediHerb Product Index

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

Serving Size: 1 Pack
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	20	
Total Carbohydrate	3 g	1%*
Dietary Fiber	1 g	4%*
Total Sugars	1 g	†
Protein	<1 g	<1%*
Vitamin A	150 mcg RAE	17%
Vitamin D	20 mcg	100%
Vitamin K1	4 mcg	3%
Calcium	370 mg	28%
Phosphorus	80 mg	6%
Manganese	8 mg	348%
Sodium	40 mg	2%
Potassium	10 mg	<1%
Proprietary Blend	2,275 mg	†

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

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

Other Ingredients: Honey, dicalcium phosphate, bovine bone, cellulose, 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 cholecalciferol.

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Daily Fundamentals—General Female Endocrine

Introduced in 2014
13030 - 60 Packs/Box

CONVENIENCE PACKS

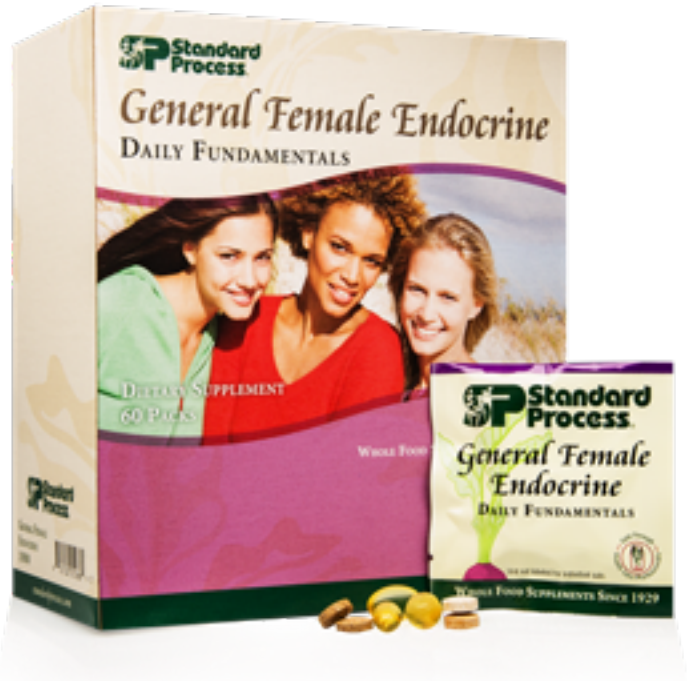
General Female Endocrine Daily Fundamentals provide a protocol to support a healthy endocrine system and overall well-being.

- Excellent source of vitamin D, vitamin B_6, 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

Serving Size: 1 Pack
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	15	
Total Fat	1 g	1%*
Cholesterol	10 mg	3%
Total Carbohydrate	<1 g	<1%*
Protein	<1 g	2%*
Vitamin A	240 mcg RAE	27%
Vitamin C	3 mg	3%
Vitamin D	5 mcg	25%
Thiamin	0.1 mg	8%
Riboflavin	0.1 mg	8%
Vitamin B6	0.7 mg	41%
Calcium	30 mg	2%
Tuna Oil	1,330 mg	†
DHA	330 mg	†
EPA	60 mg	†
Black Currant Seed Oil	320 mg	†
Gamma-Linolenic Acid	47 mg	†
Proprietary Blend	660 mg	†

Porcine hypothalamus PMG™ extract, magnesium citrate, defatted wheat germ, organic carrot, organic sweet potato, nutritional yeast, bovine adrenal, bovine ovary PMG™ extract, bovine liver, bovine adrenal PMG™ extract, bovine pituitary PMG™ extract, bovine thyroid PMG™ extract (processed to substantially remove its thyroxine), bovine kidney, bovine spleen, ovine spleen, organic alfalfa (aerial parts) juice powder, organic pea vine 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: Gelatin, calcium lactate, water, glycerine, honey, cellulose, calcium stearate, arabic gum, ascorbic acid, starch, cholecalciferol, pyridoxine hydrochloride, vitamin A palmitate, sucrose, thiamine hydrochloride, d-alpha tocopherol (vitamin E soy), and riboflavin.

See page 34 for a guide to these dietary icons.

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Daily Fundamentals—General Health

Introduced in 2010
13020 - 60 Packs/Box

Standard Process Product Index

MediHerb Product Index

CONVENIENCE PACKS

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

- Excellent source of vitamin D, vitamin B_6, vitamin B_{12}, 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-B_{12} (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.

Supplement Facts

Serving Size: 1 Pack
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	15	
Total Fat	1 g	1%*
Cholesterol	5 mg	2%
Total Carbohydrate	1 g	<1%*
Vitamin A	360 mcg RAE	40%
Vitamin C	4 mg	4%
Vitamin D	7.8 mcg	39%
Thiamin	0.2 mg	17%
Riboflavin	0.2 mg	15%
Vitamin B6	1 mg	59%
Vitamin B12	4.2 mcg	175%
Iron	1.4 mg	8%
Iodine	300 mcg	200%
Zinc	2.7 mg	25%
Copper	0.3 mg	33%
Manganese	16 mg	696%
DHA	300 mg	†
EPA	60 mg	†
Proprietary Blend	2,176 mg	†

Tuna oil, defatted wheat germ, calcium lactate, kelp, organic carrot, organic sweet potato, nutritional yeast, bovine adrenal, magnesium citrate, bovine liver, organic alfalfa (aerial parts) juice powder, organic pea vine juice powder, oat flour, bovine kidney, bovine spleen, ovine spleen, bovine orchic extract, bovine bone, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, sunflower lecithin, veal bone, rice bran, organic shiitake mushroom powder, and organic reishi mushroom powder.

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

Other Ingredients: Gelatin, water, glycerine, honey, manganese lactate, zinc amino acid (rice) chelate, iron amino acid (rice) chelate, calcium stearate, copper amino acid (rice) chelate, arabic gum, dicalcium phosphate, ascorbic acid, modified corn starch, prolamine iodine (zein), cholecalciferol, pyridoxine hydrochloride, vitamin A palmitate, sucrose, thiamin hydrochloride, riboflavin, d-alpha tocopherol (vitamin E soy), and cyanocobalamin.

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Standard Process Product Index

MediHerb Product Index

Dermatrophin PMG®

Introduced in 1954
3475 - 90 Tablets

Dermatrophin PMG supports healthy skin and connective tissue.*

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

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

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	130 mg	†
Bovine epithelial PMG™ extract and magnesium citrate.		

†Daily Value not established.

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

This product features our exclusive Protomorphogen™ extract.

Diaplex®

Introduced in 1959
3555 - 150 Capsules
14010, 14011, 14020, 14021 - 10-Day Blood Sugar Support Kits

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 B_6*

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

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

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 75

	Amount per Serving	%Daily Value
Vitamin A	360 mcg RAE	40%
Niacin	1 mg	6%
Vitamin B6	0.2 mg	12%
Iodine	10 mcg	7%
Chromium	55 mcg	157%
Sodium	10 mg	<1%
Proprietary Blend	960 mg	†

Betaine hydrochloride, bovine pancreas PMG™ extract, organic alfalfa (aerial parts), calcium lactate, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, organic pea vine juice powder, oat flour, organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), pancreatin (3x), bovine pancreas Cytosol™ extract, magnesium citrate, bovine liver, ammonium chloride, bovine spleen Cytosol™ extract, organic carrot, organic sweet potato, defatted wheat germ, potassium bicarbonate, soy protein, pepsin (1:10,000), bovine pituitary PMG™ extract, enzymatically processed Spanish moss (*Tillandsia usneoides*) and beet (root), bovine kidney, bovine prostate, inositol, bovine orchic extract, bovine adrenal Cytosol™ extract, l-cysteine hydrochloride, organic flaxseed oil, and bovine liver fat extract.

†Daily Value not established.

Other Ingredients: Gelatin, chromium yeast, water, calcium stearate, stearic acid (vegetable source), modified corn starch, cellulose, niacinamide, ascorbic acid, vitamin A palmitate, sucrose, pyridoxine hydrochloride, d-alpha tocopherol (vitamin E sunflower), and prolamine iodine (zein).

Disodium Phosphate

Introduced in 1951
3600 - 90 Capsules

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

Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 30

	Amount per Serving	%Daily Value
Phosphorus	580 mg	46%
Sodium	700 mg	30%

†Daily Value not established.

Ingredients: Disodium phosphate, gelatin, calcium stearate, and water.

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Standard Process Product Index

MediHerb Product Index

Drenamin® GF

Introduced in 1935
3650 - 90 Tablets | 3700 - 360 Tablets
13040 - Adrenal Health Daily Fundamentals

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
- Contains a combination of key ingredients from Cataplex C, Cataplex G, and Drenatrophin PMG
- Excellent source of riboflavin and niacin
- Good source of vitamin B_6 and antioxidant vitamin C*

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

Synergistic Product Support
- Adrenal Desiccated
- Catalyn

Supplement Facts
Serving Size: 3 Tablets
Servings per Container: 30 or 120

	Amount per Serving	%Daily Value
Vitamin C	9 mg	10%
Riboflavin	1 mg	77%
Niacin	12 mg	75%
Vitamin B6	0.3 mg	18%
Choline	10 mg	2%
Sodium	5 mg	<1%
Proprietary Blend	685 mg	†

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.

†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.

Drenatrophin PMG® GF

Introduced in 1953
3725 - 90 Tablets

Drenatrophin PMG supports adrenal function.*

- Provides a unique profile of minerals, nucleotides, and peptides
- Supports adrenal gland health*

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

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

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	134 mg	†

Bovine adrenal PMG™ extract and magnesium citrate.

†Daily Value not established.

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

This product features our exclusive Protomorphogen™ extract.

Echinacea-C™ V GF

Introduced in 1998
3875 - 90 Tablets
13090 - Immune System Health Pack - Vegetarian

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 known allergy to plants of the daisy family.

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

	Amount per Serving	%Daily Value
Vitamin C	5 mg	6%
Proprietary Blend	197 mg	†

Organic echinacea angustofolia (root), organic echinacea purpurea (root), organic buckwheat (aerial parts) juice powder, and organic buckwheat flour.

†Daily Value not established.

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

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

E-Manganese™ GF

Introduced in 1958
3925 - 50 Tablets

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.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 50

	Amount per Serving	%Daily Value
Vitamin E	5.1 mg	34%
Calcium	30 mg	2%
Manganese	8 mg	348%
Proprietary Blend	192 mg	†
Bovine anterior pituitary, magnesium citrate, and ascorbic acid.		

†Daily Value not established.

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

Emphaplex®

Introduced in 1969
3950 - 90 Capsules

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 B_6
- 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.

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 45

	Amount per Serving	%Daily Value
Calories	5	
Cholesterol	<5 mg	<2%
Vitamin A	390 mcg RAE	45%
Vitamin C	6 mg	6%
Vitamin D	2.6 mcg	15%
Thiamin	0.1 mg	8%
Riboflavin	0.5 mg	40%
Niacin	4.2 mg	25%
Vitamin B6	0.3 mg	20%
Choline	20 mg	4%
Sodium	10 mg	<1%
Proprietary Blend	1,210 mg	†
Fenugreek (seed), defatted wheat germ, oat flour, soy protein, bovine adrenal, bovine bone, veal bone, bovine lung PMG™ extract, bovine liver, nutritional yeast, organic carrot, arrowroot flour, okra (fruit), bovine adrenal PMG™ extract, porcine stomach, organic alfalfa (aerial parts) juice powder, ribonucleic acid, calcium lactate, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, phosphoric acid, organic sweet potato, DL-methionine, bovine spleen, ovine spleen, L-lysine, glutamic acid, d-alpha tocopherol (vitamin E sunflower), organic shiitake mushroom powder, organic reishi mushroom powder, rice bran, sunflower lecithin powder, porcine brain, and inositol.		

†Daily Value not established.

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

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Standard Process Product Index

MediHerb Product Index

Enzycore

Introduced in 2010
4060 - 150 Capsules

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.

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 150

	Amount per Serving	%Daily Value
Proprietary Blend	538 mg	†
L-glutamine, organic kale (aerial parts), organic beet (root), amylase, protease 4.5, glucoamylase, alpha-galatosidase, lactase, peptidase, protease 6.0, acid maltase, protease 3.0, invertase, lipase, and bromelain.		

†Daily Value not established.

Other Ingredients: Cellulose, water, maltodextrin, and calcium stearate.

Epimune Complex

Introduced in 2009
4050 - 90 Capsules
16040, 16050 Sports Recovery Kits
13090 - Immune System Health Pack - Vegetarian

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.

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 45

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin C	20 mg	22%
Calcium	30 mg	2%
Zinc	10 mg	91%
Dried yeast fermentate	516 mg	†
Proprietary Blend	210 mg	†
Organic turkey tails mushroom powder, maitake mushroom extract, and maitake mushroom powder.		

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

Other Ingredients: Calcium lactate, cellulose, zinc amino acid (rice) chelate, organic acerola (berry), maltodextrin, and water.

With MaitakeGold 404® maitake mushroom extract, a registered trademark of the Tradeworks Group, Inc. protected under U.S. Patent 5,854,404.

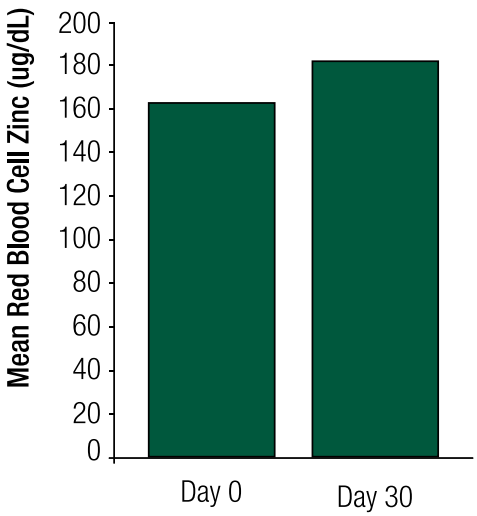
With EpiCor® dried yeast fermentate, a registered trademark of Embria Health Sciences, LLC.

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



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Standard Process Product Index

MediHerb Product Index

e-Poise®

Introduced in 1984
4030 - 150 Capsules

e-Poise supports cellular health.*

- 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 B_6, and antioxidant vitamin C*
- Good source of thiamin, B_{12}, 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

Serving Size: 2 Capsules
Servings per Container: 75

	Amount per Serving	%Daily Value
Vitamin A	420 mcg RAE	47%
Vitamin C	11 mg	12%
Vitamin D	7.5 mcg	38%
Thiamin	0.2 mg	17%
Riboflavin	0.3 mg	23%
Vitamin B6	1.2 mg	71%
Vitamin B12	0.4 mcg	17%
Calcium	20 mg	2%
Iron	2 mg	11%
Proprietary Blend	854 mg	†

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 (aerial parts) juice powder, carbamide, oat flour, bovine spleen PMG™ extract, veal bone, bovine bone, sunflower lecithin powder, organic shiitake mushroom powder, organic reishi mushroom powder, rice bran, porcine duodenum, choline bitartrate, citric acid, Spanish moss (*Tillandsia usneoides*), porcine stomach parenchyma, organic buckwheat (aerial parts), organic pea vine, licorice (root), and organic flaxseed oil.

†Daily Value not established.

Other Ingredients: Calcium lactate, gelatin, ferrous lactate, water, ascorbic acid, modified corn starch, calcium stearate, vitamin A palmitate, cholecalciferol, pyridoxine hydrochloride, sucrose, thiamine hydrochloride, dicalcium phosphate, d-alpha tocopherol (vitamin E sunflower), modified tapioca starch, riboflavin, and cyanocobalamin.

Barley field on the Standard Process certified organic farm

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

E-Z Mg™

Introduced in 2021
3940 - 180 Tablets

E-Z Mg is a plant-based, multiform organic magnesium (Mg) supplement developed to support patients with inadequate dietary magnesium intake.*

- Essential for central nervous system health*
- Helps to bridge the gap in dietary magnesium intake*
- Plant-based and considered ideal as a naturally occurring magnesium, as it consists of a collection of various magnesium forms (i.e., multiform)
- Vegetarian and USDA organic magnesium supplement
- Excellent source of vitamin K1 and iron
- Good source of magnesium*

Suggested Use: Six tablets per day, or as directed. Store in a cool, dark place.

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.

Warning: This product contains naturally occurring Vitamin K1. If you are taking blood-thinning medicines, are pregnant or nursing, or have been directed to eat a diet low in oxalates, please consult with your health care professional before taking this product..

Supplement Facts

Serving Size: 6 Tablets
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	20	
Total Fat	0.5 g	<1%*
Total Carbohydrate	4 g	1%*
Dietary Fiber	1 g	4%*
Total Sugars	<1 g	†
Protein	<1 g	1%*
Vitamin K1	36 mcg	30%
Calcium	20 mg	2%
Iron	6 mg	33%
Phosphorous	30 mg	2%
Magnesium	70 mg	17%
Potassium	380 mg	8%
Proprietary Blend	5.8 g	†
Organic buckwheat (aerial parts) juice powder and organic swiss chard juice powder.		

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

Other Ingredients: Organic rice (hull) concentrate, organic rice extract, organic rice hulls, organic arabic gum, and organic sunflower oil.

Fen-Cho®

Introduced in 1964
4230 - 90 Capsules

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.

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 45

	Amount per Serving	%Daily Value
Sodium	50 mg	2%
Proprietary Blend	686 mg	†
Collinsonia (root), fenugreek seed, purified bovine bile salts, and okra (fruit).		

†Daily Value not established.

Other Ingredients: Disodium phosphate, gelatin, calcium stearate, and water.

See page 34 for a guide to these dietary icons.

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Fen-Gre®

Introduced in 1961
4300 - 150 Capsules

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.

Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 50

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	<1 g	<1%*
Proprietary Blend	1,265 mg	†
Fenugreek seed, okra (fruit), and rice bran.		

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

Other Ingredients: Gelatin, water, and calcium stearate.

Ferrofood®

Introduced in 1944
4325 - 40 Capsules | 4375 - 150 Capsules

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 B_{12}, 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.

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 40 or 150

	Amount per Serving	%Daily Value
Vitamin C	30 mg	33%
Vitamin B12	1.7 mcg	71%
Iron	10 mg	56%
Proprietary Blend	230 mg	†

Bovine liver, carbamide, veal bone, bovine bone, defatted wheat germ, bovine spleen PMG™ extract, bovine adrenal, porcine duodenum, organic carrot, choline bitartrate, bovine spleen, ovine spleen, citric acid, oat flour, porcine stomach parenchyma, organic alfalfa (aerial parts) juice powder, Spanish moss (*Tillandsia usneoides*), rice bran, organic reishi mushroom powder, organic shiitake mushroom powder, licorice (root), bovine liver fat extract, magnesium citrate, and organic flaxseed oil.

†Daily Value not established.

Other Ingredients: Gelatin, camu camu (berry), organic acerola (berry), ferrous lactate, manioc (root), organic maltodextrin, water, calcium stearate, dicalcium phosphate, and cyanocobalamin.

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Folic Acid B12

Introduced in 1981
4410 - 180 Tablets

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

Serving Size: 1 Tablet
Servings per Container: 180

	Amount per Serving	%Daily Value
Folate (400 mcg folic acid)	665 mcg DFE	166%
Vitamin B12	6 mcg	250%
Proprietary Blend	350 mg	†
Calcium lactate, bovine liver, organic carrot, organic sweet potato, porcine stomach parenchyma, defatted wheat germ, bovine spleen, ovine spleen, bovine adrenal Cytosol™ extract, oat flour, and ascorbic acid.		

†Daily Value not established.

Other Ingredients: Honey, dicalcium phosphate, cellulose, folic acid, and cyanocobalamin.

For-Til B12®

Introduced in 1958
4435 - 90 Capsules

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

Serving Size: 1 Capsule
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin B12	3 mcg	125%
Proprietary Blend	288 mg	†
Spanish moss (*Tillandsia usneoides*), calcium lactate, defatted wheat germ, oat flour, calcium phosphate, bovine spleen, ovine spleen, ascorbic acid, and magnesium citrate.		

†Daily Value not established.

Other Ingredients: Gelatin, water, dicalcium phosphate, calcium stearate, and cyanocobalamin.

Garlic

Introduced in 1998
4475 - 90 Capsules

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

Serving Size: 1 Capsule
Servings per Container: 90

	Amount per Serving	%Daily Value
Proprietary Blend	590 mg	†
Organic garlic and organic parsley (aerial parts).		

†Daily Value not established.

Other Ingredients: Gelatin, water, and calcium stearate.

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Standard Process Product Index

MediHerb Product Index

Gastrex®

Introduced in 1959
4605 - 90 Capsules

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

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 45

	Amount per Serving	%Daily Value
Vitamin C	3 mg	3%
Niacin	6.4 mg	40%
Vitamin B6	0.1 mg	6%
Sodium	5 mg	<1%
Proprietary Blend	575 mg	†
Okra (fruit), calcium lactate, Spanish moss (*Tillandsia usneoides*), anise (seed), bovine liver, defatted wheat germ, porcine stomach, choline bitartrate, alginic acid, porcine duodenum, disodium phosphate, and oat (straw) extract.		

†Daily Value not established.

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

Gastro-Fiber®

Introduced in 2002
4615 - 150 Capsules
12010, 12035, 12055, 12065 - Purification Product Kits

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 Betafood
- ProSynbiotic

Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 50

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	<1 g	<1%*
Dietary Fiber	0.5 g	2%*
Proprietary Blend	1,250 mg	†
Psyllium (husk), collinsonia (root), apple pectin, fennel (seed), and fenugreek (seed).		

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

Other Ingredients: Cellulose, calcium stearate, and water.

Standard Process Purification Program Product

See page 34 for a guide to these dietary icons.

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Ginkgo Synergy®

Introduced in 2000
4625 - 40 Capsules

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

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 40

	Amount per Serving	%Daily Value
Proprietary Blend	405 mg	†
Gotu kola (leaf), organic buckwheat (aerial parts) juice powder, organic buckwheat flour, ginkgo biloba (leaf) extract, sunflower lecithin powder, ginkgo biloba (whole leaf), and grape seed extract.		

†Daily Value not established.

Other Ingredients: Cellulose, water, and calcium stearate.

Includes Masquelier's OPC-85® grape seed extract.

GI Stability™

Introduced in 2020
4690 - 90 Wafers

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*

^To date, shown in multiple animal studies, infants, and one adult human study

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*
- Epimune Complex – immune system support*
- ProSynbtioic – probiotic support*

Supplement Facts

Serving Size: 2 Wafers
Servings per Container: 45

	Amount per Serving	%Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
2-Fucosyllactose	1666 mg	†
Collinsonia (root)	200 mg	†
Proprietary Blend	440 mg	†
Organic beet (root) and okra (fruit).		

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

Other Ingredients: Organic rice (hull) concentrate and calcium stearate.

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Standard Process Product Index

MediHerb Product Index

Glucosamine Synergy®

Introduced in 2000
4635 - 90 Capsules
13050 Sports Recovery Packs

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

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 90

	Amount per Serving	%Daily Value
Manganese	1 mg	43%
Sodium	30 mg	1%
Glucosamine Sulfate (from shellfish)	475 mg	†
Proprietary Blend	91 mg	†

Indian frankincense (*Boswellia serrata*), calcium lactate, nutritional yeast, carbamide, bovine bone, veal bone PMG™ extract, bovine liver, defatted wheat germ, bovine heart PMG™ extract, magnesium citrate, oat flour, inositol, organic pea vine juice powder, Spanish moss (*Tillandsia usneoides*), ascorbic acid, organic carrot, ribonucleic acid, organic beet (root), organic sweet potato, bovine liver fat extract, d-alpha tocopherol (vitamin E sunflower), bovine adrenal Cytosol™ extract, bovine kidney, bovine spleen, ovine spleen, vitamin A palmitate, organic reishi mushroom powder, organic shiitake mushroom powder, rice bran, sunflower lecithin powder, cholecalciferol, organic flaxseed oil extract, and cyanocobalamin.

†Daily Value not established.

Other Ingredients: Gelatin, water, calcium stearate, manganese glycerophosphate, dicalcium phosphate, modified corn starch, modified tapioca starch, and sucrose.

Hemp Oil

Introduced in 2020
4710 - 30 mL (1 fl oz) | 4705 - 6 pack and counter display

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*

Supplement Facts

Serving Size: 1 mL
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	10	
Total Fat	1 g	1%*
Hemp Oil (stalk and seed) contains 15 mg phytocannabinoids	106 mg	†
Organic extra virgin olive oil	795 mg	†

*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.

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Hemp Oil Complex™

Introduced in 2018
4700 - 60 Softgels

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

Serving Size: 2 Softgels
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	5	
Total Fat	1 g	1%*
Cholesterol	10 mg	3%
Magnesium	45 mg	11%
Glucoraphanin	5 mg	†
DHA	130 mg	†
EPA	55 mg	†
Omega-3	230 mg	†
Omega-6	60 mg	†
Hemp Oil (stalk and seed) (Containing 15 mg phytocannabinoids)	100 mg	†
Proprietary Blend Calamari oil, TrueBroc®, and broccoli (aerial parts).	730 mg	†

*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/ip

Soil on the Standard Process certified organic farm

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Hepatrophin PMG®

Introduced in 1952
4775 - 90 Tablets

Hepatrophin PMG supports healthy liver function.*

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

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

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Sodium	30 mg	1%
Bovine Liver PMG™ extract	320 mg	†

†Daily Value not established.

Other Ingredients: Honey and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

Hypothalamus PMG®

Introduced in 1986
4825 - 60 Tablets
13030 - General Female Endocrine Daily Fundamentals

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

Serving Size: 1 Tablet
Servings per Container: 60

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	2%
Calcium	20 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	205 mg	†
Porcine hypothalamus PMG™ extract and magnesium citrate.		

†Daily Value not established.

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

This product features our exclusive Protomorphogen™ extract

Hypothalmex®

Introduced in 1986
4875 - 60 Tablets

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

Serving Size: 1 Tablet
Servings per Container: 60

	Amount per Serving	%Daily Value
Cholesterol	10 mg	3%
Calcium	20 mg	2%
Proprietary Blend	190 mg	†
Porcine hypothalamus Cytosol™ extract and magnesium citrate.		

†Daily Value not established.

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

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Immune System Health Pack

Introduced in 2020
13070 - 30 Packs/Box

Immune System Health Packs are designed to provide support in three convenient daily immune system supplement packs.*

- Excellent source of iron, zinc, copper, chromium, folate, iodine, and vitamins A, B_6 and B_{12} and antioxidant vitamins C and E
- Good source of selenium
- At the suggested use of three packs per day, this product provides an excellent source of calcium and a good source of magnesium.

Each box includes a 10-day supply of individual packs (taken 3 times a day). Each pack contains:

- Immuplex® (2 capsules) – a blend of essential micronutrients and minerals as well as Protomorphogen™ and Cytosol™ extracts to support the immune system.*
- Cataplex® F Tablets (2 tablets) – supports the body's inflammatory response function as it relates to periodic challenges like consumption of high-fat foods or strenuous activity.*
- Cataplex® C (3 tablets) – supports the immune system, skin and connective tissue, and bone health.*
- Calcium Lactate (2 tablets) – supports absorption of calcium and magnesium.*

Suggested Use: Contents of 1 pack three times a day.

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

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 Pack
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	10	
Cholesterol	5 mg	2%
Total Carbohydrate	1 g	<1%*
Protein	<1 g	2%*
Vitamin A	300 mcg RAE	33%
Vitamin C	71 mg	79%
Vitamin E	4.9 mg	33%
Vitamin B6	3.6 mg	212%
Folate (100 mcg folic acid)	165 mcg DFE	41%
Vitamin B12	2 mcg	83%
Calcium	110 mg	8%
Iron	5 mg	28%
Iodine	190 mcg	127%
Magnesium	15 mg	4%
Zinc	9 mg	82%
Selenium	6 mcg	11%
Copper	0.2 mg	22%
Chromium	30 mcg	86%
Sodium	35 mg	2%
Proprietary Blend	1,441 mg	†

Veal bone PMG™ extract, bovine liver PMG™ extract, defatted wheat germ, nutritional yeast, bovine adrenal, bovine liver, organic carrot, bovine spleen PMG™ extract, organic sweet potato, bovine thymus PMG™ extract, bovine thymus Cytosol™ extract, bovine prostate, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, organic alfalfa (aerial parts) juice powder, organic alfalfa (aerial parts), bovine spleen, ovine spleen, bovine orchic extract, organic shiitake mushroom powder, organic reishi mushroom powder, oat flour, veal bone, bovine bone, calcium phosphate, organic flaxseed oil, sunflower lecithin, organic echinacea purpurea (root), echinacea angustifolia (root), rice bran, and bovine liver fat extract.

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

Other Ingredients: Calcium lactate, honey, magnesium citrate, gelatin, zinc amino acid (rice) chelate, ascorbic acid, organic acerola (berry), iron amino acid (rice) chelate, camu camu (berry), calcium stearate, maltodextrin, manioc (root), chromium yeast, water, d-alpha tocopherol (vitamin E sunflower), arabic gum, modified tapioca starch, glycerine, selenium yeast, pyridoxine hydrochloride, copper amino acid (rice) chelate, modified corn starch, dicalcium phosphate, prolamine iodine (zein), vitamin A palmitate, sucrose, folic acid, and cyanocobalamin.

Sunset over the oat and barley fields on the Standard Process certified organic farm

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Standard Process Product Index

MediHerb Product Index

Immune System Health Pack - Vegetarian

Introduced in 2020
13090 - 60 Packs/Box

Vegetarian Immune System Health Packs are designed to provide support in two convenient daily vegetarian immune system supplement packs.*

- Supports specific aspects of immune system activity and contains research-supported ingredients such as EpiCor® and maitake and turkey tail mushrooms*
- At the suggested use of two packs per day, this product provides an excellent source of antioxidant vitamins A and C.
- Excellent source of vitamin D and zinc.

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

- Epimune Complex (1 capsule) – a vegan immune system support supplement designed to help your immune system stand up to challenges. It helps support respiratory health.*
- Cataplex® D (1 tablet) – supports bone health, mineral absorption, the immune system, and cellular processes.*
- Echinacea-C™ (1 tablet) – supports the immune system.*

Suggested Use: Contents of 1 pack each morning and evening.

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

Supplement Facts

Serving Size: 1 Pack
Servings per Container: 60

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin A	150 mcg RAE	17%
Vitamin C	15 mg	17%
Vitamin D	20 mcg	100%
Calcium	40 mg	3%
Zinc	5 mg	45%
Dried yeast fermentate	258 mg	†
Proprietary Blend	305 mg	†
Organic turkey tails mushroom powder, echinacea angustifolia (root), organic echinacea purpurea (root), organic buckwheat (aerial parts) juice powder, organic buckwheat flour, maitake mushroom powder, and maitake mushroom extract.		

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

Other Ingredients: Calcium lactate, cellulose, organic acerola (berry), milk powder, honey, organic rose hips, zinc amino acid (rice) chelate, maltodextrin, potassium citrate, water, arabic gum, glycerine, calcium stearate, modified corn starch, sucrose, vitamin A palmitate, ascorbic acid, and cholecalciferol.

With MaitakeGold 404® maitake mushroom extract, a registered trademark of the Tradeworks Group, Inc. protected under U.S. Patent 5,854,404.

With EpiCor® dried yeast fermentate, a registered trademark of Embria Health Sciences, LLC.

Immuplex®

Introduced in 1984
4940 - 90 Capsules | 4960 - 150 Capsules
13070 - Immune System Health Pack

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, B_6 and B_{12} 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.

Supplement Facts

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

	Amount per Serving	%Daily Value
Cholesterol	5 mg	<2%
Vitamin A	300 mcg RAE	30%
Vitamin C	54 mg	60%
Vitamin E	4.9 mg	35%
Vitamin B6	2 mg	120%
Folate (100 mcg folic acid)	165 mcg DFE	41%
Vitamin B12	2 mcg	85%
Iron	5 mg	30%
Zinc	9 mg	80%
Selenium	6 mcg	10%
Copper	0.2 mg	20%
Chromium	30 mcg	90%
Sodium	25 mg	1%
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), selenium yeast, copper rice chelate, pyridoxine hydrochloride, dicalcium phosphate, calcium stearate, vitamin A palmitate, folic acid, and cyanocobalamin.

Synergistic Product Support

- Calamari Omega-3 Liquid or Tuna Omega-3 Oil

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Standard Process Product Index

MediHerb Product Index

Inositol

Introduced in 1948
5000 - 90 Tablets

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.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Inositol	375 mg	†

†Daily Value not established.

Other Ingredients: Honey, water, and calcium stearate.

Inositol Powder

Introduced in 2000
5010 - 10 Ounces (284 grams)

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.

Supplement Facts

Serving Size: ¼ teaspoon
Servings per Packet: 405

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Inositol	700 mg	†

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

Iodomere®

Introduced in 1964
5020 - 90 Tablets

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.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Iodine	200 mcg	133%
Proprietary Blend	364 mg	†
Green-lipped mussel (*Perna canaliculus*)(shellfish), organic carrot, organic sweet potato, bovine liver, organic echinacea angustofolia (root), and organic echinacea purpurea (root).		

†Daily Value not established.

Other Ingredients: Honey, prolamine iodine (zein), and calcium stearate.

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Iplex®

Introduced in 1957
5100 - 150 Capsules

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 B_6 and antioxidant vitamin A*

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

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 75

	Amount per Serving	%Daily Value
Vitamin A	160 mcg RAE	18%
Vitamin C	6 mg	7%
Riboflavin	0.4 mg	31%
Niacin	4.8 mg	30%
Vitamin B6	0.2 mg	12%
Choline	10 mg	2%
Sodium	15 mg	<1%
Proprietary Blend	943 mg	†

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 reishi 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.

Lact-Enz® GF

Introduced in 1988
5130 - 90 Capsules | 5135 - 150 Capsules

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

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Proprietary Blend	925 mg	†

Maltodextrin (tapioca), amylase, protease, cellulase, *Lactobacillus acidophilus, Bifidobacterium longum,* and lipase.

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

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

Lactic Acid Yeast™

Introduced in 1939
5150 - 100 Wafers

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

	Amount per Serving	%Daily Value
Calories	5	
Cholesterol	5 mg	2%
Total Carbohydrate	1 g	<1%*
Proprietary Blend	880 mg	†

Organic corn, whey (milk), malt syrup, and yeast (*Saccharomyces cerevisiae*).

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

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

See page 34 for a guide to these dietary icons.

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Ligaplex® I GF

Introduced in 1959
5225- 150 Capsules

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 B_{12}, Cataplex E, Ostrophin PMG, and Cataplex A-C-P
- Excellent source of vitamin B_{12} and manganese*

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

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 75

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	2%
Vitamin A	70 mcg RAE	8%
Vitamin C	2 mg	2%
Vitamin E	1.1 mg	7%
Vitamin B12	5.8 mcg	242%
Phosphorus	20 mg	2%
Manganese	55 mg	2,391%
Sodium	10 mg	<1%
Proprietary Blend	770 mg	†

Bovine bone, calcium lactate, organic pea vine juice powder, oat flour, bovine liver, veal bone PMG™ extract, bovine kidney, organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), inositol, organic beet (root), nutritional yeast, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, ribonucleic acid, organic carrot, organic sweet potato, bovine adrenal Cytosol™ extract, bovine spleen, ovine spleen, organic reishi mushroom powder, organic shiitake mushroom powder, sunflower lecithin powder, and carrot oil.

†Daily Value not established.

Other Ingredients: Manganese lactate, gelatin, water, calcium stearate, dicalcium phosphate, d-alpha tocopherol (Vitamin E sunflower), modified tapioca starch, ascorbic acid, modified corn starch, vitamin A palmitate, sucrose, and cyanocobalamin.

Kidney beans on the Standard Process certified organic farm

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Ligaplex® II GF

Introduced in 1961
5300 - 150 Capsules

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™ extract
- Contains a combination of key ingredients from Cyro-Yeast, Cardiotrophin PMG, Ostrophin PMG, Manganese B_{12}, Super EFF, and Cataplex E
- Excellent source of vitamin A, vitamin B_{12} 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-B_{12}

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 75

	Amount per Serving	%Daily Value
Vitamin A	180 mcg RAE	20%
Vitamin D	0.6 mcg	3%
Vitamin E	0.7 mg	5%
Vitamin B12	2 mcg	83%
Manganese	35 mg	1,522%
Sodium	10 mg	<1%
Proprietary Blend	650 mg	†

Nutritional yeast, carbamide, bovine bone, veal bone PMG™ extract, bovine liver, defatted wheat germ, bovine heart PMG™ extract, magnesium citrate, oat flour, inositol, organic pea vine juice powder, Spanish moss (*Tillandsia usneoides*), organic beet (root), organic sweet potato, organic carrot, ribonucleic acid, bovine liver fat extract, bovine adrenal Cytosol™ extract, bovine kidney, bovine spleen, ovine spleen, organic shiitake mushroom powder, organic reishi mushroom powder, rice bran, sunflower lecithin powder, and organic flaxseed oil extract.

†Daily Value not established.

Other Ingredients: Manganese glycerophosphate, calcium lactate, gelatin, water, calcium stearate, ascorbic acid, starch, d-alpha tocopherol (vitamin E sunflower), dicalcium phosphate, vitamin A palmitate, cholecalciferol, sucrose, and cyanocobalamin.

Linum B_6 GF

Introduced in 1962
5340 - 120 Softgels

Linum B_6 contains flaxseed oil, a natural source of alpha-linolenic acid, and vitamin B_6. 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 B_6*

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

Supplement Facts

Serving Size: 1 Softgel
Servings per Container: 120

	Amount per Serving	%Daily Value
Calories	5	
Vitamin B6	2 mg	118%
Flaxseed Oil	630 mg	†

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

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

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Livaplex® GF

Introduced in 1969
5375 - 90 Capsules

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 B_6 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.

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin A (54% as beta-carotene)	150 mcg RAE	17%
Niacin	2.8 mg	18%
Vitamin B6	0.8 mg	47%
Iron	2.5 mg	14%
Iodine	10 mcg	7%
Zinc	5 mg	45%
Copper	0.1 mg	11%
Sodium	10 mg	<1%
Proprietary Blend	582 mg	†

Bovine liver PMG™ extract, organic Spanish black radish (root), bovine liver, organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), calcium lactate, Spanish moss (*Tillandsia usneoides*), organic sweet potato, organic carrot, oat flour, betaine hydrochloride, magnesium citrate, choline bitartrate, potassium bicarbonate, bovine kidney, bovine prostate, bovine adrenal Cytosol™ extract, bovine liver fat extract (yakriton), bovine orchic extract, organic flaxseed oil, ascorbic acid, bovine liver fat extract, and d-alpha tocopherol (vitamin E sunflower).

†Daily Value not established.

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, prolamine iodine (zein), vitamin A palmitate, and sucrose.

Synergistic Product Support

- Cruciferous Complete, Garlic, and Spanish Black Radish

Magnesium Lactate GF

Introduced in 1987
5425 - 90 Capsules
13060 Sports Performance Packs

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.

Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	10	
Total Carbohydrate	1 g	<1%*
Magnesium	210 mg	50%

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

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

Synergistic Product Support

- Calcium Lactate

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Mammary PMG®

Introduced in 1956
5450 - 90 Tablets

Mammary PMG supports the mammary gland.*

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

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

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Cholesterol	5 mg	2%
Calcium	20 mg	2%
Sodium	15 mg	<1%
Proprietary Blend	185 mg	†
Bovine mammary PMG™ extract and magnesium citrate.		

†Daily Value not established.

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

This product features our exclusive Protomorphogen™ extract

Manganese B12™

Introduced in 1956
5490 - 90 Tablets

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

	Amount per Serving	%Daily Value
Vitamin C	9 mg	10%
Vitamin B12	5 mcg	208%
Iron	1 mg	6%
Zinc	1.9 mg	17%
Copper	0.2 mg	22%
Manganese	34 mg	1,478%
Proprietary Blend	70 mg	†
Organic carrot, organic sweet potato, and bovine bone.		

†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.

Min-Chex®

Introduced in 1963
5525 - 90 Capsules

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

- Supports nervous system health
- Moderate calmative 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

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Niacin	25 mg	156%
Vitamin B6	5 mg	294%
Iodine	300 mcg	200%
Sodium	5 mg	<1%
Proprietary Blend	270 mg	†
Bovine orchic Cytosol™ extract, magnesium citrate, manganese lactate, bovine liver, porcine stomach, soy protein, bovine spleen, ovine spleen, defatted wheat germ, porcine brain, and ascorbic acid.		

†Daily Value not established.

Other Ingredients: Calcium lactate, kelp, gelatin, niacinamide, water, pyridoxine hydrochloride, and calcium stearate.

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Min-Tran®

Introduced in 1960
5615 - 330 Tablets | 5625 - 800 Tablets

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

- Supports a healthy nervous system
- Mild calmative 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.

Supplement Facts

Serving Size: 4 Tablets
Servings per Container: 82 or 200

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Calcium	120 mg	9%
Iodine	200 mcg	133%
Magnesium	20 mg	5%
Sodium	10 mg	<1%

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

Ingredients: Calcium lactate, kelp, magnesium citrate, organic alfalfa (aerial parts), and calcium stearate.

Multizyme®

Introduced in 1963
5685 - 90 Capsules | 5695 - 150 Capsules

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

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 90 or 150

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	2%
Proprietary Blend	376 mg	†
Fig (fruit), defatted almonds, pancreatin (3x), stearic acid (vegetable source), bromelain, papain, amylase, cellulase, and lipase.		

†Daily Value not established.

Other Ingredients: Cellulose, gelatin, water, calcium stearate, and potato dextrin.

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Neuroplex®

Introduced in 1986
5855 - 90 Capsules

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 B_6, 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.

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 45

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	<2%
Thiamin	0.9 mg	75%
Riboflavin	0.9 mg	69%
Niacin	40 mg	250%
Vitamin B6	8.9 mg	524%
Iron	8 mg	44%
Zinc	16 mg	145%
Copper	0.3 mg	33%
Sodium	10 mg	<1%
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

Introduced in 1953
5900 - 90 Tablets

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: One tablet, three times per day on an empty stomach, or as directed.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Cholesterol	10 mg	3%
Sodium	15 mg	<1%
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

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Niacinamide B6

Introduced in 1949
5980 - 90 Capsules

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.

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 90

	Amount per Serving	%Daily Value
Niacin	50 mg	313%
Vitamin B6	9 mg	529%
Proprietary Blend	415 mg	†
Bovine liver, porcine stomach, calcium lactate, soy protein, bovine spleen, ovine spleen, defatted wheat germ, porcine brain, and ascorbic acid.		

† Daily Value not established.

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

Nutrimere®

Introduced in 1955
6010 - 90 Capsules

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.

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 45

	Amount per Serving	%Daily Value
Sodium	20 mg	<1%
Proprietary Blend	794 mg	†
Green-lipped mussel (*Perna canaliculus*) (shellfish), organic carrot, and organic sweet potato.		

†Daily Value not established.

Other Ingredients: Gelatin and water.

Oculotrophin PMG®

Introduced in 1956
6075 - 90 Tablets

Oculotrophin PMG is formulated to support eye health.*

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

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

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	15 mg	<1%
Proprietary Blend	190 mg	†
Porcine eye 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.

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Okra Pepsin E$_3$

Introduced in 1962
6083 - 90 Capsules | 6087 - 150 Capsules

Okra Pepsin E$_3$ 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

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 90 or 150

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	2%
Proprietary Blend	215 mg	†

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.

†Daily Value not established.

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

Standard Process Product Index

MediHerb Product Index

Brussels sprout seedlings in the Standard Process greenhouse

See page 34 for a guide to these dietary icons.

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Olprima™ DHA GF

Introduced in 2019
6040 - 60 Softgels

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-3s and optimize health with the Omega-3 Index Plus Test.
See page 139 for more information.

Supplement Facts

Serving Size: 2 Softgels
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	15	
Total Fat	1 g	<2%*
Cholesterol	10 mg	3%
Fish Oil Concentrate (from Tuna)	1220 mg	†
Total Omega-3	800 mg	†
DHA	670 mg	†
DPA	75 mg	†

*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 GF

Introduced in 2019
6040 - 60 Softgels

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-3s and optimize health with the Omega-3 Index Plus Test.
See page 139 for more information.

Supplement Facts

Serving Size: 2 Softgels
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	10	
Total Fat	1 g	<2%*
Fish Oil Concentrate (from Anchovy and Sardine)	1200 mg	†
Omega-3	660 mg	†
Omega-6	50 mg	†
Omega-7	45 mg	†
Omega-9	75 mg	†
EPA	600 mg	†

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

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

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Olprima™ EPA|DHA

Introduced in 2019
6060 - 60 Softgels

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, or as directed.

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

Track omega-3s and optimize health with the Omega-3 Index Plus Test.
See page 139 for more information.

Supplement Facts

Serving Size: 2 Softgels
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	10	
Total Fat	1 g	1%*
Fish Oil Concentrate (from Anchovy and Sardine)	1220 mg	†
DHA	400 mg	†
DPA	30 mg	†
EPA	500 mg	†

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

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

OPC Synergy®

Introduced in 2000
6090 - 40 Capsules
13050 - Sports Recovery Packs

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, or as directed.

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 40

	Amount per Serving	%Daily Value
Proprietary Blend	410 mg	†
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.

Other Ingredients: Gelatin, water, and calcium stearate.

Includes Masquelier's® Original OPC-85 grape seed extract.

MASQUELIER'S® OPCs is a registered trademark of International Nutrition Company BV, Loosdrecht, the Netherlands.

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Orchex®

Introduced in 1956
6105 - 90 Capsules | 6115 - 150 Capsules

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

Serving Size: 1 Capsule
Servings per Container: 90 or 150

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	2%
Niacin	25 mg	156%
Vitamin B6	5 mg	294%
Proprietary Blend	465 mg	†
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.		

†Daily Value not established.

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

Orchic PMG® GF

Introduced in 1952
6175 - 90 Tablets

Orchic PMG supports healthy testicular function.*

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

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

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	20 mg	<1%
Proprietary Blend	197 mg	†
Bovine orchic 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.

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Standard Process Product Index

MediHerb Product Index

Organically Bound Minerals

Introduced in 1935
6285 - 180 Tablets

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*

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 180

	Amount per Serving	%Daily Value
Iodine	200 mcg	130%
Proprietary Blend	340 mg	†
Organic kelp and organic dried alfalfa (aerial parts) juice.		

†Daily Value not established.

Other Ingredients: Organic honey, organic rice extract, organic rice hulls, organic arabic gum, and organic sun flower oil.

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®

Introduced in 1958
6355 - 90 Capsules

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 B_6*

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 90

	Amount per Serving	%Daily Value
Riboflavin	0.1 mg	8%
Niacin	1.3 mg	8%
Vitamin B6	0.2 mg	12%
Sodium	5 mg	<1%
Proprietary Blend	425 mg	†

Organic alfalfa (aerial parts), nutritional yeast, veal bone PMG™ extract, betaine hydrochloride, ammonium chloride, arrowroot flour, potassium citrate, soy protein, choline bitartrate, phosphoric acid, bovine liver, porcine stomach, calcium lactate, manganese glycerophosphate, bovine adrenal, magnesium citrate, bovine spleen, ovine spleen, licorice (root), defatted wheat germ, porcine brain, inositol, and ascorbic acid.

† Daily Value not established.

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

See page 34 for a guide to these dietary icons.

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Ostrophin PMG®

Introduced in 1955
6500 - 90 Tablets
13010 - Bone Health Daily Fundamentals

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: One tablet, three times per day on an empty stomach, or as directed.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	30 mg	2%
Manganese	4 mg	174%
Sodium	20 mg	<1%
Proprietary Blend	250 mg	†
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 P PMG™

Introduced in 2021
6560 - 90 Tablets

Ovatrophin P PMG supports healthy ovary function.*

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

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

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	30 mg	1%
Proprietary Blend	190 mg	†
Porcine 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

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Ovex® GF

Introduced in 1953
6600 - 90 Tablets

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.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin C	2 mg	2%
Proprietary Blend	355 mg	†
Calcium lactate, bovine ovary Cytosol™ extract, magnesium citrate, and d-alpha tocopherol (vitamin E sunflower).		

†Daily Value not established.

Other Ingredients: Cellulose, calcium stearate, ascorbic acid, and modified tapioca starch.

Ovex® P

Introduced in 1993
6625 - 90 Tablets

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.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin C	2 mg	2%
Proprietary Blend	355 mg	†
Calcium lactate, porcine ovary Cytosol™ extract, magnesium citrate, and d-alpha tocopherol (vitamin E sunflower).		

†Daily Value not established.

Other Ingredients: Cellulose, calcium stearate, ascorbic acid, and modified tapioca starch.

Palmettoplex® GF

Introduced in 2001
6640 - 150 Capsules

Palmettoplex supports male reproductive system health.*

- Supports healthy prostate gland function
- Good source of zinc*

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

Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 50

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	<1 g	<1%*
Zinc	7.5 mg	68%
Sodium	35 mg	2%
Proprietary Blend	1,160 mg	†
Saw palmetto (berry) powder, saw palmetto (berry) extract, stinging nettle (root) extract, bovine prostate PMG™ extract, glutamic acid, tomato (fruit) powder, alanine, pygeum (bark) extract, and glycine.		

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

Other Ingredients: Gelatin, zinc amino acid (rice) chelate, maltodextrin, water, calcium stearate, silica, tricalcium phosphate, corn starch, and

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Pancreatrophin PMG®

Introduced in 1953
6650 - 90 Tablets

Pancreatrophin PMG is designed to support healthy pancreatic function.*

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

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

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Sodium	20 mg	<1%
Proprietary Blend	425 mg	†
Bovine pancreas PMG™ extract, organic alfalfa (aerial parts) juice powder, nutritional yeast, porcine duodenum, defatted wheat germ, organic buckwheat (aerial parts) juice powder, and organic buckwheat flour.		

†Daily Value not established.

Other Ingredients: Arabic gum and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

Paraplex®

Introduced in 1965
6715 - 90 Tablets
13040 - Adrenal Health Daily Fundamentals

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, Thytrophin PMG, Pancreatrophin PMG, and Drenatrophin PMG*

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

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	190 mg	†
Magnesium citrate, bovine pancreas PMG™ extract, organic dried alfalfa (aerial parts) juice powder, nutritional yeast, bovine adrenal PMG™ extract, porcine duodenum, defatted wheat germ, bovine pituitary PMG™ extract, bovine thyroid PMG™ extract (processed to substantially remove its thyroxine), and organic dried buckwheat (aerial parts) juice powder.		

†Daily Value not established.

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

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Standard Process Product Index

MediHerb Product Index

Parotid PMG®

Introduced in 1955
6750 - 90 Tablets

Parotid PMG supports the saliva-producing parotid gland.*

- Provides a unique profile of minerals, nucleotides, and peptides
- Supports healthy parotid gland function*

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

Synergistic Product Support
- Enzycore or Zypan

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Sodium	25 mg	1%
Proprietary Blend	358 mg	†
Bovine parotid PMG™ extract, calcium lactate, and magnesium citrate.		

†Daily Value not established.

Other Ingredients: Cellulose and calcium stearate.

This product features our exclusive Protomorphogen™ extract

Phosfood® Liquid

Introduced in 1931
6800 - 2 fl. oz. (60 mL)

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

Serving Size: 10 drops (0.5cc)
Servings per Container: 120

	Amount per Serving	%Daily Value
Phosphorus	40 mg	3%

Other Ingredients: Water, phosphoric acid, inositol, and riboflavin.

Pituitrophin PMG®

Introduced in 1953
6850 - 90 Tablets

Pituitrophin PMG supports healthy pituitary function.*

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

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

Synergistic Product Support
- Catalyn
- Hypothalamus PMG
- Trace Minerals-B_{12}

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	30 mg	2%
Proprietary Blend	115 mg	†
Magnesium citrate and bovine pituitary PMG™ extract.		

†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.

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Standard Process Product Index

MediHerb Product Index

Pneumotrophin PMG®

Introduced in 1952
6900 - 90 Tablets

Pneumotrophin PMG supports healthy lung function.*

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

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

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	15 mg	<1%
Proprietary Blend	180 mg	†
Bovine lung PMG™ extract and magnesium citrate.		

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose and calcium stearate.

This product features our exclusive Protomorphogen™ extract

Possible™ Bar

Introduced in 2020
9100 - 10 Bars

The Possible Bar delivers multidimensional support for high-achieving athletes and adventurers in a convenient, high-calorie nutritional bar. It targets a spectrum of human performance factors – energy metabolism, muscle recovery, antioxidant activity, digestive health, immune support, and brain support* – to fuel effort and put goals within reach.

- Made with Standard Process supplements
- Contains 20 g of plant-based protein per bar and whole food based ingredients
- Contains a variety of nuts, seeds, and dried berries
- A convenient source of macronutrients, vitamins, and minerals
- Excellent source of fiber*

Suggested Use: 1-2 servings per day.

Please note that there is no health care professional discount on this product

Supplement Facts

Serving Size: 1 Bar (123 g)

	Amount per Serving	%Daily Value
Calories	550	
Total Fat	29 g	37%*
Saturated Fat	8 g	40%*
Total Carbohydrate	61 g	22%*
Dietary Fiber	9 g	32%*
Total Sugars	26 g	†
Includes 22 g Added Sugars		44%*
Protein	20 g	40%*
Vitamin E	8 mg	53%
Thiamin	0.4 mg	33%
Riboflavin	0.6 mg	46%
Niacin	4.8 mg	30%
Vitamin B6	0.6 mg	35%
Folate (54 mcg folic acid)	90 mcg DFE	23%
Vitamin B12	1.5 mcg	63%
Biotin	55 mcg	183%
Pantothenic Acid	1.9 mg	38%
Calcium	150 mg	12%
Iron	4 mg	22%
Phosphorus	350 mg	28%
Magnesium	130 mg	31%
Zinc	9 mg	82%
Copper	0.4 mg	44%
Manganese	1 mg	43%
Chromium	16 mcg	46%
Molybdenum	30 mcg	67%
Sodium	260 mg	11%
Potassium	700 mg	15%
Omega-3 (ALA)	450 mg	†

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

Ingredients: Almond butter, honey, tapioca fiber syrup, organic pea protein, banana powder, organic virgin coconut oil, cranberries, allulose, date syrup, amylopectin (from waxy maize), apple flake powder, rolled oats, chia seeds, organic buckwheat flour, organic pumpkin seed protein, green banana flour, organic beet (root), pumpkin seeds, blueberries and apple juice concentrate, sunflower seeds, sunflower lecithin, organic cocoa powder (processed with alkali), organic quinoa sprouts, multi-fruit seed powder (ruby grape seed, blueberry seed, cranberry seed, red raspberry seed, and black raspberry seed), dried yeast fermentate, arabic gum, ribonucleic acid, xanthan gum, organic cordyceps mushroom powder, calcium lactate, L-leucine, sunflower oil, organic turkey tail mushroom powder, green tea (leaf) powder, organic buckwheat (aerial parts) juice powder, organic buckwheat (aerial parts), zinc amino acid (rice) chelate, organic acerola (berry), L-isoleucine, L-valine, American ginseng (root), mixed tocopherols, organic carrot, sea salt, Coenzyme Q10, grape seed extract, bromelain, maitake mushroom powder, maltodextrin, cellulose, bilberry (fruit) extract, green tea (leaf) extract, red wine extract, calcium stearate, and maitake mushroom extract.

Contains: Tree nuts

See page 34 for a guide to these dietary icons.

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Prebiotic Inulin

Introduced in 2009
6920 - 9 Ounces (255 g)

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.

Supplement Facts

Serving Size: 2 Teaspoons (scoops) (approx. 8 grams)
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	15	
Total Carbohydrate	6 g	2%*
Dietary Fiber (as Inulin [Chicory root fiber])	5 g	18%*
Total Sugars	<1 g	†
Calcium	200 mg	15%
Magnesium	40 mg	10%

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

Other Ingredients: Calcium lactate and magnesium lactate.

Synergistic Product Support

- Gut Flora Complex (MediHerb®)
- ProSynbiotic
- Vitanox® (MediHerb)

Prolamine Iodine

Introduced in 1952
6940 - 90 Tablets | 6945 - 180 Tablets

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_2). This aqueous solution creates a unique triiodide form (KI_3) 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.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90 or 180

	Amount per Serving	%Daily Value
Calcium	30 mg	2%
Iodine	600 mcg	400%

Ingredients: Calcium lactate, magnesium citrate, cellulose, prolamine iodine (zein), and calcium stearate.

Synergistic Product Support

- Symplex F or Symplex M
- Thytrophin PMG

See page 34 for a guide to these dietary icons.

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Prolamine Iodine Plus

Introduced in 2020
6947 - 90 Capsules

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 (I_2). This aqueous solution creates a unique triiodide form (KI_3) which forms stable bonds with both starch and protein in organic corn meal from Standard Process certified organic farm.

Suggested Use: One capsule 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

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

	Amount per Serving	%Daily Value
Iodine	3000 mcg	2000%

Ingredients: Organic beet (root), cellulose, organic kelp, prolamine iodine (zein), and water.

Prostate PMG®

Introduced in 1953
6950 - 90 Tablets

Prostate PMG supports healthy prostate gland function.*

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

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

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

	Amount per Serving	%Daily Value
Sodium	35 mg	2%
Proprietary Blend	240 mg	†
Bovine prostate PMG™ extract and magnesium citrate.		

†Daily Value not established.

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

This product features our exclusive Protomorphogen™ extract

Prost-X™

Introduced in 1955
7060 - 90 Capsules

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.

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

	Amount per Serving	%Daily Value
Proprietary Blend	270 mg	†
Spanish moss (*Tillandsia usneoides*), calcium glycerophosphate, and bovine prostate Cytosol™ extract.		

†Daily Value not established.

Other Ingredients: Gelatin, honey, water, and calcium stearate.

See page 34 for a guide to these dietary icons.

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ProSynbiotic

Introduced in 2010
7080 - 90 Capsules

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.

Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	2 g	<1%*
Dietary Fiber	2 g	7%*
Proprietary Blend	1,689 mg	†

Inulin (chicory root fiber), galactooligosaccharides (GOS) (milk), yeast (*Saccharomyces boulardii*), *Lactobacillus acidophillus*, *Lactobacillus paracasei*, and *Bifidobacterium* (190 mg live microorganisms, 4 billion CFU).

*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 acidophillus* LA-5®, *Lactobacillus paracasei* L. casei 431®, *Bifidobacterium* BB-12®.

LA-5®, BB-12®, and L. casei 431® are registered trademarks of Chr. Hansen, Inc.

Synergistic Product Support

- Gastro-Fiber or 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. 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.

Protefood®

Introduced in 1953
7100 - 90 Capsules

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

Serving Size: 1 Capsule
Servings per Container: 90

	Amount per Serving	%Daily Value
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.

†Daily Value not established.

Other Ingredients: Bovine bone, veal bone, gelatin, choline bitartrate, ascorbic acid, water, and calcium stearate.

Purification Product Kits

Introduced in 2003
12010 - 1 Kit With SP Complete® and Gastro-Fiber®
12020 - 1 Kit With SP Complete® and Whole Food Fiber
12035 - 1 Kit With SP Complete® Dairy Free and Gastro-Fiber®
12040 - 1 Kit With SP Complete® Dairy Free and Whole Food Fiber
12065 - 1 Kit With SP Complete® Chocolate and Gastro-Fiber®
12070 - 1 Kit With SP Complete® Chocolate and Whole Food Fiber
12055 - 1 Kit with SP Complete® Vanilla and Gastro-Fiber®
12060 - 1 Kit with SP Complete® Vanilla and Whole Food Fiber

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.

Standard Process
Purification Program Product

Kit with SP Complete
Dairy Free and Gastro-Fiber

Kit with SP Complete
Dairy Free and Whole Food Fiber

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Regeneplex®

Introduced in 2013
7480 - 90 Capsules

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 or antioxidant vitamin C
- Good source of zinc*

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

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 45

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	<1 g	<1%*
Vitamin C	20 mg	22%
Zinc	2 mg	18%
Choline	10 mg	2%
Coenzyme Q10 (CoQ10)	15 mg	†
Lutein	3.5 mg	†
Proprietary Blend	850 mg	†

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, manioc root, choline bitartrate, zinc rice chelate, glucose, casein (milk), sodium ascorbate, lipids from oleoresin and vegetable oil, mixed tocopherols, tricalcium phosphate, lycopene, ascorbyl palmitate, beta-carotene, mono-and diglycerides of fatty acids, alpha-carotene, and lecithin (soy).

Renafood®

Introduced in 1975
7120 - 180 Tablets

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.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 180

	Amount per Serving	%Daily Value
Vitamin A	230 mcg RAE	26%
Vitamin C	2 mg	2%
Sodium	5 mg	<1%
Proprietary Blend	385 mg	†

Kidney bean (aerial parts) juice powder, bovine kidney PMG™ extract, lactose (milk), bovine kidney, oat flour, defatted wheat germ, enzymatically processed Spanish moss (*Tillandsia usneoides*) and beet (root), organic carrot, and organic sweet potato.

†Daily Value not established.

Other Ingredients: Honey, arabic gum, ascorbic acid, modified corn starch, vitamin A palmitate, and sucrose.

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Renatrophin PMG®

Introduced in 1954
7175 - 90 Tablets

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, three times per day on an empty stomach, or as directed.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Sodium	20 mg	<1%
Proprietary Blend Bovine kidney PMG™ extract and magnesium citrate.	245 mg	†

†Daily Value not established.

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

This product features our exclusive Protomorphogen™ extract.

Ribonucleic Acid (RNA)

Introduced in 1952
7225 - 90 Tablets | 7230 - 180 Tablets

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.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90 or 180

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	5 mg	<1%
Proprietary Blend Ribonucleic acid and magnesium citrate.	270 mg	†

†Daily Value not established.

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

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Rumaplex®

Introduced in 1958
7275 - 40 Capsules

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, Calcifood, 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.

Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 13

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	2%
Vitamin A	230 mcg RAE	26%
Vitamin C	3 mg	3%
Calcium	30 mg	2%
Niacin	2.7 mg	17%
Sodium	20 mg	<1%
Proprietary Blend	1,100 mg	†

Nutritional yeast, bovine bone, magnesium citrate, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, veal bone PMG™ extract, organic pea vine juice powder, bovine adrenal, betaine hydrochloride, soy protein, bovine prostate Cytosol™ extract, defatted wheat germ, oat flour, veal bone, organic carrot, bovine liver PMG™ extract, bovine spleen, ovine spleen, bovine liver, enzymatically processed Spanish moss (*Tillandsia usneoides*) and beet (root), licorice (root), organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), rice bran, and manganese glycerophosphate.

†Daily Value not established.

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

Senaplex®

Introduced in 1959
7355 - 90 Capsules

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 B_{12}
- Excellent source of niacin, vitamin B_6, and vitamin B_{12}
- Good source of vitamin D and antioxidant vitamin A*

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

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 45

	Amount per Serving	%Daily Value
Vitamin A	120 mcg RAE	13%
Vitamin D	3.4 mcg	17%
Riboflavin	0.1 mg	8%
Niacin	4 mg	25%
Vitamin B6	1.2 mg	71%
Vitamin B12	0.6 mcg	25%
Choline	40 mg	7%
Sodium	10 mg	<1%
Proprietary Blend	840 mg	†

Nutritional yeast, Spanish moss (*Tillandsia usneoides*), bovine liver PMG™ extract, calcium lactate, betaine hydrochloride, defatted wheat germ, soy protein, bovine adrenal, inositol, sunflower lecithin powder, bovine bone, veal bone, organic carrot, organic sweet potato, ribonucleic acid, bovine kidney, DL-methionine, bovine spleen, ovine spleen, rice bran, glutamic acid, L-lysine, organic alfalfa (aerial parts) juice powder, bovine orchic extract, and calcium phosphate.

†Daily Value not established.

Other Ingredients: Gelatin, choline bitartate, potassium bicarbonate, water, niacinamide, modified corn starch, pyridoxine hydrochloride, dicalcium phosphate, cholecalciferol, ascorbic acid, sucrose, vitamin A palmitate, riboflavin, and cyanocobalamin.

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Sesame Seed Oil GF

Introduced in 1962
7400 - 60 Softgels

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

Serving Size: 1 Softgel
Servings per Container: 60

	Amount per Serving	%Daily Value
Organic sesame seed oil	385 mg	†

†Daily Value not established.

Other Ingredients: Gelatin, water, and glycerine.

Soybean Lecithin GF

Introduced in 1938
7475 - 240 Softgels

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

Serving Size: 1 Softgel
Servings per Container: 240

	Amount per Serving	%Daily Value
Organic Soybean Lecithin	385 mg	†

†Daily Value not established.

Other Ingredients: Gelatin, water, and glycerine.

SP Cleanse®

Introduced in 2002
2670 - 150 Capsules
12010, 12020, 12035, 12040, 12055, 12060, 12065, 12070 - Purification Product Kits
14010, 14011, 14020, 14021 - 10-Day Blood Sugar Support Kits
14030, 14031, 14040, 14041 - 10-Day Healthy Inflammation Response Kits

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.

Supplement Facts

Serving Size: 7 Capsules
Servings per Container: 21

	Amount per Serving	%Daily Value
Calories	10	
Total Carbohydrate	2 g	1%*
Choline	30 mg	5%
Iron	0.5 mg	3%
Proprietary Blend	2,680 mg	†

Juniper (berry) powder, organic red clover (aerial parts) powder (*Trifolium pratense*), collinsonia (root), apple pectin, burdock (root) powder, organic barley (grass), dandelion (leaf), organic beet (root), organic Spanish black radish (root), oregon grape (root) powder, organic cayenne pepper (*Capsicum annuum*), fenugreek (seed), inositol, globe artichoke (leaf), fennel (seed), milk thistle extract (80% silymarins), organic cordyceps mushroom powder, broccoli (aerial parts), organic kale (aerial parts), organic carrot, and organic sweet potato.

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

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

See page 34 for a guide to these dietary icons.

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Introduced in 2002
2820 - 28 oz. (795 g)
12010, 12020 - Purification Product Kits
14010 - 10-Day Blood Sugar Support Kit
14030 - 10-Day Healthy Inflammation Response Kit

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 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
- 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 rounded tablespoons (scoops) per shake. One to three shakes per day, or as directed. Store in a cool, dark place.

Synergistic Product Support

- Calamari Omega-3 Liquid
- Prebiotic Inulin
- Whole Food Fiber

Supplement Facts

Serving Size: 2 rounded tablespoons (scoops) (approx. 25 g)
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	100	
Total Fat	1.5 g	2%*
Cholesterol	10 mg	3%
Total Carbohydrate	6 g	2%*
Dietary Fiber	3 g	11%*
Total Sugars	<1 g	†
Protein	10 g	20%*
Choline	70 mg	13%
Calcium	200 mg	15%
Iron	0.5 mg	3%
Sodium	30 mg	1%
Potassium	130 mg	3%
Proprietary Blend	25 g	†

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.

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

Other Ingredients: Choline bitartrate.
Includes Masquelier's® OPC-85 grape seed extract.

Standard Process Purification Program Product

See page 34 for a guide to these dietary icons.

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Introduced in 2016
2845 - 26 oz. (737 g)
12065, 12070 - Purification Product Kits
14011 - 10-Day Blood Sugar Support Kit
14031 - 10-Day Healthy Inflammation Response Kit

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) 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

Serving Size: 4 rounded tablespoons (scoops) (approx. 32 g)
Servings per Container: 23

	Amount per Serving	%Daily Value
Calories	120	
Total Fat	4 g	5%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	1 g	†
Cholesterol	50 mg	17%
Total Carbohydrate	10 g	4%*
Dietary Fiber	4 g	14%*
Total Sugars	1 g	†
Protein	10 g	20%*
Choline	70 mg	13%
Calcium	200 mg	15%
Iron	2 mg	11%
Sodium	75 mg	3%
Potassium	320 mg	7%
Proprietary Blend	30 g	†

Whey protein (milk), flax meal, organic cocoa powder (processed with alkali), rice protein, calcium citrate, magnesium citrate, sunflower lecithin powder, organic buckwheat (leaf), 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, sea salt, monk fruit extract, natural flavors, organic guar gum, and xanthan gum.
^Includes Masquelier's OPC-85®

Standard Process Purification Program Product

Synergistic Product Support

- Calamari Omega-3 Liquid
- Whole Food Fiber
- Prebiotic Inulin

See page 34 for a guide to these dietary icons.

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Introduced in 2010
2840 - 32 oz. (907 g)
12035, 12040 - Purification Product Kits
14020- 10-Day Blood Sugar Support Kit
14040 - 10-Day Healthy Inflammation Response Kit

SP Complete® Dairy Free

SP Complete Dairy Free offers essential whole food nutrition in a convenient powder.*

- Rice protein provides a non-dairy 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

Serving Size: 2 heaping tablespoons (scoops) (approx. 28 g)
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	110	
Total Fat	2 g	3%*
Total Carbohydrate	10 g	4%*
Dietary Fiber	4 g	14%*
Total Sugars	<1 g	†
Protein	13 g	26%*
Choline	70 mg	13%
Calcium	200 mg	15%
Iron	0.5 mg	3%
Sodium	10 mg	<1%
Potassium	80 mg	2%
Proprietary Blend	28 m	†

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 carrot, and red wine extract.

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

Other Ingredients: Choline bitartrate.
Includes Masquelier's® OPC-85 grape seed extract.

Standard Process Purification Program Product

See page 34 for a guide to these dietary icons.

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Introduced in 2016
2850 - 23 oz. (652 g)
12055, 12060 - Purification Product Kits
14021 - 10-Day Blood Sugar Support Kit
14041 - 10-Day Healthy Inflammation Response Kit

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 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 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) 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

Serving Size: 4 rounded tablespoons (scoops) (approx. 28 g)
Servings per Container: 23

	Amount per Serving	%Daily Value
Calories	120	
Total Fat	4 g	5%*
Saturated Fat	0.5 g	3%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	0.5 g	†
Cholesterol	50 mg	17%
Total Carbohydrate	10 g	4%*
Dietary Fiber	4 g	14%*
Total Sugars	1 g	†
Protein	10 g	20%*
Choline	60 mg	11%
Calcium	200 mg	15%
Iron	0.5 mg	3%
Sodium	95 mg	4%
Potassium	110 mg	2%
Proprietary Blend	24 g	†

Whey protein (milk), flax meal, rice protein, calcium citrate, magnesium citrate, sunflower lecithin powder, organic buckwheat (leaf), 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.

Standard Process Purification Program Product

See page 34 for a guide to these dietary icons.

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Introduced in 2018
10000 - SP Detox Balance™ Chai
10010 - 10-Day SP Detox Balance™ Chai Program Kit
10028 - 28-Day SP Detox Balance™ Chai Program Kit
15000 - SP Detox Balance™
15010 - 10-Day SP Detox Balance™ Program Kit
15028 - 28-Day SP Detox Balance™ Program Kit

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

Serving Size: 2 Scoops (37 g)
Servings per Container: 21

	Amount per Serving	%Daily Value
Calories	160	
Total Fat	5 g	6%*
Saturated Fat	0.5 g	3%*
Total Carbohydrate	11 g	4%*
Dietary Fiber	4 g	14%*
Total Sugars	1 g	†
Protein	17 g	34%*
Vitamin K1	4 mcg	3%
Choline	100 mg	18%
Calcium	70 mg	5%
Iron	4 mg	22%
Magnesium	70 mg	17%
Sodium	150 mg	7%
Potassium	230 mg	5%
Arginine	1300 mg	†
Glycine	600 mg	†
L-isoleucine	850 mg	†
L-leucine	1600 mg	†
L-methionine	300 mg	†
L-valine	900 mg	†
Creatine	600 mg	†
Proprietary Blend	34.4 g	†

Organic pea protein, flax meal, oat flour, organic pumpkin seed protein, organic buckwheat flour, organic beet (leaf) juice powder, organic buckwheat (aerial parts), apple pectin, juniper (berry) powder, organic spanish black radish (root), burdock (root) powder, organic beet (root), calcium citrate, organic barley (grass), dandelion (leaf), broccoli (aerial parts), inositol, organic alfalfa (aerial parts) juice powder, oregon grape (root) powder, globe artichoke (leaf), sunflower lecithin powder, milk thistle extract (80% silymarins), organic cordyceps mushroom powder, organic carrot, organic sweet potato, and red wine extract.

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

Other Ingredients: Creatine, L-leucine, xanthan gum, L-isoleucine, L-valine, DL-methionine, monk fruit extract, and choline bitartate.

SP Detox Balance™

Supplement Facts

Serving Size: 2 Scoops (37.3 g)
Servings per Container: 21

	Amount per Serving	%Daily Value
Calories	160	
Total Fat	5 g	6%*
Saturated Fat	0.5 g	3%*
Total Carbohydrate	11 g	4%*
Dietary Fiber	4 g	14%*
Total Sugars	1 g	†
Protein	17 g	34%*
Vitamin K1	4 mcg	3%
Choline	100 mg	18%
Calcium	70 mg	5%
Iron	4 mg	22%
Magnesium	70 mg	17%
Sodium	150 mg	7%
Potassium	230 mg	5%
Arginine	1300 mg	†
Glycine	600 mg	†
L-isoleucine	850 mg	†
L-leucine	1600 mg	†
DL-methionine	300 mg	†
L-valine	900 mg	†
Creatine	600 mg	†
Proprietary Blend	34.4 g	†

Organic pea protein, flax meal, oat flour, organic pumpkin seed protein, organic buckwheat flour, organic beet (leaf) juice powder, organic buckwheat (aerial parts), apple pectin, juniper (berry) powder, organic spanish black radish (root), burdock (root) powder, organic beet (root), calcium citrate, organic barley (grass), dandelion (leaf), broccoli (aerial parts), inositol, organic alfalfa (aerial parts) juice powder, oregon grape (root) powder, globe artichoke (leaf), sunflower lecithin powder, milk thistle extract (80% silymarins), organic cordyceps mushroom powder, organic carrot, organic sweet potato, and red wine extract.

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

Other Ingredients: Creatine, L-leucine, xanthan gum, natural flavor, L-isoleucine, L-valine, monk fruit extract, DL-methionine, and 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 Green Food®

Introduced in 2000
4650 - 150 Capsules
12010, 12020, 12035, 12040, 12055, 12060, 12065, 12070 - Purification Product Kits

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-B_{12}

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 75

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Proprietary Blend	795 mg	†

Organic brussels sprouts (aerial parts), organic kale (aerial parts), organic buckwheat (aerial parts), organic dried barley (grass) juice, organic dried alfalfa (aerial parts) juice, and organic dried buckwheat (aerial parts) juice.

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

Other Ingredients: Cellulose, water, and calcium stearate.

Standard Process Purification Program Product

See page 34 for a guide to these dietary icons.

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Spanish Black Radish

Introduced in 1981
7510 - 80 Tablets | 7525 - 270 Tablets

Standard Process Product Index
MediHerb Product Index

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*

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

Synergistic Product Support
- Cruciferous Complete and Garlic
- Livaplex

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 80 or 270

	Amount per Serving	%Daily Value
Vitamin C	5 mg	6%
Organic Spanish Black Radish	370 mg	†

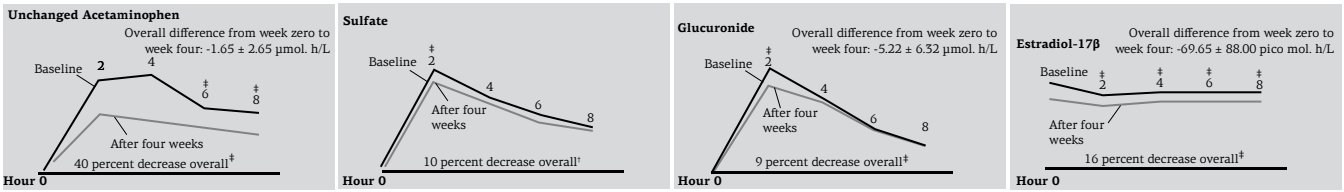
†Daily Value not established.

Other Ingredients: Honey, organic acerola (berry), camu camu (berry), organic maltodextrin, manioc (root), and calcium stearate.

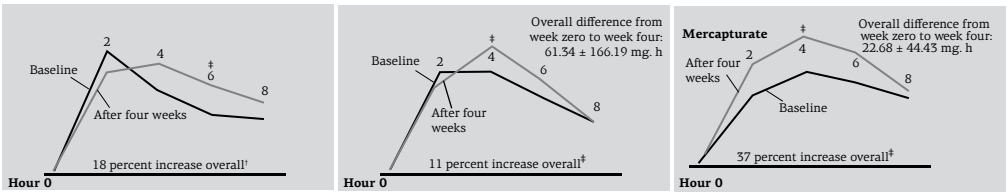
Human Clinical Trial on the Detoxification Action of Spanish Black Radish in Men Research Report

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.*

In Plasma
N-acetyl-p-benzoquinone imine–glutathione (NAPQI-GSH): no statistically significant change



In Urine
Glucuronide: no statistically significant change



†Not statistically significant
‡Statistically significant

Evans M, Paterson E, Barnes DM. December 9, 2014. BMC Complementary and Alternative Medicine. 14:475. Doi: 10.1186/1472-6882-14-475

For the complete research report, see: standardprocess.com

See page 34 for a guide to these dietary icons.

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Spleen Desiccated

Introduced in 1981
7600 - 90 Tablets

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

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Cholesterol	2 mg	<1%
Proprietary Blend Bovine spleen and ovine spleen.	330 mg	†

†Daily Value not established.

Other Ingredients: Honey, arabic gum, and calcium stearate.

Standard Process Product Index

MediHerb Product Index

Buckwheat field on the Standard Process certified organic farm

See page 34 for a guide to these dietary icons.

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Spleen PMG®

Introduced in 1955
7550 - 90 Tablets

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: One tablet, three times per day on an empty stomach, or as directed.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Sodium	10 mg	<1%
Proprietary Blend	380 mg	†
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 Packs

Introduced in 2020
13060 - 60 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 B_6, riboflavin, niacin, biotin, magnesium, and selenium
- Good source of vitamin C, vitamin B_{12}, 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® E_2 (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.

Supplement Facts

Serving Size: 1 Pack
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	15	
Cholesterol	5 g	2%
Total Carbohydrate	2 g	<1%*
Protein	1 g	2%*
Vitamin C	15 mg	17%
Vitamin E	4 mg	27%
Thiamin	0.1 mg	8%
Riboflavin	1.8 mg	138%
Niacin	16 mg	100%
Vitamin B6	0.7 mg	41%
Folate (20 mcg folic acid)	35 mcg DFE	9%
Vitamin B12	0.3 mcg	13%
Biotin	7 mcg	23%
Pantothenic Acid	0.7 mg	14%
Choline	30 mg	5%
Magnesium	140 mg	33%
Selenium	12 mcg	22%
Coenzyme Q10	53 mg	†
Proprietary Blend	1,900 mg	†
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.		

*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 tocopherol (vitamin E sunflower), glycerine, riboflavin, pyridoxine hydrochloride, and modified tapioca starch.

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Sports Recovery Packs

Introduced in 2020
13050 - 60 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.

Supplement Facts

Serving Size: 1 Pack
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	10	
Total Carbohydrate	1 g	<1%*
Protein	<1 g	<1%*
Vitamin C	10 mg	11%
Vitamin K	4 mcg	3%
Calcium	20 mg	2%
Zinc	5 mg	45%
Manganese	2 mg	87%
Sodium	75 mg	3%
Glucosamine Sulfate (from shellfish)	950 mg	†
Proprietary Blend	1,490 mg	†

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 power, organic buckwheat (aerial parts), organic carrot, grape seed extract, maitake mushroom extract, bilberry (fruit) extract, green tea (leaf) extract, red wine extract, nutritional yeast, carbamide, bovine bone, veal bone PMG™ extract, bovine liver, defatted wheat germ, bovine heart PMG™ 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 Cytosol™ extract, bovine kidney, bovine spleen, ovine spleen, organic shiitake mushroom powder, organic reishi mushroom powder, rice bran, vitamin A palmitate, sunflower lecithin powder, organic flaxseed oil, d-alpha tocopherol (vitamin E sunflower), cyanocobalamin, and cholecalciferol.

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

Other Ingredients: Gelatin, calcium lactate, cellulose, zinc amino acid (rice) chelate, water, organic acerola (berry), maltodextrin, calcium stearate, magnesium glycerophosphate, dicalcium phosphate, sucrose, modified corn starch, and modified tapioca starch.

Includes EpiCor® dried yeast fermentate.
Includes Masquelier's® OPC-85 grape seed extract.

St. John's Wort-IMT™ GF

Introduced in 2000
7650 - 90 Capsules

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. Avoid excessive exposure to ultraviolet irradiation (e.g., sunlight, tanning) when using this product.

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 90

	Amount per Serving	%Daily Value
Iodine	30 mcg	20%
Sodium	10 mg	<1%
Proprietary Blend	545 mg	†

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, medium chain triglycerides, and carrot oil.

†Daily Value not established.

Other Ingredients: Gelatin, kelp, water, and calcium stearate.

See page 34 for a guide to these dietary icons.

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StandardBar®—Berry

Introduced in 1999
9500 - 18 Bars

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*

Special information: free of cholesterol and saturated fat
Caution: An occasional cherry may contain a pit.

Supplement Facts
Serving Size: 1 Bar (50 g)

Amount Per Serving		%DV
Calories	190	
Total Fat	6 g	8%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	3 g	†
Total Carbohydrate	27 g	10%*
Dietary Fiber	2 g	7%*
Total Sugars	15 g	†
Includes 15 g Added Sugars		30%*
Protein	10 g	20%*
Calcium	100 mg	8%
Magnesium	30 mg	7%
Sodium	25 mg	1%
Potassium	160 mg	3%

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

Ingredients: Brown rice syrup, whey protein (milk), almond butter, honey, cherries, sunflower lecithin, blueberries, cranberries, cranberry puree, glycerine, apple juice concentrate, pear juice concentrate, organic sesame seeds, black currant seed oil, blueberry puree, calcium lactate, oat fiber, apple fiber, extra-virgin olive oil, and magnesium citrate.
Contains: Milk and tree nuts.

StandardBar®—Cocoa Cherry

Introduced in 2003
9550 - 18 Bars

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*

Supplement Facts
Serving Size: 1 Bar (50 g)

Amount Per Serving		%DV
Calories	190	
Total Fat	6 g	8%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	3 g	†
Cholesterol	80 mg	27%
Total Carbohydrate	22 g	8%*
Dietary Fiber	1 g	4%*
Total Sugars	3 g	†
Includes 3 g Added Sugars		6%*
Protein	15 g	30%*
Calcium	100 mg	8%
Sodium	40 mg	2%
Potassium	130 mg	3%

* 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, maltitol, glycerine, whole egg powder, brown rice syrup, natural chocolate flavor, cherries, grapeseed oil, sorbitol, whey protein isolate (milk), cocoa powder (processed with alkali), sunflower lecithin, vanilla extract, tapioca starch, and natural cherry flavor.
Contains: Egg, milk, and tree nuts.

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

StandardBar®—Cocoa Crisp

Introduced in 2004
9600 - 18 Bars

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
Serving Size: 1 Bar (50 g)

Amount Per Serving		%DV
Calories	190	
Total Fat	6 g	8%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	3 g	†
Cholesterol	20 mg	7%
Total Carbohydrate	21 g	8%*
Dietary Fiber	3 g	11%*
Total Sugars	2 g	†
Includes 2 g Added Sugars		4%*
Protein	16 g	32%*
Calcium	70 mg	5%
Iron	1 mg	6%
Sodium	80 mg	3%
Potassium	180 mg	4%

* 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

Introduced in 2004
9650 - 18 Bars

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
Serving Size: 1 Bar (50 g)

Amount Per Serving		%DV
Calories	190	
Total Fat	7 g	9%*
Saturated Fat	1.5 g	8%*
Polyunsaturated Fat	2.5 g	†
Monounsaturated Fat	3 g	†
Cholesterol	15 mg	5%
Total Carbohydrate	20 g	7%*
Dietary Fiber	2 g	7%*
Total Sugars	3 g	†
Includes 3 g Added Sugars		6%*
Protein	17 g	34%*
Calcium	40 mg	3%
Sodium	100 mg	4%
Potassium	130 mg	3%

* 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.

See page 34 for a guide to these dietary icons.

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StandardBar®— Soy Almond Crunch

Introduced in 1999
9800 - 18 Bars

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 B_6
- Good source of iron and magnesium*
- *Special information: free of cholesterol and saturated fat*

Supplement Facts
Serving Size: 1 Bar (50 g)

Amount Per Serving		%DV
Calories	190	
Total Fat	6 g	8%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	3 g	†
Total Carbohydrate	22 g	8%*
Dietary Fiber	3 g	11%*
Total Sugars	11 g	†
Includes 11 g Added Sugars		22%*
Protein	15 g	30%*
Vitamin B6	2.8 mg	165%
Calcium	50 mg	4%
Iron	2 mg	11%
Magnesium	70 mg	17%
Sodium	150 mg	7%
Potassium	130 mg	3%

* 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, glycerine, 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®

Introduced in 1949
7677 - 90 Capsules | 7680 - 150 Capsules

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.

Supplement Facts
Serving Size: 1 Capsule
Servings per Container: 90 or 150

	Amount per Serving	%Daily Value
Proprietary Blend	515 mg	†

Carbamide, Spanish moss (*Tillandsia usneoides*), bovine liver fat extract, bovine liver, and organic flaxseed oil.

†Daily Value not established.

Other Ingredients: Gelatin, water, and calcium stearate.

See page 34 for a guide to these dietary icons.

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Symplex® F GF

Introduced in 1965
7780 - 90 Tablets | 7785 - 360 Tablets
13030 - General Female Endocrine Daily Fundamentals

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 P PMG, Drenatrophin PMG, Pituitrophin PMG, and Thytrophin PMG*

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

Synergistic Product Support
- Drenamin
- Ovex or Ovex P

Supplement Facts

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

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	15 mg	<1%
Proprietary Blend	135 mg	†
Magnesium citrate, bovine ovary PMG™ extract, bovine adrenal PMG™ extract, bovine pituitary PMG™ extract, and bovine thyroid PMG™ extract (processed to substantially remove its thyroxine).		

†Daily Value not established.

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

Symplex® M GF

Introduced in 1965
7830 - 90 Tablets | 7835 - 360 Tablets

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.

Supplement Facts

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

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Proprietary Blend	135 mg	†
Magnesium citrate, bovine orchic PMG™ extract, bovine adrenal PMG™ extract, bovine pituitary PMG™ extract, and bovine thyroid PMG™ extract (processed to substantially remove its thyroxine).		

†Daily Value not established.

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

Thymex® GF

Introduced in 1957
7925 - 90 Tablets | 7930 - 330 Tablets

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.

Synergistic Product Support
- Calcium Lactate

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90 or 330

	Amount per Serving	%Daily Value
Cholesterol	5 mg	2%
Vitamin C	5 mg	6%
Proprietary Blend	370 mg	†
Calcium lactate, bovine thymus Cytosol™ extract, and magnesium citrate.		

†Daily Value not established.

Other Ingredients: Cellulose, ascorbic acid, and calcium stearate.

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Thymus PMG®

Introduced in 1952
7975 - 90 Tablets

Thymus PMG is designed to support healthy thymus function.*

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

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

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	20 mg	<1%
Proprietary Blend	215 mg	†
Bovine thymus PMG™ extract and magnesium citrate.		

†Daily Value not established.

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

This product features our exclusive Protomorphogen™ extract

Thytrophin PMG®

Introduced in 1952
8025 - 90 Tablets | 8030 - 360 Tablets

Thytrophin PMG is designed to support healthy thyroid function.*

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

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

Synergistic Product Support

- Catalyn
- Hypothalamus PMG
- Trace Minerals-B_{12}

Supplement Facts

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

	Amount per Serving	%Daily Value
Calcium	30 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	109 mg	†
Magnesium citrate and bovine thyroid PMG™ extract (processed to substantially remove its thyroxine).		

†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.

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Trace Minerals-B12™

Introduced in 1951
8050 - 90 Tablets
13020 - General Health Daily Fundamentals

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.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin B12	4.2 mcg	175%
Iron	1.4 mg	8%
Iodine	300 mcg	200%
Zinc	2.7 mg	25%
Copper	0.3 mg	33%
Manganese	16 mg	696%
Proprietary Blend	210 mg	†

Kelp, organic alfalfa (aerial parts) juice powder, magnesium citrate, organic pea vine juice powder, bovine orchic extract, bovine bone, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, oat flour, defatted wheat germ, veal bone, organic carrot, and rice bran.

†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.

Synergistic Product Support

- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Catalyn

Tuna Omega-3 Chewable GF

Introduced in 2008
8080 - 120 Softgels

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 of antioxidant vitamin E
- Good source fo 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 contaminates 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-3s and optimize health with the Omega-3 Index Plus Test.
See page 139 for more information.

Supplement Facts

Serving Size: 2 Softgels
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	10	
Total Fat	1 g	1%*
Cholesterol	5 mg	2%
Vitamin D	2.5 mcg	13%
Vitamin E	3.3 mg	22%
Tuna Oil	1,080 mg	†
DHA	240 mg	†
EPA	50 mg	†

*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.

See page 34 for a guide to these dietary icons.

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Tuna Omega-3 Oil

Introduced in 2005
8070 - 120 Softgels
13020 - General Health Daily Fundamentals
13030 - General Female Endocrine Daily Fundamentals

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-3s and optimize health with the Omega-3 Index Plus Test.
See page 139 for more information.

Synergistic Product Support
- Catalyn
- Trace Minerals-B_{12}

Supplement Facts

Serving Size: 2 softgels
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	10	
Total Fat	1 g	1%*
Cholesterol	5 mg	2%
Tuna Oil	1,330 mg	†
DHA	300 mg	†
EPA	60 mg	†

*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).

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

USF Ointment®

Introduced in 1949
8085 - Net Wt 1.75 oz. (50 g)

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

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.

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Standard Process Product Index

MediHerb Product Index

Utrophin PMG®

Introduced in 1953
8125 - 90 Tablets

Utrophin PMG provides bovine uterus PMG™ extract and key minerals for uterine support.*

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

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

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	20 mg	<1%
Proprietary Blend	190 mg	†
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®

Introduced in 1958
8165 - 90 Tablets

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 B_6
- Good source of vitamin B_{12}*
- **Suggested Use: Two tablets per meal, or as directed.**

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 45

	Amount per Serving	%Daily Value
Vitamin C	4 mg	4%
Vitamin E	0.7 mg	5%
Thiamin	0.3 mg	25%
Niacin	10.9 mg	68%
Vitamin B6	0.6 mg	35%
Vitamin B12	0.3 mcg	13%
Calcium	20 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	600 mg	†

Bovine heart PMG™ extract, nutritional yeast, veal bone PMG™ extract, rice bran, bovine liver, organic beet (root), inositol, porcine duodenum, oat flour, organic pea vine juice powder, defatted wheat germ, ribonucleic acid, bovine adrenal Cytosol™ 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 reishi 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.

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Standard Process Product Index

MediHerb Product Index

Veg-E Complete Pro™ Chocolate

Introduced in 2017
8180 - 26 oz. (737 g)

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) 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

Serving Size: 4 heaping tablespoons (scoops) (approx. 40 g)
Servings per Container: 18

	Amount per Serving	%Daily Value
Calories	160	
Total Fat	4 g	5%*
Saturated Fat	1 g	5%*
Total Carbohydrate	12 g	4%*
Dietary Fiber	4 g	14%*
Total Sugars	4 g	†
Includes 4 g Added Sugars		8%*
Protein	15 g	30%*
Calcium	40 mg	3%
Iron	5 mg	28%
Sodium	240 mg	10%
Potassium	480 mg	10%
Proprietary Blend	24 g	†
Organic pea protein, organic pumpkin seed protein, and organic sesame seed protein.		

*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

Introduced in 2017
8185 - 22 oz. (623 g)

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*

Suggested Use: Four heaping tablespoons (scoops) 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

Serving Size: 4 heaping tablespoons (scoops) (approx. 34 g)
Servings per Container: 18

	Amount per Serving	%Daily Value
Calories	130	
Total Fat	2.5 g	3%*
Total Carbohydrate	7 g	3%*
Dietary Fiber	2 g	7%*
Total Sugars	4 g	†
Includes 4 g Added Sugars		8%*
Protein	15 g	30%*
Calcium	20 mg	2%
Iron	4 mg	22%
Sodium	280 mg	12%
Potassium	200 mg	4%
Proprietary Blend	26 g	†
Organic pea protein, organic pumpkin seed protein, and organic sesame seed protein.		

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

Other Ingredients: Organic evaporated coconut tree sap (sugar), maltodextrin, arabic gum, sea salt, organic guar gum, natural flavors, organic sunflower lecithin powder, and monk fruit extract.

See page 34 for a guide to these dietary icons.

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Wheat Germ Oil

Introduced in 1939
8225 - 60 Softgels

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

Serving Size: 1 Softgel
Servings per Container: 80

	Amount per Serving	%Daily Value
Vitamin E (d-alpha tocopherol)	33.4 mg	223%
Wheat germ oil	240 mg	†

†Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, and sunower oil.

Wheat Germ Oil Fortified™

Introduced in 1976
8300 - 80 Softgels

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.

Supplement Facts

Serving Size: 1 Softgel
Servings per Container: 80

	Amount per Serving	%Daily Value
Vitamin E (d-alpha tocopherol)	33.4 mg	223%
Wheat germ oil	240 mg	†

†Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, and sunflower oil.

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Whey Pro Complete

Introduced in 2007
8325 - 19 oz. (540 g)

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), 1-3 times per day, or as directed. Store container in a cool, dark place.

Synergistic Product Support

- Cyrofood Powder
- SP Complete
- Whole Food Fiber

Supplement Facts

Serving Size: 2 heaping tablespoons (scoops)
Servings per Container: 25

	Amount per Serving	%Daily Value
Calories	80	
Total Fat	0.5 g	1%*
Cholesterol	25 mg	8%
Total Carbohydrate	2 g	1%*
Total Sugars	1 g	†
Protein	15 g	30%*
Calcium	40 mg	3%
Sodium	40 mg	2%
Proprietary Blend	20 g	†

Nondenatured whey protein concentrate (milk), nondenatured whey protein isolate (milk), colostrum (bovine), inulin (chicory root fiber), and lecithin (soy).

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

Whole Food Fiber

Introduced in 2008
8335 - 7 oz. (200 g)
12020, 12040, 12060, 12070 - Purification Product Kits

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.

Supplement Facts

Serving Size: 1 Level Tablespoon
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	20	
Total Carbohydrate	5 g	2%*
Dietary Fiber	3 g	11%*
Proprietary Blend	6 g	†

Oat fiber, beet fiber, rice bran, organic beet (root), apple pectin, organic carrot, organic sweet potato, and carrot fiber.

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

Soluble fiber from foods such as oat fiber, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

Standard Process Purification Program Product

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Zinc Chelate™

Introduced in 2020
8357 - 180 Tablets

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.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 180

	Amount per Serving	%Daily Value
Zinc	10 mg	91%
Proprietary Blend	220 mg	†
Bovine liver, organic beet (root), organic carrot, and organic sweet potato.		

†Daily Value not established.

Other Ingredients: Zinc amino acid (rice) chelate, honey, arabic gum, and calcium stearate.

Zinc Test™

Introduced in 1998
8360 - 2 fl. oz. (60 mL)

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.

Supplement Facts

Serving Size: 10 mL (2 tsp)
Servings per Container: 6

	Amount per Serving	%Daily Value
Zinc	2.5 mg	23%

Other Ingredients: Deionized water and zinc sulfate.

Zymex® Capsules

Introduced in 1952
8445 - 150 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
- ProSynbiotic

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 45

	Amount per Serving	%Daily Value
Proprietary Blend	730 mg	†
Defatted almond, fig (fruit), papain, bromelain, amylase, cellulase, and lipase.		

†Daily Value not established.

Other Ingredients: Gelatin, cellulose, water, and potato dextrin.

See page 34 for a guide to these dietary icons.

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Standard Process Product Index

MediHerb Product Index

Zymex® Wafers

Introduced in 1952
8375 - 100 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
- ProSynbiotic

Supplement Facts

Serving Size: 2 Wafers
Servings per Container: 50

	Amount per Serving	%Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Total Sugars	1 g	†
Calcium	30 mg	2%
Proprietary Blend	1,665 mg	†

Defatted wheat germ, lactose (milk), date, whey (milk), and enzymatically processed Spanish moss (*Tillandsia usneoides*) and beet (root).

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

Other Ingredients: Honey, calcium lactate, and calcium stearate.

Zymex® II

Introduced in 1958
8443 - 90 Capsules

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.

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 45

	Amount per Serving	%Daily Value
Proprietary Blend	730 mg	†

Defatted almond, fig (fruit), papain, bromelain, amylase, cellulase, and lipase.

†Daily Value not established.

Other Ingredients: Gelatin, cellulose, water, and potato dextrin.

Zypan®

Introduced in 1958
8430 - 90 Tablets | 8480 - 330 Tablets

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.

Special information: Chewing this product is not recommended.

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 45 or 165

	Amount per Serving	%Daily Value
Proprietary Blend	600 mg	†

Betaine hydrochloride, bovine pancreas Cytosol™ extract, pepsin (1:10,000), pancreatin (3x), stearic acid (vegetable source), ammonium chloride, bovine spleen, and ovine spleen.

†Daily Value not established.

Other Ingredients: Cellulose and calcium stearate.

See page 34 for a guide to these dietary icons.

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Pea vine on the Standard Process certified organic farm

Standard Process Product Index

MediHerb Product Index

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.

*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.

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.*

Standard Process 10-Day Blood Sugar Support Product Kits

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
- Turmeric Forte (MediHerb®)

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Standard Process Product Index

MediHerb Product Index

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 7 days, with select proteins added on day 8. 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.

Clearer. Brighter. Lighter.

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Microbiome Test Kit

A wellness test to assess the gut microbiome's diversity

Introduced in 2021
T1030 – 1 Kit

Standard Process Product Index

MediHerb Product Index

The Standard Process Microbiome Test Kit, Powered by BIOHM®, is used to assess the gut microbiome's diversity and provide guidance towards a healthier lifestyle.

The Standard Process Microbiome Test Kit is a two-part assessment which is derived from:

- Gut microbiome analysis using Next Generation Genetic Sequencing of a stool sample to discover the bacteria and fungi that live in your patient's gut
- A Lifestyle Questionnaire that is completed when the test is registered on the portal

As part of the test, you and your patient will receive a comprehensive and personalized Gut Report outlining:

- Microbiome diversity
- Phyla balance
- Presence of beneficial species
- Presence of pathogenic species

In addition to microbiome analysis, the Gut Report includes individualized recommendations (that may include Standard Process and MediHerb® products) based on test results. It will enable patients and health care professionals to:

Measure: Taking supplements and modifying diet and lifestyle does not guarantee a balanced microbiome – it must be measured.

Modify: With results and insights from the Gut Report, you will have the tools to personalize supplement choices, as well as diet and lifestyle modifications.

Monitor: Track how dietary, lifestyle, and supplement changes affect the Gut Score™.

What is microbiome testing?

Microbiome testing is the use of Next Generation Genetic Sequencing and bioinformatic analysis to compare a patient's microbiome with that of a normal/healthy individual. This will reveal the composition, balance and levels of bacteria and fungi inside of the gut from a stool sample.

Why has Standard Process partnered with BIOHM to create a gut microbiome test?

- BIOHM has completed thousands of consumer gut microbiome tests
- BIOHM has recognized expertise in bacterial and fungal interactions
- They use the 16S and ITS rRNA sequencing for microbiome analysis — the gold standard for bacterial and fungal sequencing
- They use validated and standardized testing methods from 100+ research studies
- They provide an easy-to-understand report based on well-established research

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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Omega-3 Index Plus Test

A single-drop blood test that measures the Omega-3 Index

Introduced in 2020
T1025 – 1 Kit

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 Product Index
MediHerb Product Index

Standard Process & MediHerb Test Kits

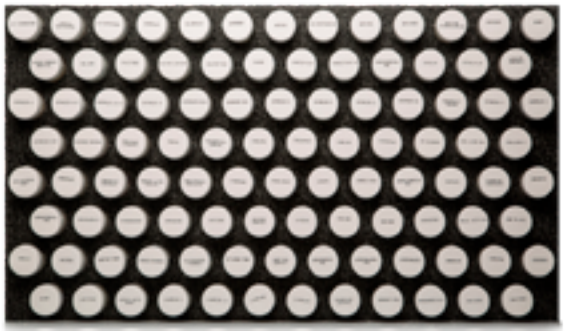
Our test kits provide health care professionals with an efficient way to test and recommend the best supplements for each patient according to their individual needs.

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.

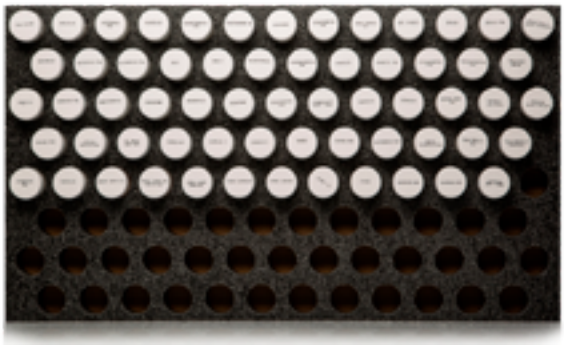
- Measures 22" W x 12½" H x 2" D



MediHerb Test Kit - M0300

One foam tray containing vials filled with more than 45 MediHerb tablet and capsule herbal supplements.

- Measures 12⅞" W x 12⅞" 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

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.**

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.)

Empty Test Kit Vials (pack of 3) – L9992

These vials do not include labels.
(limited quantity available per account)

Shoulder Bag – S0360

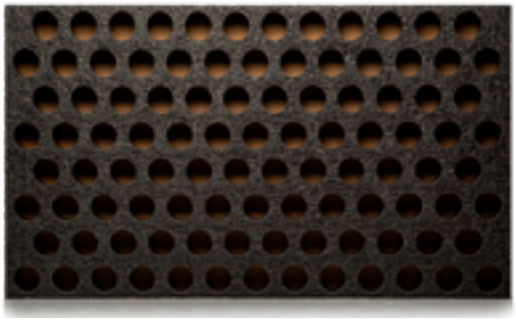
A sleek, stylish, black shoulder bag that can hold up to 100 test-kit vials, making traveling with your test kit easy.

- 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.)



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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Pea vine

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®, Emphaplex®, Cataplex® C, Cataplex® A-C, Drenamin®

Adrenal Cytosol™ Extract *Bovine*
Cataplex® E_2, Vasculin®, Folic Acid B_{12}, Cataplex® B_{12}, Cyruta®

Adrenal PMG™ Extract *Bovine*
Drenatrophin PMG®, Emphaplex®, 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 B_6, 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 BB-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
Biost®, Ostrophin PMG®, Cataplex® C, Ligaplex® I, Bio-Dent®, Calcifood® Powder, Ligaplex® II, Calcifood®, Rumaplex®, Protefood®

Bone Meal *Bovine*
Calcifood® Powder, Calcifood®, Ligaplex® I, Bio-Dent®, Ostrophin PMG®, Ligaplex® II, Emphaplex®, Rumaplex®

Bone PMG™ Extract *Veal*
Ostrophin PMG®, Biost®, Cataplex® C, Ostarplex®, 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®, Calsol®, Calcium Lactate, Cal-Amo®, Min-Chex®, Min-Tran®, Bio-Dent®, Epimune Complex

Calcium Chloride
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

Chromium
See GTF Chromium

Coenzyme Q_{10}
Cellular Vitality

Collinsonia Root
Collinsonia Root, Cholacol®, Fen-Cho®, GI Stability™

Colostrum *Bovine*
Whey Pro Complete

Copper
Trace Minerals-B_{12}™, Chezyn®, Neuroplex®, Immuplex®

Cordyceps sinensis
Cellular Vitality

Cyanocobalamin

See Vitamin B_{12}

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 B_6

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 *Bovine*
Dermatrophin PMG®

Essential Fatty Acids
See Alpha-Linolenic Acid (ALA)
See Gamma-Linolenic Acid (GLA)
See Omega-3

Eye PMG™ Extract *Porcine*
Oculotrophin PMG®, Iplex®

Fennel Seed
Gastro-Fiber®, SP Cleanse®

Fenugreek Seed *Powder*
Fen-Gre®, Fen-Cho®, Emphaplex®

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 B_6, Cataplex® F *Softgels*

Folic Acid/Folate
Folic Acid B_{12}, Immuplex®, Cellular Vitality

Galactooligosaccharide *GOS*
ProSynbiotic

Gamma-Linolenic Acid *GLA*
Black Currant Seed Oil

Garlic
Garlic

Ginkgo biloba
Extract: Ginkgo Synergy®
Whole leaf: Ginkgo Synergy®

Glucoamylase
Enzycore

Key Ingredient Cross-Reference

Glucosamine Sulfate *From shellfish*
Glucosamine Synergy®

Glutamic Acid
Palmettoplex®, Protefood®

Glycine
Palmettoplex®

Gotu Kola Leaf
Ginkgo Synergy®

Grape Seed Extract
Includes Masquelier's® Original OPC
OPC Synergy®, Ginkgo Synergy®

Green-Lipped Mussel *Perna canalianlius*
Nutrimere®, Iodomere®

Green Tea
Extract: OPC Synergy®
Leaf powder: OPC Synergy®

GTF Chromium
Cataplex® GTF, Diaplex®, Immuplex®

Heart PMG™ Extract *Bovine*
Cardiotrophin PMG®, Myotrophin PMG®, Cardio-Plus®, Cardio-Plus® GF, 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
Enzycore

Iodine
Prolamine Iodine Plus, Prolamine Iodine, Min-Chex®, Organically Bound Minerals, Iodomere®, Min-Tran®, Trace Minerals-B_{12}™, 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®, Albaplex®

Kidney PMG™ Extract *Bovine*
Renatrophin PMG®, Renafood®, Albaplex®

L-Cysteine
Diaplex®, Cataplex® GTF

L-Glutamine
Enzycore

Lactase
Enzycore

Lactic Acid Yeast
Lactic Acid Yeast™, Cyro-Yeast®

Lactobacillus acidophilus
Lact-Enz®

Lactobacillus acidophilus *LA-5®*
ProSynbiotic

Lactobacillus paracasei* ssp. *paracasei
L. casei 431®
ProSynbiotic

Lactose
Zymex® *Capsules*, Multizyme®, Zypan®, Betaine Hydrochloride, Renafood®, Diaplex®, Okra Pepsin E_3

Lecithin *Soybean*
Soybean Lecithin

Lipase
Enzycore, Lact-Enz®

Liver Fat Extract *Bovine*
Cataplex® F *Softgels*, Cataplex® F *Tablets*, A-F Betafood®

Liver PMG™ Extract *Bovine*
Hepatrophin PMG®, Livaplex®, Immuplex®, Betacol®, Albaplex®

Liver Powder *Bovine*
Zinc Chelate™, Livaplex®, Folic Acid® B_{12}, Cataplex® B, Cataplex® B-GF, Ligaplex® I, Ligaplex® II, e-Poise®

Lung PMG™ Extract *Bovine*
Pneumotrophin PMG®, Allerplex®, Emphaplex®

Lysine Monohydrochloride
Protefood®

Magnesium
Magnesium Lactate, E-Z Mg™, Prebiotic Inulin, Calcium Lactate

Maitake Mushroom Extract
MaitakeGold 404®
Epimune Complex

Maitake Mushroom Powder
Epimune Complex

Malt Syrup
Cyro-Yeast®, Lactic Acid Yeast™

Mammary PMG™ Extract *Bovine*
Mammary PMG®

Manganese
Manganese B_{12}™, Ligaplex® I, Ligaplex® II, Trace Minerals-B_{12}™, E-Manganese™, Biost®, Ostrophin PMG®

Methionine
Protefood®

Milk Powder
Cataplex® D

Milk Thistle
SP Cleanse®

Muscle PMG™ Extract *Bovine*
Myotrophin PMG®

Mushroom Powder
Cordyceps sinensis: Cellular Vitality
Rei-Shi-Gen®: Catalyn®, Cataplex® A-C, Cataplex® A-C-P, Cataplex® C, Collagen C™

Niacinamide/Niacin
Niacinamide B_6, Circuplex®, Min-Chex®, Orchex®, Cholaplex®, Neuroplex®, Cataplex® G, Cataplex® B, Cataplex® B-GF, Betacol®, B_6-Niacinamide, Cataplex® GTF, Cardio-Plus®, Vasculin®, Albaplex®, Drenamin®, Gastrex®, Livaplex®, Iplex®, Emphaplex®, Senaplex®, Ostarplex®, Cellular Vitality, Rumaplex®

Key Ingredient Cross-Reference

Nutritional Yeast
Saccharomyces cerevisiae
Cataplex® B-Core, Senaplex®, B6-Niacinamide, Ligaplex® II, Cataplex® GTF, Rumaplex®, Cataplex® B, Cataplex® B-GF, e-Poise®, Vasculin®, Immuplex®, Lactic Acid Yeast™, Catalyn®, Catalyn® GF, Cataplex® A-C-P, Cataplex® C, Emphaplex®, Albaplex®, Cataplex® A, Cataplex® G, Cataplex® A-C, Drenamin®, Iplex®, Cyrofood®, Catalyn® Chewable, Congaplex®, Ligaplex® I, Cardio-Plus®, Cardio-Plus® GF, A-F Betafood®, Congaplex® Chewable

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 *Calamari (squid):* Calamari Omega-3 Liquid *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*
Symplex® F

Ovary PMG™ Extract *Porcine*
Ovatrophin P PMG™

Pancreas Cytosol™ Extract *Bovine*
Zypan®, Diaplex®

Pancreas PMG™ Extract *Bovine*
Pancreatrophin 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®

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
Enzycore

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*
Neurotrophin PMG®, Ovatrophin P PMG™, Ovex® P, Oculotrophin PMG®, Pancreatrophin PMG®, Neuroplex®, Multizyme®, Cataplex® G, Cataplex® B, Cataplex® B-GF, Betaine Hydrochloride, Cardio-Plus®, Cardio-Plus® GF, Zypan®, Ferrofood®, Niacinamide B6, Cholaplex®, Gastrex®, Min-Chex®, Paraplex®, Orchex®, Vasculin®, Folic Acid B12, Cataplex® B12, Drenamin®, Iplex®, Circuplex®, Okra Pepsin E3, Emphaplex®, Diaplex®, Ostarplex®, e-Poise®

Prostate Cytosol™ Extract *Bovine*
Prost-X™, Rumaplex®

Prostate PMG™ Extract *Bovine*
Prostate PMG®, Palmettoplex®

Proteases
Enzycore, 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
Palmetoplex®

Pyridoxine Hydrochloride
See Vitamin B6

Quinoa Sprouts
Cellular Vitality

Red Clover Flower *Powder*
SP Cleanse®

Red Wine Extract
OPC Synergy®

Riboflavin
See Vitamin B2

Key Ingredient Cross-Reference

Ribonucleic Acid *RNA*
Ribonucleic Acid (RNA), Circuplex®, Cellular Vitality, Congaplex®

Rice Bran
Whole Food Fiber, Calcifood® Powder, Catalyn® GF, Fen-Gre®, Calcifood®, Protefood®, Bio-Dent®, Ferrofood®, Emphaplex®, Congaplex®, Rumaplex®, Trace Minerals-B12™, Senaplex®, e-Poise®, Cataplex® C, Cyrofood®, Congaplex® Chewable, Drenamin®, Cataplex® A-C, Cataplex® A-C-P, Allerplex®, Albaplex®, Iplex®

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™

Saccharomyces cerevisiae* var. *boulardii
ProSynbiotic

Saw Palmetto Berry
Extract: Palmettoplex®
Powder: Palmettoplex®

Selenium
Cataplex® E, Cataplex® E_2, Immuplex®, Cardio-Plus®, Cardio-Plus® GF

Sesame Seed Oil
Sesame Seed Oil

Soy Protein
Soy Almond Crunch StandardBar®, Betacol®, Emphaplex®, Senaplex®, Allerplex®, Niacinamide B6, Cholaplex®, Rumaplex®, Min-Chex®, Ostarplex®, Orchex®, Livaplex®, Circuplex®, Albaplex®, Diaplex®

Spanish Black Radish
Spanish Black Radish

Spleen *Vacuum-Dried Bovine and Ovine*
Spleen Desiccated, Immuplex®, Neuroplex®, e-Poise®

Spleen PMG™ Extract *Bovine*
Spleen PMG®, Immuplex®, e-Poise®

St. John's Wort
Extract: St. John's Wort-IMT™
Powder: St. John's Wort-IMT™

Stinging Nettle Root Extract
Palmettoplex®

Stomach Parenchyma *Porcine*
Folic Acid B12, Cataplex® B12, Gastrex®, Ferrofood®

Sweet Potato
A-F Betafood®, Zinc Chelate™, Cataplex® B, Cataplex® B-GF, Ligaplex® II, Ligaplex® I, SP Cleanse®

Thiamine
See Vitamin B_1

Thymus Cytosol™ Extract *Bovine*
Thymex®, Congaplex®, Immuplex®, Albaplex®

Thymus PMG™ Extract *Bovine*
Thymus PMG®, Immuplex®

Thyroid PMG™ Extract *Bovine*
Thytrophin PMG®, Paraplex®, Symplex® F, Symplex® M

Tillandsia and Beet Root *Enzymatically Processed*
Renafood®, Zymex® *Capsules*, Zymex® *Wafers*

Tillandsia and Beet Root Extract *Enzymatically Processed*
Arginex®, Diaplex®, Rumaplex®, Albaplex®

Tillandsia Powder
For-Til B12®, Prost-X™, Neuroplex®, e-Poise®, Okra Pepsin E_3

Turkey Tail Mushroom *Powder*
Coriolus versicolor
Epimune Complex

Uterus PMG™ Extract *Bovine*
Utrophin PMG®

Vitamin A
Livaplex®, General Health Daily Fundamentals, Arginex®, Renafood®, A-F Betafood®, Cataplex® A-C, e-Poise®, Cod Liver Oil, Emphaplex®, Diaplex®, A-C Carbamide®, Albaplex®, Cataplex® D, Cataplex® GTF, Bone Health Daily Fundamentals, Immuplex®, Cataplex® A-C-P, Catalyn®, Catalyn® Chewable, Catalyn® GF, Cyro-Yeast®, Congaplex®, Congaplex® Chewable, Ligaplex® II, Iplex®, Rumaplex®, Senaplex®, Allerplex®, Ligaplex® I, Cyrofood® Powder

Vitamin B_1
Cataplex® B, Cataplex® B-GF, Neuroplex®, Vasculin®, Cellular Vitality, Catalyn®, Catalyn® GF, e-Poise®, Cataplex® B-Core

Vitamin B_2
Cataplex® G, Cardio-Plus®, Cardio-Plus® GF, Neuroplex®, Drenamin®, Cholaplex®, Iplex®, Emphaplex®, e-Poise®, Ostarplex®, Cellular Vitality, Catalyn®, Catalyn® GF

Vitamin B_6
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, Catalyn®, Catalyn® GF, Cataplex® G, Vasculin®, Cardio-Plus®, Cardio-Plus® GF, Ostarplex®, Emphaplex®, A-F Betafood®, Cellular Vitality, Iplex®, Drenamin®, Gastrex®

Vitamin B_{12}
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
Collagen C™, Ferrofood®, Immuplex®, Epimune Complex, Manganese B12™, Cardio-Plus®, Cardio-Plus® GF, Cataplex® G, A-C Carbamide®, Albaplex®, Cataplex® C, Cataplex® A-C, Cataplex® A-C-P, e-Poise®, Echinacea-C™, Iplex®, Drenamin®, Congaplex®, Gastrex®, Renafood®

Vitamin D
Cataplex® D, e-Poise®, Catalyn®, Catalyn® GF, Cyro-Yeast®, Senaplex®, Emphaplex®, 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™

Beet leaves

Glossary

Grown on Standard Process certified organic farm

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.

Glossary

Grown on Standard Process certified organic farm

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 B_1). Thiamin is essential for the normal metabolism of carbohydrates and fats.

Coenzyme Q_{10} (*ubiquinone*)—A fat-soluble component that is involved in energy production in the body, CoQ_{10} also supplies antioxidant activity to bind free radicals. CoQ_{10} is found in all tissue 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 B_{12}, a cobalt-containing compound.

Cytosol® extract—"Cytosol™" 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

Grown on Standard Process certified organic farm

Kale—A green leafy cruciferous plant that belongs to the *Brassica* genus, which includes cabbage, collards, and Brussels sprouts.

Kelp—Brown seaweed of the genius *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 acidophilis—A bacteria that produces lactic acid from carbohydrates. Supports the digestion process and enhances nutrient absorption.

Lactobacillus acidophilis **(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).

A native Wisconsin bumblebee alights on kale that has gone to seed.

Glossary

Grown on Standard Process certified organic farm

Standard Process Product Index

MediHerb Product Index

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 africanum*)—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.

Botanical and Common Name Reference

Botanical Name	Common Name
Arctium lappa	burdock
Berberis aquifolium	Oregon grape
Boswellia serrata	boswellia
Capsicum annuum	cayenne pepper
Centella asiatica	gotu kola
Coriolus versicolor	turkey tail mushroom
Cynara scolymus	globe artichoke
Echinacea angustifolia	echinacea
Echinacea purpurea	echinacea
Ginkgo biloba	ginkgo
Grifola frondosa	maitake mushroom
Juniperus communis	juniper berry
Pygeum africanum	pygeum
Rhizopus oryzae	filamentous fungi
Serenoa repens	saw palmetto
Silybum marianum	milk thistle
Taraxacum officinale	dandelion
Tillandsia usneoides	Spanish moss
Trifolium pratense	red clover
Urtica dioica	nettle

Common Name	Botanical Name
Boswellia	*Boswellia serrata*
Burdock	*Arctium lappa*
Cayenne pepper	*Capsicum annuum*
Dandelion	*Taraxacum officinale*
Echinacea	*Echinacea angustifolia*
Echinacea	*Echinacea purpurea*
Filamentous fungi	*Rhizopus oryzae*
Ginkgo	*Ginkgo biloba*
Globe artichoke	*Cynara scolymus*
Gotu kola	*Centella asiatica*
Juniper berry	*Juniperus communis*
Maitake mushroom	*Grifola frondosa*
Milk thistle	*Silybum marianum*
Nettle	*Urtica dioica*
Oregon grape	*Berberis aquifolium*
Pygeum	*Pygeum africanum*
Red clover	*Trifolium pratense*
Saw palmetto	*Serenoa repens*
Spanish moss	*Tillandsia usneoides*
Turkey tail mushroom	*Coriolus versicolor*

Glossary

Grown on Standard Process certified organic farm

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.

The 732-acre Standard Process certified organic farm is just down the road from corporate headquarters.

FAQs

The most commonly asked questions about Standard Process and our products:

Ingredient Concerns

Q Which ingredients are grown on the Standard Process certified organic farm?

(See Page 22 for more information.)

A The crops we grow 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 146.

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 From where does Standard Process source its seeds?

(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:

Analyte	Limits
Peroxide Value	<5 meq O_2/kg
p-Anisidine Value	<20 AnV
Mercury	<10 parts per million
PCBs	<10 parts per trillion (TEF)
PCDD (Dioxin)	< 2 parts per trillion

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®.

Standard Process Product Index

MediHerb Product Index

A beautiful summer day at Standard Process corporate headquarters in Palmyra, Wisconsin

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 more than 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:

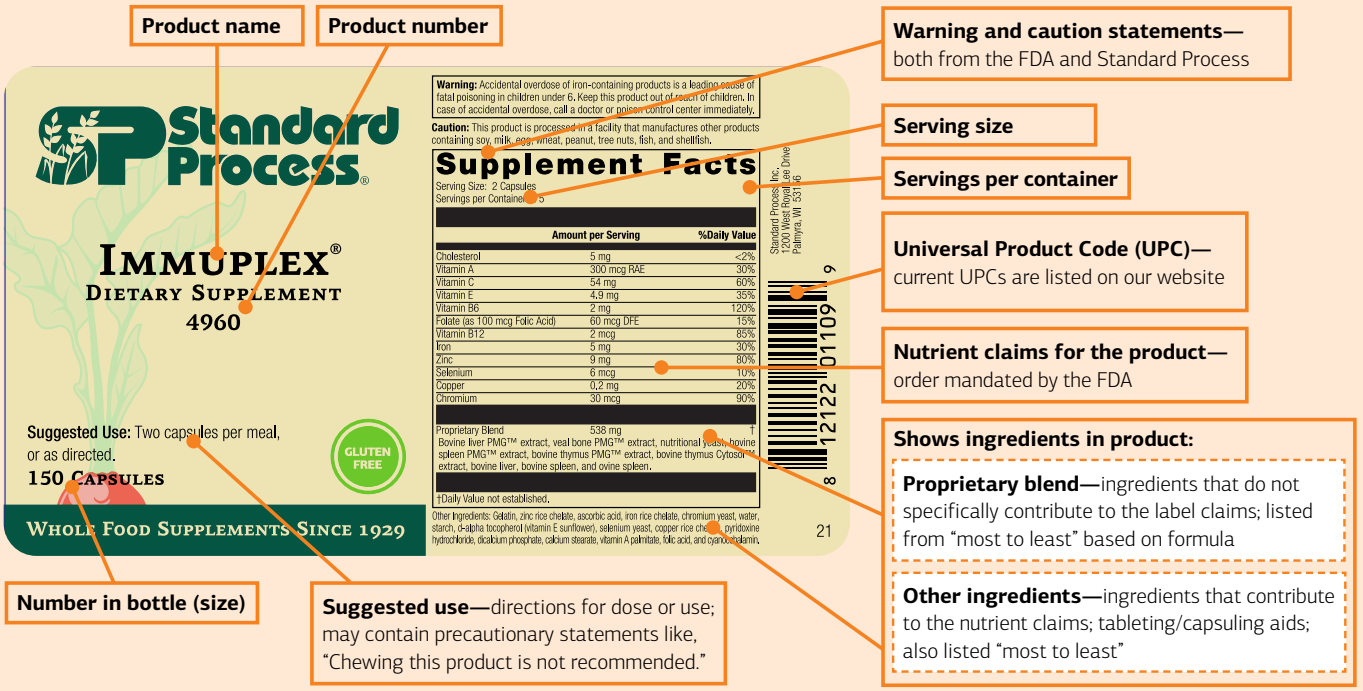
Best By

08-1-20 — Date

85 –*–*– 1 — 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.



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

THE STANDARD PROCESS DIFFERENCE

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 changing 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

Standard Process Product Index

MediHerb Product Index

MEDI HERB®

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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† (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.

Standard Process®

Exclusive United States Distributor of MediHerb®

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.**

Standard Process Product Index
MediHerb Product Index

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.

Standard Process Product Index
MediHerb Product Index

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

Standard Process Product Index
MediHerb Product Index

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.

Standard Process Product Index
MediHerb Product Index

MediHerb® unique tableting process when using our liquid extracts

Herb

1 **Quality control analysis**
As per quality chart on page 10

Pass | **Fail** → **Reject**

Liquid extract
1:2 proprietary Cold Percolation

Low temperature
Vacuum concentrator
Turns liquid extract into concentrate and removes ethanol. This process ensures no damage to the delicate active constituents

2 **Quality control analysis**
As per quality chart on page 10

Pass | **Fail** → **Reject**

Granulation

Low temperature
Vacuum oven

3 **Quality control analysis**
As per quality chart on page 10

Pass | **Fail** → **Reject**

Milled to tiny granules
and mixed with hypoallergenic tablet excipients

Tablet punch
Presses tablet and either hypromellose coating or enteric coating is applied

4 **Quality control analysis**
As per quality chart on page 10

Pass | **Fail** → **Reject**

Bottled for sale
Total process takes **1 month**

Our commitment

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

Tableting: benchmarking quality

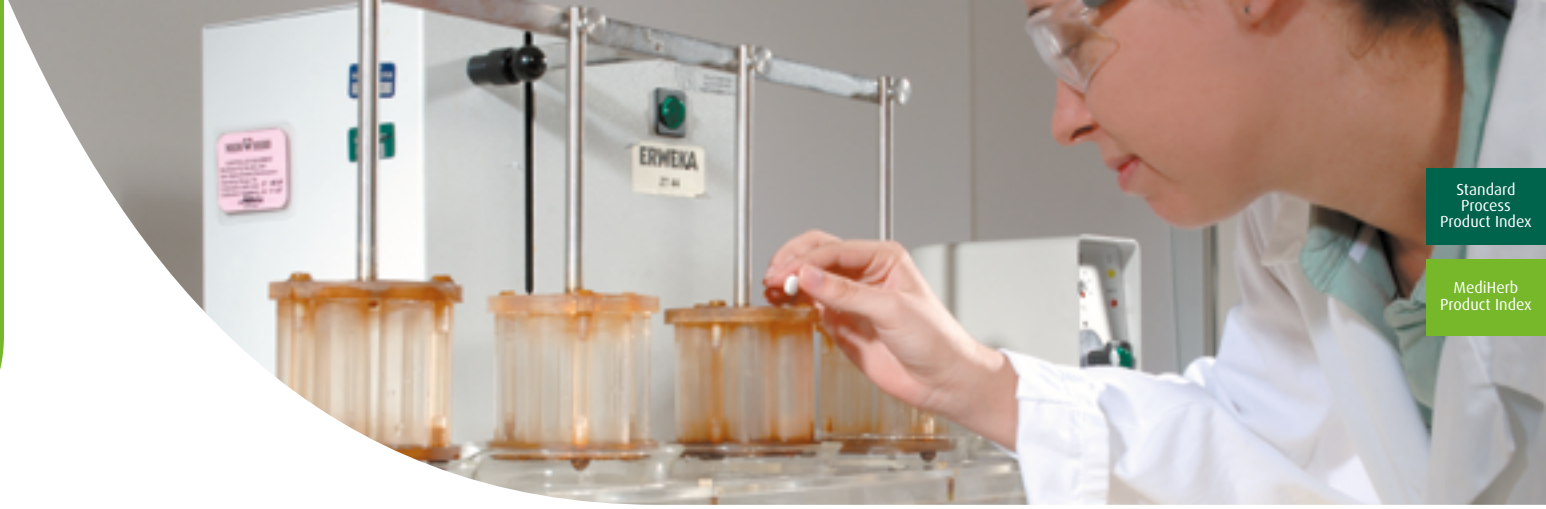
Our research has proven that the optimal method of herb processing for tableting involves the evaporation of the ethanol and water at low temperatures under vacuum. This important step minimizes the exposure of the delicate chemicals in the herbal matrix to the damaging effects of heat and oxidation.

Our tableting process takes this one step further to actually specify the optimal parameters employed during the evaporation and drying processes for each of the active constituents of the final tablet. As with our liquid herbal extracts, our tablets are manufactured to pharmaceutical standards. Each batch is tested for disintegration, friability, weight uniformity and for active constituents. Our tablets are required by the TGA to disintegrate in less than 30 minutes to maximize the absorption possibility of herbal components.

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 (Mass Spectrometry can also be used). 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.

See diagram on page 10

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 is placed **ONLY IF** the above quality criteria have been met

Order arrives
Quarantined samples taken

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

Standard Process Product Index
MediHerb Product Index

MediHerb® manufacturing processes & quality control for herbs

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

Standard Process Product Index
MediHerb Product Index

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

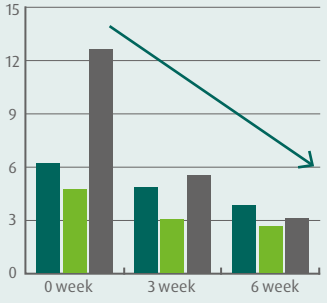
We are a global leader in herbal scientific knowledge and often partner on research projects to advance quality and efficacy with reputable establishments. Our outstanding team of scientists and health care professionals drive our research, development and quality control practices. We also collaborate 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.

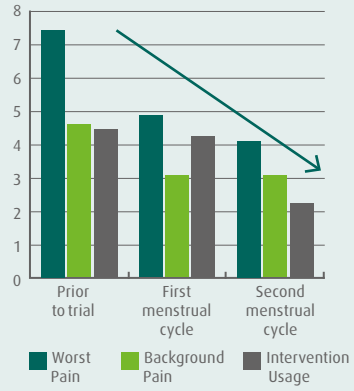
To innovation

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.*





Standard Process Product Index

MediHerb Product Index

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.

Dioscorea villosa

Our commitment

Standard Process Product Index
MediHerb Product Index

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.

Standard Process Product Index
MediHerb Product Index

"Our mission always remains to provide high-quality herbal solutions to health care professionals"

Standard Process Product Index
MediHerb Product Index

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 amember 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.

Standard Process Product Index

MediHerb Product Index

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

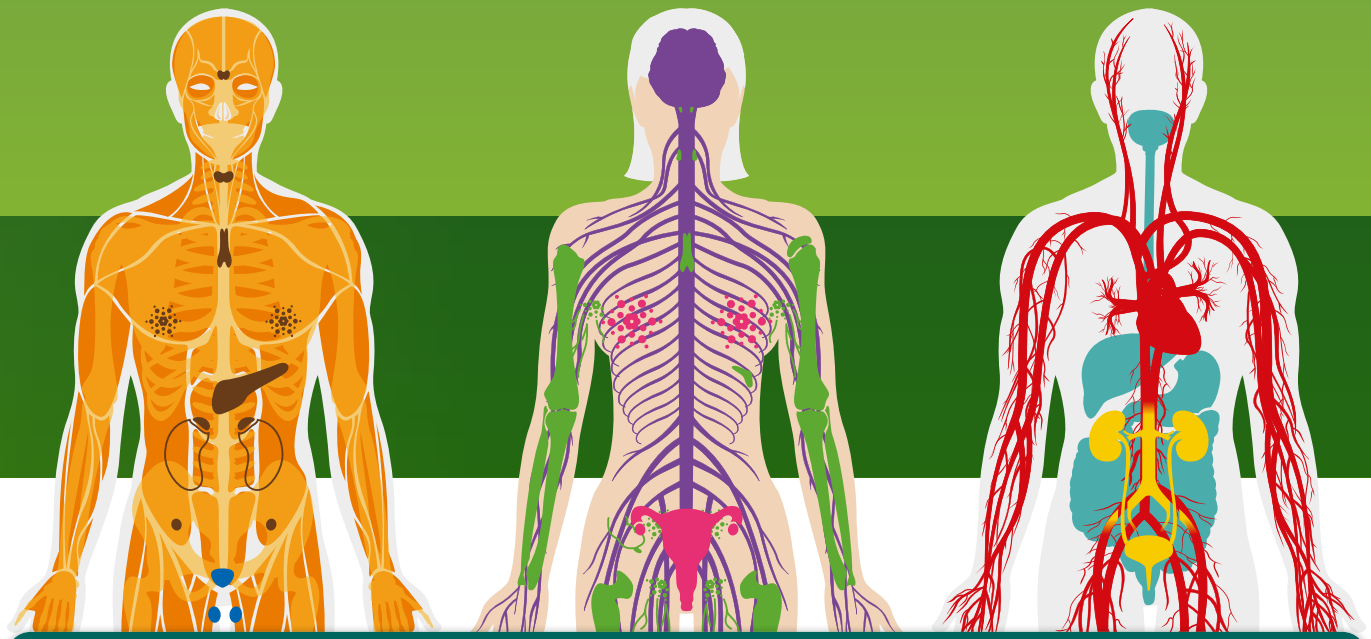
Adv Dip HSc (Nat), Adv Dip HSc (HerbMed), Dip (Nut)

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.



Core Products

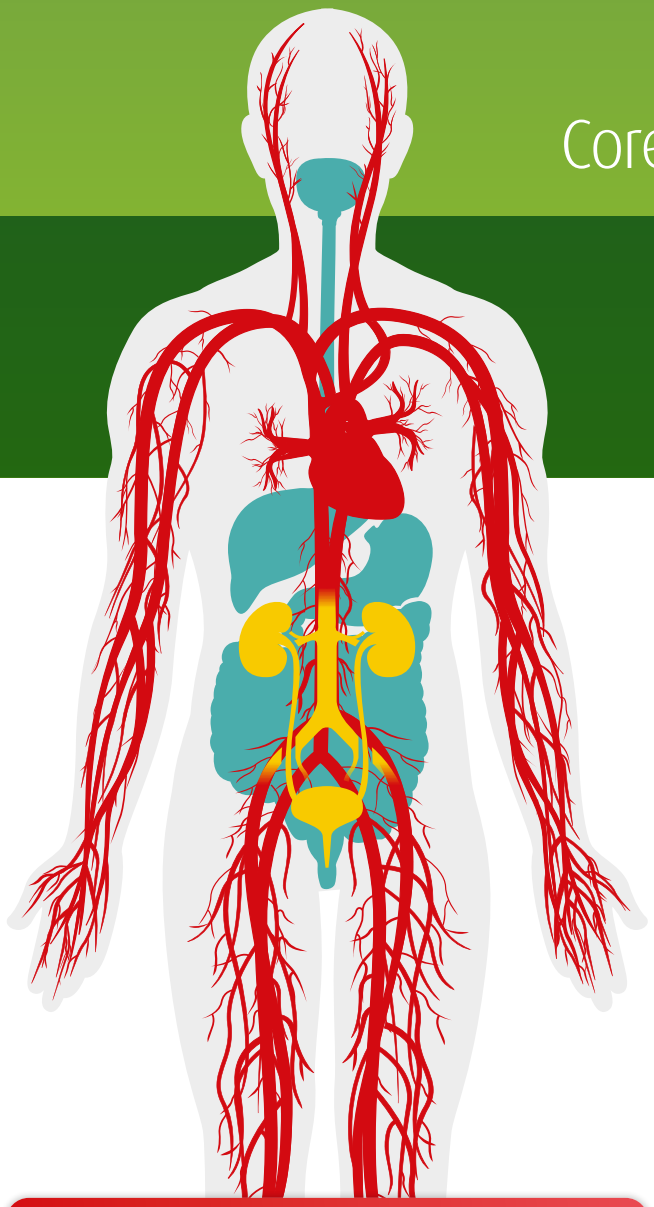
Adrenal Complex	Stress Response Support *
Andrographis Complex	Short-Term Immune System Support *
Boswellia Complex	Joint Support *
DiGest Forte	Core Digestive Support *
Echinacea Premium	Healthy Immune System Function *
Garlic Forte	Healthy Cardiovascular Function Support *
Ginkgo Forte	Support Memory & Cognition *
Gotu Kola Complex	Healthy Skin, Capillary & Circulation Support *
Gut Flora Complex	Healthy Intestinal Environment *
Gymnema	Anti-Sweetness Activity *
HerbaVital	Healthy Aging Support *
Kava Forte	Naturally Relaxing *
LivCo®	Liver-Cleansing Support *
Nevaton® Forte	Core Nervous System Support *
Rhodiola & Ginseng Complex	Enhance Vitality & Stamina *
Thyroid Complex	Targeted Thyroid Support *
Tribulus	Male and Female Libido *
Turmeric Forte	Healthy Inflammatory Response *
Vitanox®	Antioxidant Activity Support *
Wormwood Complex	Healthy Intestinal Environment *

MEDI HERB®

Core Products & Body Systems

Standard Process Product Index

MediHerb Product Index



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
Ashwagandha Forte	Rejuvenating Tonic
Bacopa Complex	Brain Tonic
Eleuthero	Adaptive Adrenal Support
Rhodiola & Ginseng Complex	Enhance Vitality & Stamina
Rhodiola & Schisandra	Nervous System Support During Stress

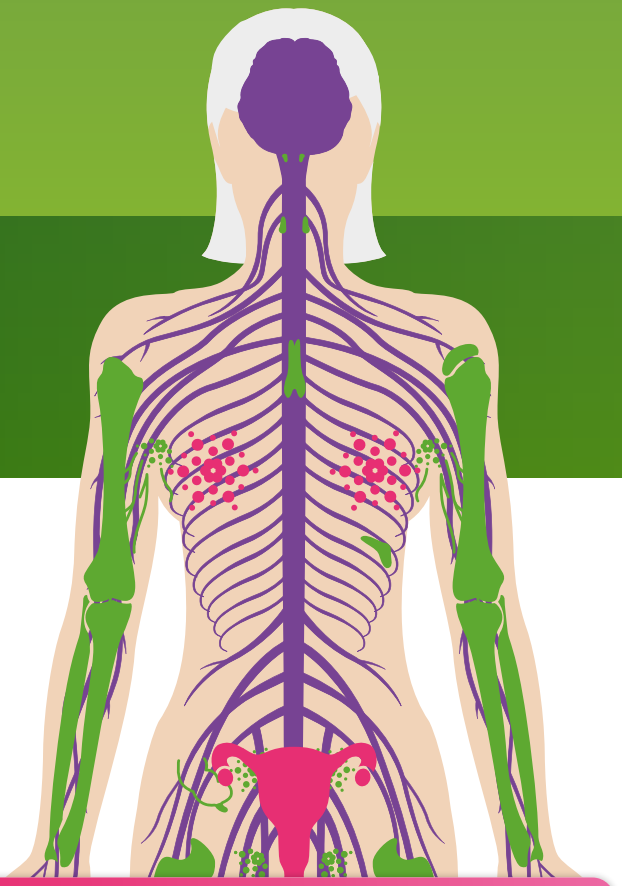
Pancreas

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.**



Body Systems Legend

- Cardiovascular System
- Digestive System
- Endocrine
- Female Health
- Immune System
- Male Health
- Musculoskeletal
- Nervous System
- Respiratory
- Skin
- Urinary System

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	Libido and Menstrual Flow

Menopause

Adrenal Complex	Stress Response Support
Bone Complex	Bone Tissue Support
Eleuthero	Adaptive Adrenal Support
HerbaVital	Aging Support
Thyroid Complex	Thyroid Support
Tribulus	Libido and Vitality
Valerian Complex	Sleep Support
Wild Yam Complex	Core Menopause Support *

Immune System

Short-Term

AllergCo	Seasonal Stress Support
Andrographis Complex	Short-Term Immune System Support
Berberine Active	Healthy Immunological Response
Garlic Forte	Immune System Support
Golden Seal 500mg	GIT Immune System Support

Long-Term

AllergCo	Seasonal Stress Support
Ashwagandha Forte	Rejuvenating Tonic
Astragalus Complex	Adaptogenic Immune System Support
Cat's Claw Forte	Restorative Tonic for Immune System Challenges
Echinacea Premium	Everyday Immune System Support
Eleuthero	Adrenal Support
Ganoderma & Shiitake	Mushroom Immune System Support
Garlic Forte	Immune System Support
Gut Flora Complex	Healthy Intestinal Environment
Viranon	Healthy Immune System Function *

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	Libido and Vitality *

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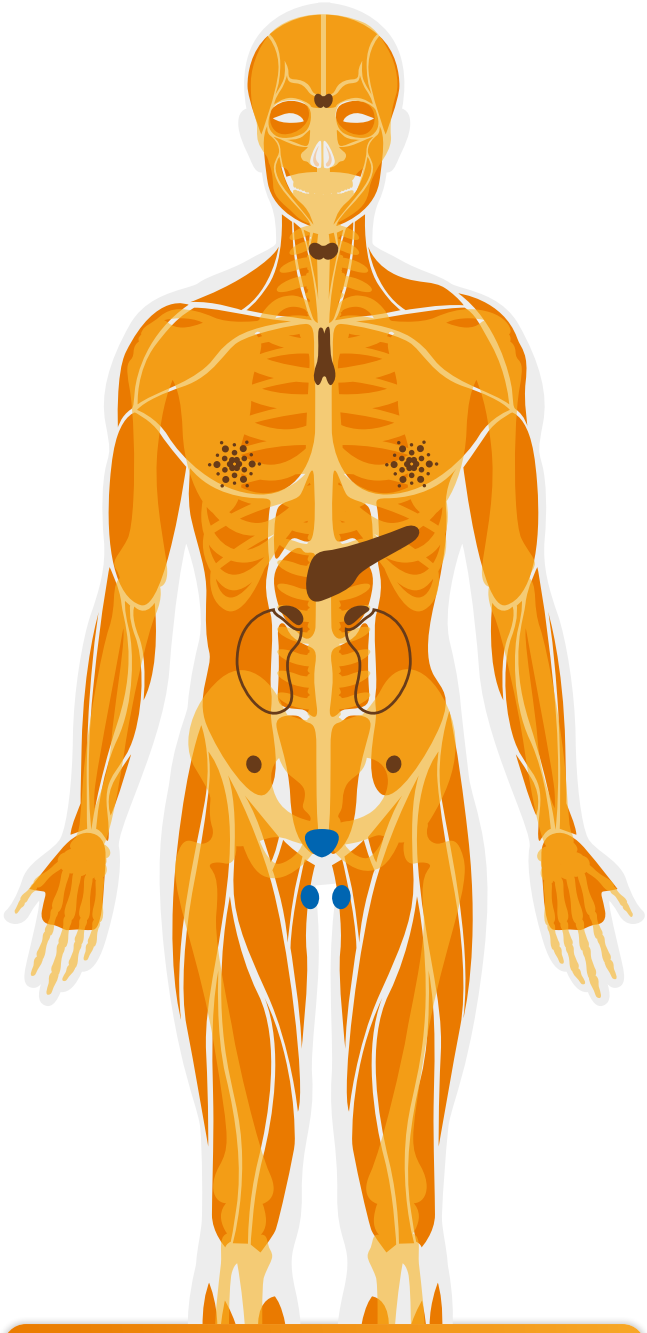


Musculoskeletal

Bone Complex	Bone Tissue Support
Boswellia Complex	Joint Support
Cramplex	Antispasmodic Support
Gotu Kola Complex	Healthy Skin, Capillary and Circulation Support
Kava Forte	Naturally Relaxing
Nervagesic	Nervous System Support
Rehmannia Complex	Mild Exercise-Related Joint Pain Relief
Saligesic	Musculoskeletal Support
St John's Wort 1.8g	Nervous System Support
Turmeric Forte	Healthy Inflammatory Response
Vascular Care Complex	Venous Support *

Nervous System

Adrenal Complex	Stress Response Support
Ashwagandha Complex	Calming Stress Support
Ashwagandha Forte	Rejuvinating Tonic
Bacopa Complex	Cognitive Function
Ginkgo Forte	Mental Clarity
Kava Forte	Naturally Relaxing
Nervagesic	Nervous System Discomfort
Nevaton® Forte	Core Nervous System Support
Rhodiola & Ginseng Complex	Enhance Vitality & Stamina
Rhodiola & Schisandra	Nervous System Support During Stress
St John's Wort 1.8g	Nervous System Support
Valerian Complex	Sleep Support *

Respiratory

Short-Term

AllergCo	Seasonal Stress Support
Broncafect®	Cough Reflex Support
Sinus Forte	Upper Respiratory Support

Long-Term

AllergCo	Seasonal Stress Support
PulmaCo	Lower Respiratory Support
ResCo®	Lower Respiratory Support
Sinus Forte	Upper Respiratory Support *

Skin

AllergCo	Seasonal Stress Support
Andrographis Complex	Short-Term Immune System Support
Chaste Tree	Natural Hormone Balance
Coleus Forte	Healthy Skin Support
DermaCo	Skin Cleansing Support
Echinacea Premium	Everyday Immune System Support
Gotu Kola Complex	Healthy Skin, Capillary & Circulation Support
Gut Flora Complex	Healthy Intestinal Environment
Rehmannia Complex	General Detoxification Support
Vitanox®	Antioxidant Activity Support *

Urinary System

Andrographis Complex	Short-Term Immune System Support
Burdock Complex	Healthy Elimination Support
Cramplex	Antispasmodic Support
Cranberry Complex	Core Urinary Tract Support
Echinacea Premium	Everyday Immune System Support
Gut Flora Complex	Healthy Intestinal Environment
ProstaCo	Prostate 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.**

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

	Amount per Serving	%DV
1 Fenugreek seed 2 100:1 3 extract 4 from *Trigonella foenum-graecum* seed 10 g containing 4-Hydroxyisoleucine 20 mg 8	100 mg 7	†
Black Cumin seed 5:1 extract from *Nigella sativa* seed 500 mg 6	100 mg	†
Bitter Melon fruit 6.5:1 extract from *Momordica charantia* fruit 600 mg	92.3 mg	†
Cinnamon stem bark 12:1 extract f 5 *Cinnamomum verum* 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. 9

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

Beyond Comparison

Our Products

Standard Process Product Index

MediHerb Product Index

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

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 Containing glycyrrhizin 25 mg	250 mg	†
Rehmannia rhizome 5:1 extract from *Rehmannia glutinosa* rhizome 750 mg	150 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, matltodextrin, sodium starch glycolate, magnesium stearate and hypromellose.

Content	Product No
40 Tablets	M1050
120 Tablets	M1055

Suggested Use

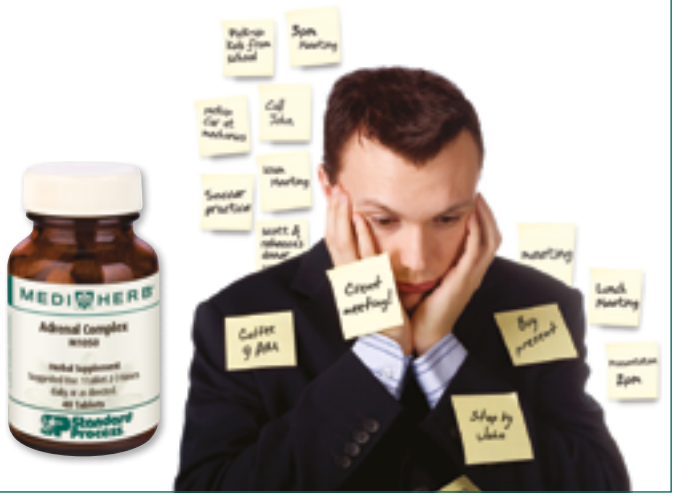
1 tablet 2 – 3 times daily, or as directed.

Educational Tools

Product Fact Sheet available online

Stressed?

MediHerb®
Adrenal Complex –
For the challenges
of everyday life*



♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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.**

AllergCo

Note: Formerly known as Albizia Complex

This upgraded formula now contains Black Cumin (Nigella sativa) to enhance its versatility in addition to Albizia and Chinese Skullcap

The health benefits of Black Cumin's antioxidant activity, which raises endogenous levels of superoxide dismutase (SOD), are also supported by strong recent evidence.*

Albizia is traditionally used in Ayurvedic herbal preparations to:

- Enable a normal response to occasional seasonal stresses
- Support a normal immune response
- Maintain normal respiratory tract function
- Maintain healthy breathing passages to support normal breathing
- Support healthy skin*

Chinese ('Baical') Skullcap is used in Chinese herbal preparations to:

- Support the body's organs of elimination
- Clear heat and dry dampness*

Black Cumin:

- Contains antioxidant activity properties*

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 concurrent medication including statins. ♦

Additional Support

- Combine with Andrographis Complex, Garlic Forte or Gut Flora Complex for short-term immune system support.
- Combine with Astragalus Complex, Echinacea Premium, Ganoderma & Shiitake, or Garlic Forte for long-term immune system support.
- Consider Broncafect® or Sinus Forte for upper respiratory function support.
- Combine with PulmaCo or ResCo® for lower respiratory function support.
- Combine with DermaCo or Burdock Complex to support healthy skin via the elimination of toxins.
- Consider Eleuthero, HerbaVital, Rhodiola & Schisandra or Rhodiola & Ginseng Complex to enhance the body's ability to adapt to temporary stress.*

Supplement Facts		
Serving size: 1 tablet Servings per container: 60		
	Amount per Serving	%DV
Calcium	81 mg	6%
Albizia stem bark 8:1 extract from *Albizia lebbeck* stem bark 800 mg	100 mg	†
Chinese Skullcap root 4:1 extract from *Scutellaria baicalensis* root 800 mg	200 mg	†
Black Cumin seed 5:1 extract from *Nigella sativa* seed 500 mg	100 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, silicon dioxide, hypromellose and magnesium stearate.

Content
60 Tablets

Product No
M1750

Suggested Use
1 tablet 4 times daily, or as directed.

Educational Tools
L00161: AllergCo Brochure
L00157: AllergCo Herbal Support for Seasonal Stresses Handout
Product Fact Sheet available online

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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.**

Andrographis Complex

Holy Basil *(Ocimum tenuiflorum)*

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 Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	40, 120	
	Amount per Serving	%DV
Calcium	51 mg	4%
Echinacea root 4:1 extract from *Echinacea angustifolia* root 500 mg	125 mg	†
Holy Basil herb 5:1 extract from *Ocimum tenuiflorum* herb 500 mg	100 mg	†
Andrographis herb 10:1 extract from *Andrographis paniculata* herb 1.0 g Containing andrographolide 10 mg	100 mg	†
Holy Basil (*Ocimum tenuiflorum*) herb essential oil	10 mg	†
† Daily Value (DV) not established.		

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

Content	Product No
40 Tablets	M1110
120 Tablets	M1115

Suggested Use

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

See Echinacea Quality Information on page 44

Standard Process Product Index
MediHerb Product Index

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.*

Supplement Facts		
Serving size: 1 tablet Servings per container: 90		
	Amount per Serving	%DV
Total Carbohydrate	< 1 g	<1%*
Sweet Wormwood herb 30:1 extract from *Artemisia annua* herb 8.0 g Containing artemisinin 40 mg	266.7 mg	†
Sarsaparilla root 4:1 extract from *Smilax officinalis* root 800 mg	200 mg	†
*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

Product No
M1117

Suggested Use

1 tablet 3 – 6 times daily, or as directed.

Educational Tools

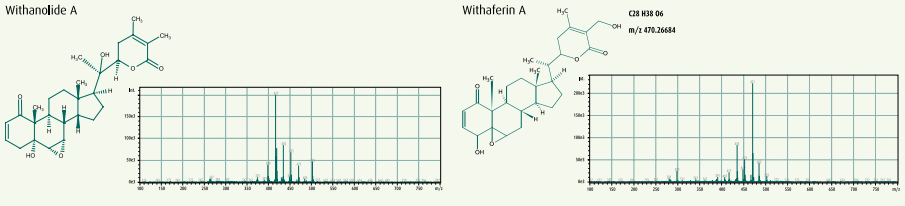
L0626: Artemisinin Complex and Myrrh Forte Brochure
L0333: Supporting Immune System Function & Internal Defenses Handout

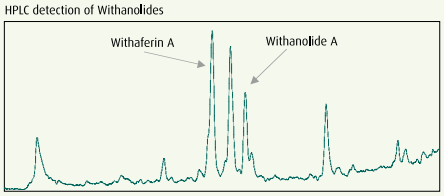
Ashwagandha *(Withania somnifera)*

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 unequivocably 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.





♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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.**

Ashwagandha Complex

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 Rb_2 to Rb_1 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 healthy libido 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 470 mg	117.5 mg	†
Licorice root 7:1 extract from *Glycyrrhiza glabra* root 750 mg	107.15 mg	†
Ashwagandha root 10:1 extract from *Withania somnifera* root 950 mg	95 mg	†
Korean Ginseng root 5:1 extract from *Panax ginseng* root 100 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.

*Rb_2 to Rb_1 is NLT 0.4 by HPLC

Content	Product No
40 Tablets	M1630
120 Tablets	M1635

Suggested Use

1 tablet 3 times daily, or as directed.

Educational Tools

L0691: Ashwagandha Complex Brochure

See Ashwaganda Quality Information on page 27
See Korean Ginseng Quality Information on page 67

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Ashwagandha Forte

Ashwagandha *(Withania somnifera)*

Ashwagandha Forte is an herbal supplement that contains Ashwagandha root used traditionally as a rejuvenating tonic for stress, immune system and cognition support.*

Ashwagandha Forte is a single-ingredient preparation of *Withania somnifera*, also known as 'Ashwagandha'. Each tablet is standardized to contain 10 mg of withanolides (the key active component in this herb) to ensure optimal strength and quality.

Ashwagandha is traditionally used in Ayurvedic herbal preparations:

- As a rejuvenative tonic to support the body's natural immune system
- To support general well-being after challenge
- To support healthy cognition, learning and memory
- As a nervous system relaxant that calms the mind and soothes the nerves
- To relieve mild, occasional sleeplessness
- To support the body as it ages
- To encourage a healthy response to environmental stresses*

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. ♦

Additional Support

- Combine with Eleuthero tablets, Cat's Claw Forte tablets and/or Echinacea Premium tablets for additional immune system support.
- Combine with Bacopa Complex tablets or Ginkgo Forte tablets for healthy cognition.
- Consider Tribulus tablets to support healthy libido in men and women.
- Combine with Ashwagandha Complex tablets or Nevaton® Forte tablets for additional support for healthy mood balance.
- Consider Thyroid Complex tablets to support healthy thyroid function.
- Combine with Adrenal Complex tablets or Rhodiola & Ginseng Complex tablets to support a healthy response to environmental stresses.*

Supplement Facts		
Serving size: 1 tablet Servings per container: 60		
	Amount per Serving	%DV
Calcium	85 mg	6%
Ashwagandha root 10:1 extract from *Withania somnifera* root 4 g Containing withanolides 10 mg	400 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, magnesium stearate, hypromellose, maltodextrin and silicon dioxide.

Content
60 Tablets

Product No
M1740

Suggested Use

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

Educational Tools

L00129: Ashwagandha Forte Brochure
L00132 : Ashwagandha Forte - Rejuvenating Tonic for Stress, Immune System & Cognition Handout
Product Fact Sheet available online

See Ashwaganda Quality Information on page 27

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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.**

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), alkylamides, 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.*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	40, 120	
	Amount per Serving	%DV
Astragalus root 4:1 extract from *Astragalus membranaceus* root 850 mg	212.5 mg	†
Echinacea root 5:1 extract from *Echinacea purpurea* root 650 mg	130 mg	†
Eleuthero root 10:1 extract from *Eleutherococcus senticosus* root 750 mg Containing syringaresinol diglucosides 600 mcg	75 mg	†
† Daily Value (DV) not established.		

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

Content	Product No
40 Tablets	M1123
120 Tablets	M1127

Suggested Use

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

See Echinacea Quality Information on page 44

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 33.4 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 1.8g tablets to support healthy mood balance.
- Consider Rhodiola & Ginseng Complex tablets and Rhodiola & Schisandra tablets for increased stamina, vitality and endurance.*

Bacopa *(Bacopa monnieri)*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	104 mg	8%
Schisandra fruit 6:1 extract from *Schisandra chinensis fruit* 660 mg	110 mg	†
Bacopa whole plant 20:1 extract from *Bacopa monnieri* whole plant 2.9 g Containing bacosides as bacoside A 33.4 mg	145 mg	†
Eleuthero root 10:1 extract from *Eleutherococcus senticosus* root 500 mg Containing syringaresinol diglucosides 400 mcg	50 mg	†
Rosemary (*Rosmarinus officinalis*) leaf essential oil	10 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, hypromellose and magnesium stearate.

Content	Product No
60 Tablets	M1810

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

Educational Tools

Product Fact Sheet available online

See Schisandra Quality Information on page 58

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Berberine Active

Phellodendron (*Phellodendron amurense*)

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 DiGest 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		
Serving size:	1 tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	26 mg	2%
Phellodendron 20:1 extract from *Phellodendron amurense* stem bark 8.8 g Containing berberine 200 mg	440 mg	†
† Daily Value (DV) not established.		

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

Content
60 Tablets

Product No
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 Fact Sheet available online

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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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 pheripheries.
- Consider Vascular Care Complex tablets for further support of venous integrity.
- Consider Vitanox® tablets for antioxidant activity.
- Combine 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		
	Amount per Serving	%DV
Calcium	46 mg	4%
Bilberry fruit fresh 100:1 extract from *Vaccinium myrtillus* fruit fresh 6.0 g Containing anthocyanosides 21.6 mg	60 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate and magnesium stearate.

Content
60 Tablets

Product No
M1140

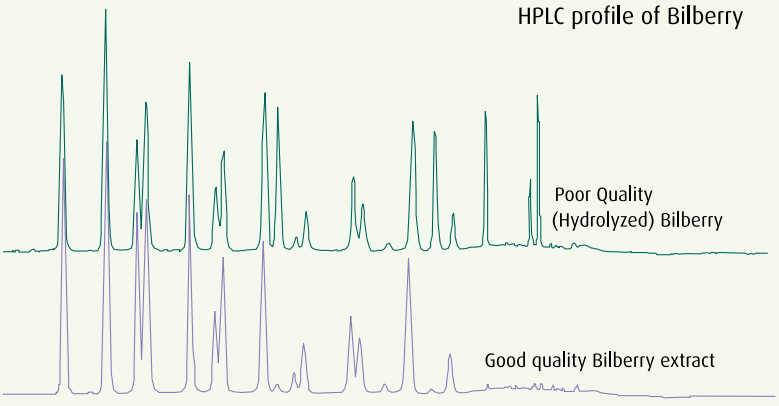
Suggested Use
1 tablet 2 – 4 times daily, or as directed.

Bilberry *(Vaccinium myrtillus)*

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 Pharmacopoiea* also changed the method of analysis for Bilberry as a result of this discovery.



♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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.**

Black Cumin Seed Forte

Black Cumin *(Nigella sativa)*

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 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.
- Consider AllergCo 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		
Serving size: 1 tablet Servings per container: 40		
	Amount per Serving	%DV
Calcium	63 mg	4%
Black Cumin seed 5:1 extract from *Nigella sativa* seed 2 g	400 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

Content
40 Tablets

Product No
M1660

Suggested Use
1 tablet daily with food, or as directed.

Educational Tools
L00045: Black Cumin Seed Forte Brochure
L00043: New Herbal Support for a Modern Lifestyle Handout
Product Fact Sheet available online

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Standard Process Product Index
MediHerb Product Index

Bone Complex

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 icariin 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.*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	43 mg	4%
Epimedium herb top 12:1 extract from *Epimedium sagittatum* herb top 2.4 g Containing icariin 20 mg	200 mg	†
Red Clover herb flowering top 5:1 extract from *Trifolium pratense* herb flowering top 500 mg Containing isoflavones 8 mg	100 mg	†
Kudzu root 10:1 extract from *Pueraria lobata* root 700 mg Containing puerariae isoflavones calculated as daidzin, puerarin, daidzein 28 mg	70 mg	†
Black Cohosh root 5:1 extract from *Actaea racemosa* root 80 mg	16 mg	†
† Daily Value (DV) not established.		

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

Content
60 Tablets

Product No
M1820

Suggested Use
1 tablet 3 times daily, or as directed.

Educational Tools
Product Fact Sheet available online

Boswellia Complex

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 Rehmannia 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.*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	40, 120	
	Amount per Serving	%DV
Calories	5	
Calcium	21 mg	2%
Boswellia gum oleoresin 7:1 extract from *Boswellia serrata* gum oleoresin 1.9 g Containing boswellic acids 180 mg	277 mg	†
Celery Seed fruit 6:1 extract from *Apium graveolens* fruit 1.0 g	166.7 mg	†
Ginger rhizome 10:1 extract from *Zingiber officinale* rhizome 300 mg	30 mg	†
Turmeric rhizome 25:1 extract from *Curcuma longa* rhizome 2.0 g Containing curcuminoids 70.4 mg	80 mg	†
† Daily Value (DV) not established.		

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

Content
40 Tablets
120 Tablets

Product No
M1152
M1157

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

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Broncafect®

Pleurisy *(Asclepias tuberosa)*

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
- 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 Phytosynergist 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 support for seasonal stresses combine with AllergCo tablets.
- For extra respiratory support and immune system response combine with hot Peppermint or Ginger tea*

Supplement Facts		
Serving size:	2 tablet	
Servings per container:	20	
	Amount per Serving	%DV
Calcium	116 mg	8%
Licorice root 7:1 extract from *Glycyrrhiza glabra* root 1.5 g	214.2 mg	†
Pleurisy root 4:1 extract from *Asclepias tuberosa* root 750 mg	187.5 mg	†
Echinacea root 6:1 extract from *Echinacea purpurea* root 750 mg	125 mg	†
White Horehound herb 4:1 extract from *Marrubium vulgare* herb 360 mg	90 mg	†
Thyme (*Thymus vulgaris*) essential oil	20 mg	†
Ginger rhizome 30:1 extract from *Zingiber officinale* rhizome 360 mg	12 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.

See Echinacea Quality Information on page 44

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.
- For additional skin and immune support consider AllergCo tablets.
- 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 from *Arctium lappa* root 242 mg	48.4 mg	†
Slippery Elm (*Ulmus rubra*) stem bark powder	32 mg	†
Sheep Sorrel aerial parts 5:1 extract from *Rumex acetosella* aerial parts 130 mg	26 mg	†
Rhubarb root 5:1 extract from *Rheum palmatum* root 8 mg	1.6 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.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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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 healthy 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		
Serving size: 1 tablet Servings per container: 60		
	Amount per Serving	%DV
Calcium	38 mg	2%
Cat's Claw bark 12:1 extract from *Uncaria tomentosa* bark 2.19 g Containing POA (Pentacyclic Oxindole Alkaloids) 3.8 mg	183 mg	†
† 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 Fact Sheet available online

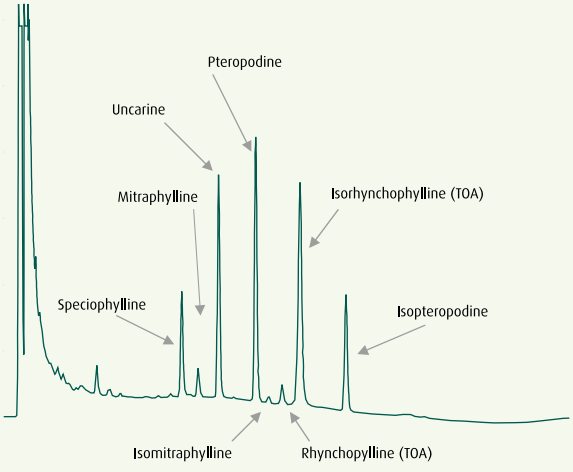
Cat's Claw *(Uncaria tomentosa)*

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) - speciophylline, 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.**



MediHerb tests each batch of Cat's Claw to determine that only the preferred chemotype is used to manufacture our Cat's Claw Forte. The batch of herb shown in the diagram was rejected by our quality assurance testing as it contained high levels of TOAs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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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® capsules 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.*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	40, 120	
	Amount per Serving	%DV
Calcium	87 mg	6%
Chaste Tree fruit 6:1 extract from *Vitex agnus-castus* fruit 500 mg	83.3 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, hypromellose and magnesium stearate.

Content	Product No
40 Tablets	M1190
120 Tablets	M1195

Suggested Use

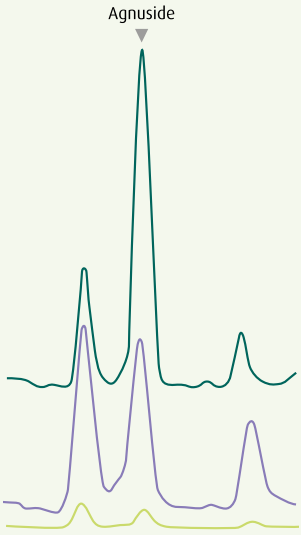
1 tablet 1 – 4 times daily, or as directed.

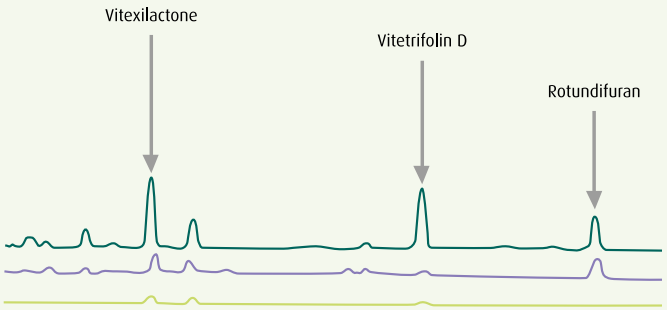
Chaste Tree *(Vitex agnus-castus)*

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.





Top Line: MediHerb® Chaste Tree Tablets
Second Line: Product X
Third Line: Product Y

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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ChelaCo

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® capsules 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		
Serving size:	1 tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	68 mg	6%
Hawthorn leaf & flower 4.8:1 extract from *Crataegus monogyna* leaf & flower 318 mg Containing vitexin-2-rhamnoside 2.0 mg	67 mg	†
Milk Thistle seed 70:1 extract from *Silybum marianum* seed 8.0 g Containing flavanolignans calc. as silybin 80 mg	114.3 mg	†
Fresh Garlic bulb 12:1 extract from *Allium sativum* fresh bulb 600 mg	50 mg	†
Garlic (*Allium sativum*) bulb powder	7.5 mg	†
† 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
60 Tablets

Product No
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 Fact Sheet available online

See Milk Thistle Quality Information on page 61

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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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 α-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.*

Supplement Facts

	Amount per Serving	%DV
Serving size: 1 tablet Servings per container: 60		
Cascara stem bark 12:1 extract from *Frangula purshiana* stem bark 1.12 g	93.33 mg	†
Dandelion root 4:1 extract from *Taraxacum officinale* root 375 mg	93.75 mg	†
Yellow Dock root 4:1 extract from *Rumex crispus* root 375 mg	93.75 mg	†
Dill (*Anethum graveolens*) seed essential oil	15 mg	†
Chamomile (*Matricaria recutita*) flower essential oil	2 mg	†
† Daily Value (DV) not established.		

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

Content
60 Tablets

Product No
M1780

Suggested Use
1 tablet 3 – 4 times daily, or as directed.

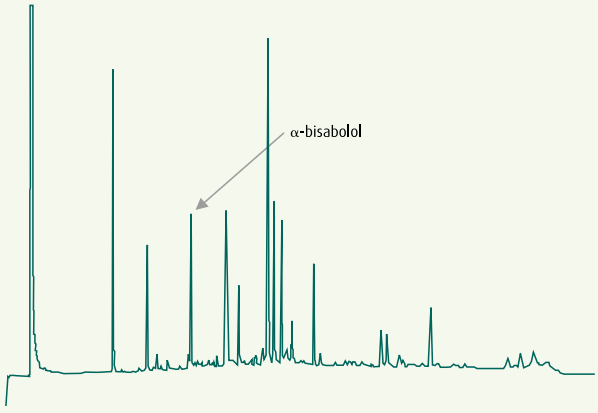
Educational Tools
Product Fact Sheet available online

Chamomile *(Matricaria recutita)*

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 α-bisabolol which is an important active component. MediHerb® has selected a variety of Chamomile which contains α-bisabolol for use in our products. α-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.



♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Coleus Forte

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.*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calories	5	
Coleus root 30:1 extract from *Coleus forskohlii* root 5.61 g Containing forskolin 18.7 mg	187 mg	†
† 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.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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

Ginger *(Zingiber officinale)*

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 softgels or Chaste Tree tablets to support female reproductive system health.
- Consider FemCo tablets as additional support for female reproductive health.
- Combine with Nervagesic tablets to promote relaxation of the muscles.
- Combine with ProstaCo softgels to support healthy prostate gland function.
- Diet changes should include increasing essential fatty acids (eg Evening Primrose Oil softgels), reducing saturated fats, eliminating refined foods, sugar, dairy products, methylxanthines (coffee and chocolate) and increasing fresh fruits, vegetables, proteins and whole grains.*

Supplement Facts		
Serving size:	2 tablets	
Servings per container:	20	
	Amount per Serving	%DV
Calories	6	
Calcium	80 mg	6%
Corydalis yanhusuo tuber 10:1 extract from *Corydalis yanhusuo* tuber 1.2 g	120 mg	†
Raspberry leaf 4:1 extract from *Rubus idaeus* leaf 800 mg	200 mg	†
Wild Yam root & rhizome 5:1 extract from *Dioscorea villosa* root & rhizome 800 mg	160 mg	†
Cramp Bark stem bark 5:1 extract from *Viburnum opulus* stem bark 800 mg	160 mg	†
Ginger rhizome 10:1 extract from *Zingiber officinale* rhizome 800 mg	80 mg	†
† Daily Value (DV) not established.		

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starach glycolate, silicon dioxide, magnesium stearate and hypromellose.

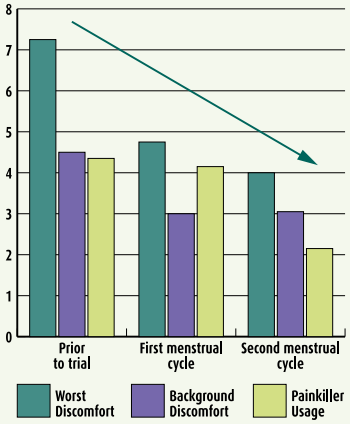
Content
40 Tablets

Product No
M1205

Suggested Use
2 tablets 3 – 4 times daily, or as directed.

MediHerb® 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 133. 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

Cranberry *(Vaccinium macrocarpon)*

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 monoterpene 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 softgels or Nettle Root 1:2 liquid to support healthy urinary tract function in men.
- Increase water intake.*

Supplement Facts		
Serving size: 1 tablet Servings per container: 40		
	Amount per Serving	%DV
Calcium	37 mg	2%
Crataeva stem bark 8:1 extract from *Crataeva nurvala* stem bark 1.0 g	125 mg	†
Uva Ursi leaf 2:1 extract from *Arctostaphylos uva-ursi* leaf 500 mg	250mg	†
Cranberry fruit juice 25:1 powder from *Vaccinium macrocarpon* fruit fresh 2.5 g	100 mg	†
Buchu (*Agathosma betulina*) leaf essential oil	12 mg	†
† Daily Value (DV) not established.		

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

Content
40 Tablets

Product No
M1210

Suggested Use
1 tablet 3 – 4 times daily, or as directed.

DermaCo

DermaCo contains the following herbs: Sarsaparilla, Cleavers, Oregon Grape, Burdock and Yellow Dock.

This combination of herbs contains many compounds including steroidal saponins, sterols, iridoid 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 AllergCo tablets to provide additional skin support.
- Consider Vitanox® tablets for antioxidant activity.
- Increase water intake.*

Supplement Facts		
Serving size: 1 tablet Servings per container: 40		
	Amount per Serving	%DV
Calcium	70 mg	6%
Oregon Grape root & rhizome 10:1 extract from *Berberis aquifolium* (*Mahonia aquifolium*) root & rhizome 360 mg	36 mg	†
Sarsaparilla root & rhizome 4:1 extract from *Smilax ornata (Smilax regelii)* root & rhizome 360 mg	90 mg	†
Cleavers herb 5:1 extract from *Galium aparine* herb 360 mg	72 mg	†
Burdock root 4:1 extract from *Arctium lappa* root 270 mg	67.5 mg	†
Yellow Dock root 4:1 extract from *Rumex crispus* root 270 mg	67.5 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

Content
40 Tablets

Product No
M1220

Suggested Use
1 tablet 3 – 4 times daily, or as directed.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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

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 absinthin 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.*

Supplement Facts		
Serving size: 1 tablet Servings per container: 60		
	Amount per Serving	%DV
Gentian root 2:1 extract from *Gentiana lutea* root 200 mg	100 mg	†
Tangerine fruit peel 5:1 extract from *Citrus reticulata* fruit peel 500 mg	100 mg	†
Feverfew leaf 3:1 extract from *Tanacetum parthenium* leaf 200 mg	66.7 mg	†
Ginger rhizome 10:1 extract from *Zingiber officinale* rhizome 250 mg	25 mg	†
Wormwood herb 4:1 extract from *Artemisia absinthium* herb 100 mg	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
60 Tablets

Product No
M1730

Suggested Use
1 tablet 3 times daily, or as directed.

Educational Tools
Product Fact Sheet available online

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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 Premium®

MediHerb® Echinacea Premium 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 total of 3.5 mg of alkylamides per tablet to ensure optimal strength and quality.

Echinacea and its constituents are used traditionally to:

- help enhance healthy immune system function
- support general health and well-being
- support healthy immune system response following temporary seasonal stressors
- support upper respiratory tract health
- help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants*

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. ♦

Additional Support

- Combine with Andrographis Complex tablets or Viranon tablets for additional immune system support.
- Consider combining with Gut Flora Complex capsules to further support immune system health.
- Combine with AllergCo tablets to assist in maintaining healthy breathing passages and respiratory tract function.
- Combine with Herbal Throat Spray Phytosynergist® to soothe mild irritations of the throat, freshen breath and maintain healthy mucosal tissue in the throat.
- 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 respiratory health.*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	40, 120	
	Amount per Serving	%DV
Calcium	64 mg	4%
Echinacea root 4:1 extract from *Echinacea angustifolia* root 600 mg Containing alkylamides 1.96 mg	150 mg	†
Echinacea root 5:1 extract from *Echinacea purpurea* root 675 mg Containing alkylamides 1.54 mg	135 mg	†
† Daily Value (DV) not established.		

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, croscarmellose 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

Echinacea *(Echinacea angustifolia)*

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, eg 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 *Echinacea 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 caftaric acid, echinacoside and cichoric acid; echinacoside is typical of *E. angustifolia* and *E. pallida* roots and is not found in *E. purpurea*. Cichoric 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.

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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]

Traditional:
Ethanol extract
Root
High alkylamides

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 polysaccharides[3]
- 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 bioavailability**[4]

European:
Juice
Aerial parts
Low alkylamides

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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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 found[5]
- 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*
- 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 finding[6]
- The total amount of alkylamides absorbed into the bloodstream was essentially the same for both Echinacea Premium tablets and Echinacea Premium 1:2 liquid[7]*

What is Absorbed Must be Active

Do alkylamides have an effect on the immune system?

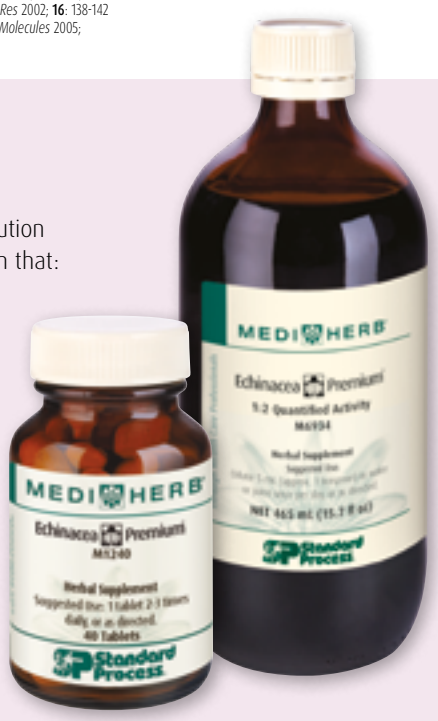
- Echinacea did not activate the immune system in the absence of any immune system related challenge (*in vitro* research)
- The Echinacea alkylamides tended to modulate the immune system response of macrophages and T cells *in vitro*, toning the response down in the face of a strong stimulus, hence helping the immune system to operate more efficiently[8,9]
- These results, combined with the fact that alkylamides are the only phytochemicals which are bioavailable from traditional lipophilic extracts of Echinacea root (such as ethanolic liquid extracts)[5], suggests that the alkylamides are largely responsible for the systemic immune system effects of Echinacea lipophilic extracts*

REFERENCES [1] Wagner H. *Z Phytother* 1996; **17**: 79-95 [2] Felter HW, Lloyd JU. *King's American Dispensatory*. 18th Edn, 3rd revision. First published 1905, reprinted Eclectic Medical Publications, Portland, 1983. [3] Bauer R, Wagner H. In Wagner H, Farnsworth NR eds. *Economic and Medicinal Plant Research*, Vol 5, Academic Press, London, 1991. [4] Melchart D, Clemm C, Weber B et al. *Phytother Res* 2002; **16**: 138-142 [5] Matthias A et al. *Life Sciences* 2005; **77**: 2018-2029 [6] Matthias A et al. *Chem-Biol Interact* 2005, **155**: 62-70 [7] Matthias A et al. *Phytomedicine* 2007; **14**: 587-590 [8] Stevenson LM et al. *Molecules* 2005; **10**: 1279-1285 [9] Matthias A et al. *Fitoterapia* 2008; **79**: 53-58

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, s ince 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*



For more information on the Echinacea Research Project see page 12

Eleuthero

Eleuthero *(Eleutherococcus senticosus)*

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.*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	44 mg	4%
Eleuthero root 10:1 extract from *Eleutherococcus senticosus* root 1.25 g Containing syringaresinol diglucosides 950 mcg	125 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, maltodextrin and magnesium stearate.

Content
60 Tablets

Product No
M1410

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

Evening Primrose Oil

Evening Primrose *(Oenothera biennis)*

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 softgel 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).*

Supplement Facts		
Serving size:	1 softgel	
Servings per container:	60	
	Amount per Serving	%DV
Calories	7	
Total fat	1.0 g	1%*
Evening Primrose Oil from *Oenothera biennis* seed Containing gamma-linolenic acid (GLA) 90 mg	1.0 g	†
† Daily Value (DV) not established. * Percent Daily Values (DV) are based on a 2,000-calorie diet.		

Other ingredients: Gelatin, glycerol, d-alpha-tocopherol (soy) and purified water.

Content
60 Softgels

Product No
M1260

Suggested Use
1 softgel 1 – 3 times daily, or as directed.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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FemCo

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		
Serving size: 1 tablet Servings per container: 40		
	Amount per Serving	%DV
Calcium	79 mg	6%
Schisandra fruit 6:1 extract from *Schisandra chinensis* fruit 1.0 g	166.6 mg	†
White Peony root 4:1 extract from *Paeonia lactiflora* root 750 mg	187.5 mg	†
Shatavari root 6:1 extract from *Asparagus racemosus* root 600 mg	100 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, hypromellose, magnesium stearate and silicon dioxide.

Content
40 Tablets

Product No
M1265

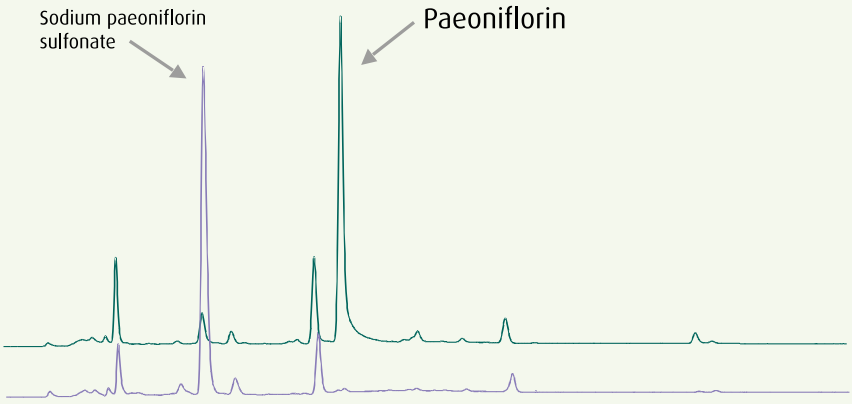
Suggested Use
1 tablet 3 – 4 times daily, or as directed.

Paeonia *(Paeonia lactiflora)*

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).



♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Ganoderma & Shiitake

Reishi Mushroom (*Ganoderma lucidum*)

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.*

Supplement Facts		
Serving size: 1 tablet Servings per container: 60		
	Amount per Serving	%DV
Calcium	87 mg	6%
Shiitake mushroom 4:1 extract from *Lentinula edodes* 800 mg	200 mg	†
Reishi mushroom 66:1 extract from *Ganoderma lucidum* 6.6 g	100 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

Content
60 Tablets

Product No
M1860

Suggested Use
1 tablet 2 – 3 times daily, or as directed.

Educational Tools
Product Fact Sheet available online

Shiitake Mushroom (*Lentinula edodes*)

Garlic Forte

Garlic (*Allium sativum*)

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.*

Supplement Facts		
Serving size: 1 tablet Servings per container: 60		
	Amount per Serving	%DV
Calcium	70 mg	6%
Fresh Garlic bulb 12:1 extract from *Allium sativum* fresh bulb 3.6 g	300 mg	†
Garlic (*Allium sativum*) bulb powder	45 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, 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
60 Tablets

Product No
M1720

Suggested Use
1 tablet 1 – 2 times daily, or as directed.
Enteric coated tablets. Do not break or crush.

Educational Tools
Product Fact Sheet available online

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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.**

Ginkgo Forte

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.*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	72 mg	6%
Ginkgo leaf 50:1 extract from *Ginkgo biloba* leaf 3.0 g Containing ginkgo flavonglycosides 14.4 mg Containing ginkgolides & bilobalide 3.6 mg	60 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
M1300

Suggested Use
1 tablet 1 – 4 times daily, or as directed.

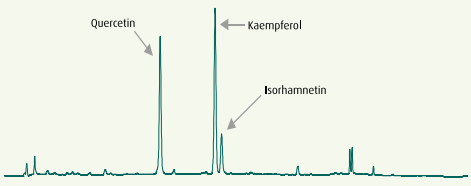
Ginkgo *(Ginkgo biloba)*

Ginkgo Quality Story

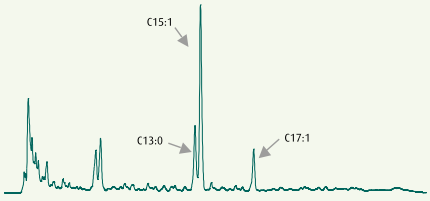
The ginkgo flavonglycosides (ginkgo flavone glycosides) of Ginkgo biloba, comprising quercetin, kaempferol and isorhamnetin are the phytochemicals most often referred to as indicators of quality and efficacy.

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.

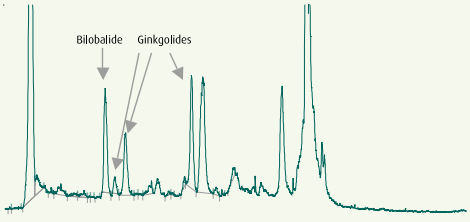
HPLC detection of ginkgo flavonglycosides (ginkgo flavone glycosides)



Ginkgolic acids by HPLC



LC – ELSD detection of bilobalide and ginkgolides



♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Golden Seal 500mg

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.*

Supplement Facts		
Serving size: 1 tablet Servings per container: 40		
	Amount per Serving	%DV
Calcium	110 mg	8%
Golden Seal root & rhizome 3:1 extract from *Hydrastis canadensis* root & rhizome 500 mg	166.7 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

Content
40 Tablets

Product No
M1310

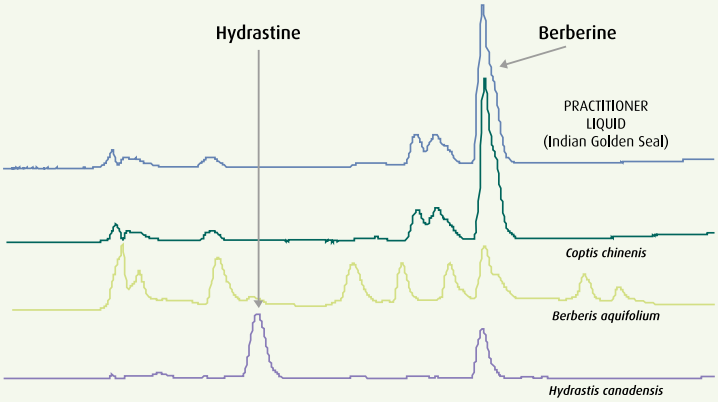
Suggested Use
1 tablet 2 – 3 times daily, or as directed.

Golden Seal *(Hydrastis canadensis)*

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 herbs. The table below demonstrates the difference between the various 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*.



♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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

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.*

Supplement Facts		
Serving size: 1 tablet Servings per container: 40, 120		
	Amount per Serving	%DV
Calcium	63 mg	4%
Gotu Kola leaf 10:1 extract from *Centella asiatica* leaf 2.5 g Containing triterpenes 50 mg	250 mg	†
Grape seed 120:1 extract from *Vitis vinifera* seed 3.6 g Containing procyanidins 25.5 mg	30 mg	†
Ginkgo leaf 50:1 extract from *Ginkgo biloba* leaf 1.0 g Containing ginkgo flavonglycosides 4.8 mg Containing ginkgolides & bilobalide 1.2 mg	20 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, hypromellose and magnesium stearate.

Content	Product No
40 Tablets	M1313
120 Tablets	M1315

Suggested Use

1 tablet 3 – 4 times daily, or as directed.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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.**

Gut Flora Complex

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		
Serving size: 1 capsule Servings per container: 40		
	Amount per Serving	%DV
Calories	5	
Anise (*Pimpinella anisum*) fruit essential oil	125 mg	†
Andrographis aerial parts 10:1 extract from *Andrographis paniculata* aerial parts 1.0 g Containing andrographolide 10 mg	100 mg	†
Phellodendron stem bark 20:1 extract from *Phellodendron amurense* stem bark 1.6 g Containing berberine 36 mg	80 mg	†
Oregano (*Origanum vulgare*) leaf essential oil	75 mg	†
† 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
40 Capsules

Product No
M1318

Suggested Use

1 capsule 3 – 6 times daily, or as directed.
Enteric coated capsules. Do not break or crush.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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

Gymnema *(Gymnema sylvestre)*

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		
Serving size:	1 tablet	
Servings per container:	40, 120	
	Amount per Serving	%DV
Calcium	36 mg	2%
Gymnema leaf 16:1 extract from *Gymnema sylvestre* leaf 6.4 g Containing gymnemic acids 100 mg	400 mg	†
† Daily Value (DV) not established.		

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

Content	Product No
40 Tablets	M1320
120 Tablets	M1325

Suggested Use

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

Educational Tools

L0332: MediHerb® The Quality Choice for Practitioners Handout

Hawthorn

Hawthorn *(Crataegus monogyna)*

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		
Serving size:	1 tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	43 mg	4%
Hawthorn leaf & flower 4.8:1 extract from *Crataegus monogyna* leaf & flower 1.0 g Containing vitexin-2-rhamnoside 6.01 mg	223 mg	†
† Daily Value (DV) not established.		

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

Content	Product No
60 Tablets	M1690

Suggested Use

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

Educational Tools

Product Fact Sheet available online

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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

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.*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	73 mg	6%
Japanese Knotweed root 100:1 extract from *Polygonum cuspidatum* root 8.0 g Containing resveratrol 36 mg	80 mg	†
Milk Thistle seed 70:1 extract from *Silybum marianum* seed 4.8 g Containing flavanolignans calc. as silybin 48 mg	68.6 mg	†
Korean Ginseng root 5:1 extract from *Panax ginseng* root 250 mg Containing ginsenosides* 4.2 mg	50 mg	†
Grape seed 120:1 extract from *Vitis vinifera* seed 4.8 g Containing procyanidins 38 mg	40 mg	†
Ginkgo leaf 50:1 extract from *Ginkgo biloba* leaf 1.5 g Containing ginkgo flavonglycosides 7.2 mg Containing ginkgolides and bilobalide 1.8 mg	30 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, magnesium stearate, hypromellose, dextrose and silicon dioxide.

*Rb_2 to Rb_1 is NLT 0.4 by HPLC

Content
60 Tablets

Product No
M1770

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

Educational Tools
Product Fact Sheet available online

See Ginkgo Quality Information on page 50
See Milk Thistle Quality Information on page 61
See Korean Ginseng Quality Information on page 67

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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

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® Forte tablets to support healthy nervous system response and encourage balance between the body and mind.
- Consider Eleuthero tablets 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.*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	60	
	Amount per Serving	%DV
Deglycyrrhizinized Licorice root 27.5:1 extract from *Glycyrrhiza glabra* root 3.42 g	125 mg	†
Chamomile flower 6:1 extract from *Matricaria recutita* flower 600 mg	100 mg	†
Meadowsweet herb 5:1 extract from *Filipendula ulmaria* herb 500 mg	100 mg	†
Chamomile (*Matricaria recutita*) flower essential oil	5 mg	†
† Daily Value (DV) not established.		

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

Content
60 Tablets

Product No
M1840

Suggested Use

1 tablet 3–5 times daily, or as directed.

Educational Tools

Product Fact Sheet available online

See Chamomile Quality Information on page 39

Chamomile *(Matricaria recutita)*

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Standard Process Product Index
MediHerb Product Index

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.*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	40	
	Amount per Serving	%DV
Kava root 7:1 water extract from *Piper methysticum* root 3.2 g Containing kavalactones 50 mg	455 mg	†
† Daily Value (DV) not established.		

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

Content
40 Tablets

Product No
M1345

Suggested Use
1 tablet 2 – 3 times daily, or as directed.

Educational Tools
L00085: Kava Forte Brochure
L0322: Kava Forte Research Handout
Product Fact Sheet available online

Kava *(Piper methysticum)*

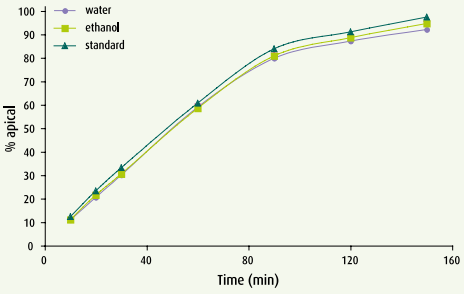
Kava Quality Story

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 hepatoxicity 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.



Kawain % apical average data			
Time	water	ethanol	standard
10	11	11	12
20	21	22	23
30	30	31	33
60	59	59	61
90	80	81	84
120	87	89	91
150	92	95	97

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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.**

LivCo®

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 capsule is standardized to contain 24 mg of flavanolignans per capsule 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 tablets 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.*

Supplement Facts		
Serving size:	1 capsule	
Servings per container:	40, 120	
	Amount per Serving	%DV
Schisandra fruit 6:1 extract from *Schisandra chinensis* fruit 1.0 g	167 mg	†
Rosemary leaf 7.5:1 extract from *Rosmarinus officinalis* leaf 500 mg	66.7 mg	†
Milk Thistle seed 70:1 extract from *Silybum marianum* seed 2.38 g Containing flavanolignans calc. as silybin 24 mg	34 mg	†
† Daily Value (DV) not established.		

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

Content
40 Capsules
120 CapsulesM1765

Product No
M1760

Suggested Use
1 capsule 3 – 4 times daily, or as directed.

Educational Tools
Product Fact Sheet available online

See Milk Thistle Quality Information on page 61

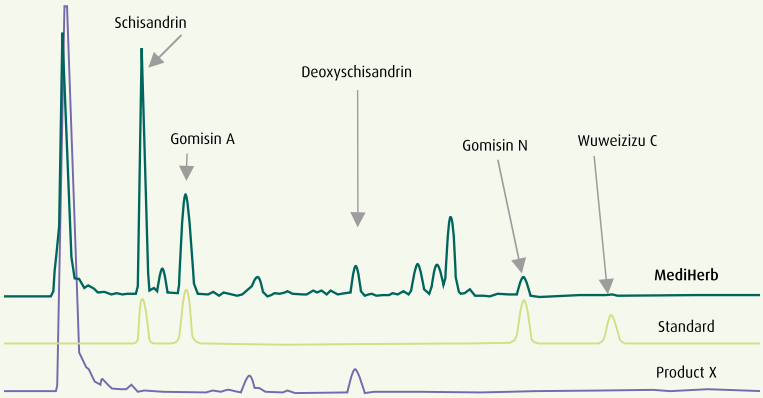
Schisandra *(Schisandra chinensis)*

Schisandra Quality Story

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 spenanthera*, (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 spenanthera*. 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



♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Livton® Complex

Globe Artichoke *(Cynara scolymus)*

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		
Serving size:	1 tablet	
Servings per container:	40, 120	
	Amount per Serving	%DV
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 70:1 extract from *Silybum marianum* seed 8.0 g Containing flavanolignans calculated as silybin 80 mg	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 virginica* 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.

See Milk Thistle Quality Information on page 61

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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

Bitter Melon *(Momordica charantia)*

Cinnamon *(Cinnamomum verum)*

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

Content
90 Tablets

Product No
M1610

Suggested Use

1 tablet 3 times daily, or as directed.

Educational Tools

L0038: Metabol Complex Brochure
L0336: Metabol Complex: Metabolic Multi-Action Formula Handout
Product Fact Sheet available online

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Standard Process Product Index
MediHerb Product Index

Milk Thistle Forte

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® capsules 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.*

Supplement Facts		
Serving size: 1 tablet Servings per container: 60		
	Amount per Serving	%DV
Calcium	30 mg	2%
Milk Thistle seed 70:1 extract from *Silybum marianum* seed 16.8 g Containing flavanolignans calc. as silybin 168 mg	240 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, magnesium stearate, silicon dioxide and sodium starch glycolate.

Content
60 Tablets

Product No
M1620

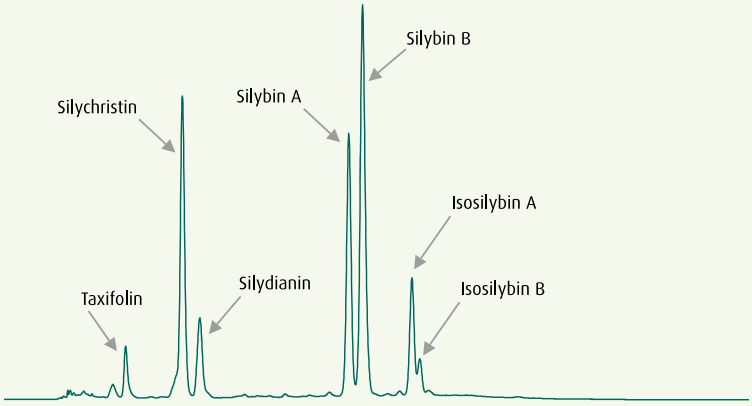
Suggested Use
1 tablet 2 – 3 times daily, or as directed.

Milk Thistle *(Silybum marianum)*

Milk Thistle Quality Story

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.



♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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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 Andrographis Complex tablets for additional immune system support.
- Combine with Viranon 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.*

Supplement Facts		
Serving size:	4 tablets	
Servings per container:	15	
	Amount per Serving	%DV
Calories	6	
Myrrh resin 3:1 extract from *Commiphora molmol* stem bark resin 2 g	666.8 mg	†
† Daily Value (DV) not established.		

Other ingredients: Microcrystalline cellulose, maltodextrin, croscarmellose sodium, sodium starch glycolate, magnesium stearate, hypromellose and silicon dioxide.

Content
60 Tablets

Product No
M1600

Suggested Use

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

Educational Tools

L0626: Artemisinin Complex and Myrrh Forte Brochure
L0333: Supporting Immune System Function & Internal Defenses Handout

Nervagesic

California Poppy (*Eschscholzia californica*)

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.*

Supplement Facts		
Serving size:	2 tablets	
Servings per container:	30	
	Amount per Serving	%DV
Calories	6	
California Poppy herb flowering 4:1 extract from *Eschscholzia californica* herb flowering 1.6 g	400 mg	†
Jamaican Dogwood stem bark 4:1 extract from *Piscidia piscipula* stem bark 800 mg	200 mg	†
Corydalis yanhusuo tuber 10:1 extract from *Corydalis yanhusuo* tuber 1.6 g	160 mg	†
† Daily Value (DV) not established.		

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

Content
60 Tablets

Product No
M1790

Suggested Use

2 tablets 2 times daily, or as directed.

Educational Tools

Product Fact Sheet available online

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Nevaton® Forte

St John's Wort *(Hypericum perforatum)*

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, carotenoids 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 known 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.*

Supplement Facts		
Serving size: 1 tablet Servings per container: 60		
	Amount per Serving	%DV
Skullcap herb 4:1 extract from *Scutellaria lateriflora* herb 500 mg	125 mg	†
St John's Wort herb flowering top 6:1 extract from *Hypericum perforatum* herb flowering top 750 mg Containing hypericins 375 mcg Containing flavonoid glycosides 7.5 mg	125 mg	†
Schisandra fruit 6:1 extract from *Schisandra chinensis* fruit 675 mg	112.5 mg	†
Saffron stigma 3:1 extract from *Crocus sativus* stigma 22.5 mg	7.5 mg	†
† Daily Value (DV) not established.		

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

Content
60 Tablets

Product No
M1710

Suggested Use
1 tablet 3 – 4 times daily, or as directed.

Educational Tools
Product Fact Sheet available online

See Schisandra Quality Information on page 58
See St John's Wort Quality Information on page 71

ProstaCo

Saw Palmetto *(Serenoa repens)*

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 softgel 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 a 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.*

Supplement Facts		
Serving size: 1 softgel Servings per container: 120		
	Amount per Serving	%DV
Calories	5	
Nettle root 6.4:1 extract from *Urtica dioica* root 666 mg	104 mg	†
Saw Palmetto fruit 10:1 extract from *Serenoa repens* fruit 1.07 g Containing fatty acids 96 mg	107 mg	†
Crataeva stem bark 10:1 extract from *Crataeva nurvala* stem bark 900 mg	90 mg	†
Pumpkin seed oil	80 mg	†
† Daily Value (DV) not established.		

Other ingregients: Olive oil, maltodextrin, gelatin, glycerol, lecithin (soy), natural color, silicon dioxide and yellow beeswax.

Content
120 Softgels

Product No
M1382

Suggested Use
1 softgel 3 times daily, or as directed.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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PulmaCo

Chinese Skullcap (*Scutellaria baicalensis*)

The combination of herbs in PulmaCo contain many compounds including alkaloids (such as vasicine), flavonoids, terpene lactones, sesquiterpene ketones, curcuminoids, diterpenoid acids, phenolic acids, anethole and fenchone.

This product is standardized to contain 38 mg of curcuminoids 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 AllergCo 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.*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	60	
	Amount per Serving	%DV
Chinese Skullcap root 3:1 extract from *Scutellaria baicalensis* root 500 mg	166.7 mg	†
Malabar Nut Tree leaf 5:1 extract from *Justicia adhatoda* leaf 750 mg	150 mg	†
Grindelia herb 4:1 extract from *Grindelia camporum* herb 300 mg	75 mg	†
Turmeric rhizome 25:1 extract from *Curcuma longa* rhizome 1.0 g Containing curcuminoids 38 mg	40 mg	†
Ginkgo leaf 50:1 extract from *Ginkgo biloba* leaf 1.0 g Containing ginkgo flavonglycosides 4.8 mg	20 mg	†
Fennel (*Foeniculum vulgare*) herb essential oil	5 mg	†
† Daily Value (DV) not established.		

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

Content
60 Tablets

Product No
M1830

Suggested Use
1 tablet 3 times daily, or as directed.

Educational Tools
Product Fact Sheet available online

See Ginkgo Quality Information on page 50

Rehmannia Complex

Feverfew (*Tanacetum parthenium*)

The combination of herbs in Rehmannia Complex contain many compounds including iridoid glycosides, triterpenoid saponins (called saikosaponins), 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 Gotu Kola 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		
Serving size:	1 tablet	
Servings per container:	40	
	Amount per Serving	%DV
Calcium	30 mg	2%
Rehmannia root 1.4:1 extract from *Rehmannia glutinosa* root 350 mg	250 mg	†
Bupleurum root 4.5:1 extract from *Bupleurum falcatum* root 700 mg	155.5 mg	†
Hemidesmus root 5:1 extract from *Hemidesmus indicus* root 500 mg	100 mg	†
Feverfew leaf & stem 5:1 extract from *Tanacetum parthenium* leaf & stem 165 mg	33 mg	†
† Daily Value (DV) not established.		

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, silicon dioxide, hypromellose and magnesium stearate.

Content
40 Tablets

Product No
M1385

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

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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®

Mullein *(Verbascum thapsus)*

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 mucus function
- 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. ♦

Additional Support

- Consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets for enhanced immune system support.
- Combine with AllergCo tablets for seasonal stress support and to maintain healthy respiratory function.
- Reduce mucus-forming foods (ie 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		
Serving size: 1 tablet Servings per container: 60		
	Amount per Serving	%DV
Calcium	40 mg	4%
Licorice root 3.5:1 extract from *Glycyrrhiza glabra* root 500 mg	142.9 mg	†
Mullein leaf 4:1 extract from *Verbascum thapsus* leaf 470 mg	117.5 mg	†
Euphorbia herb 4:1 extract from *Euphorbia hirta* herb 280 mg	70 mg	†
Grindelia herb 4:1 extract from *Grindelia camporum* herb 280 mg	70 mg	†
Ginger rhizome 10:1 extract from *Zingiber officinale* rhizome 180 mg	18 mg	†
Fennel (*Foeniculum vulgare*) herb essential oil	12 mg	†
Thyme (*Thymus vulgaris*) herb flowering essential oil	12 mg	†
† Daily Value (DV) not established.		

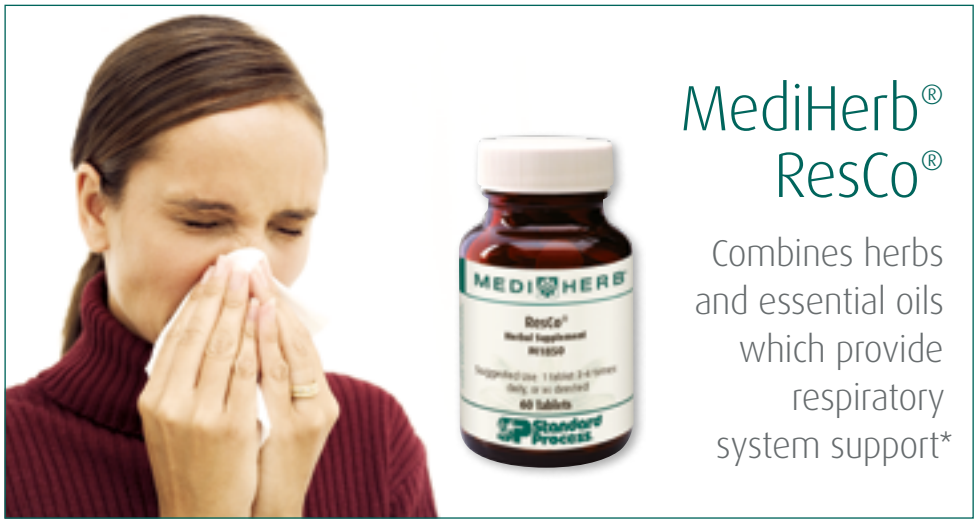
Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, silicon dioxide, dextrose, hypromellose and magnesium stearate.

Content
60 Tablets

Product No
M1850

Suggested Use
1 tablet 3 – 4 times daily, or as directed.

Educational Tools
Product Fact Sheet available online



♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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 & Ginseng Complex

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 Rb_2 to Rb_1 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
Calcium	35 mg	2%
Rhodiola root 4:1 extract from *Rhodiola rosea* root 600 mg Containing rosavins 4.5 mg and salidroside 1.5 mg	150 mg	†
Korean Ginseng root 5:1 extract from *Panax ginseng* root 500 mg Containing ginsenosides* 8.4 mg	100 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, dextrose, hypromellose and magnesium stearate.

*Rb_2 to Rb_1 is NLT 0.4 by HPLC

Content
60 Tablets

Product No
M1393

Suggested Use

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

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Standard Process Product Index

MediHerb Product Index

Rhodiola *(Rhodiola rosea)*

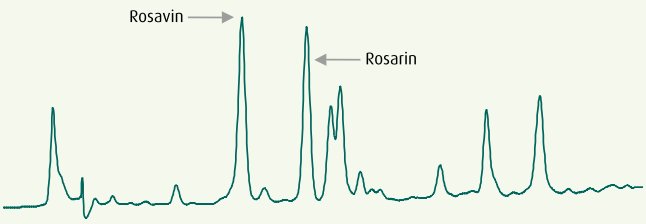
Rhodiola Quality Story

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*



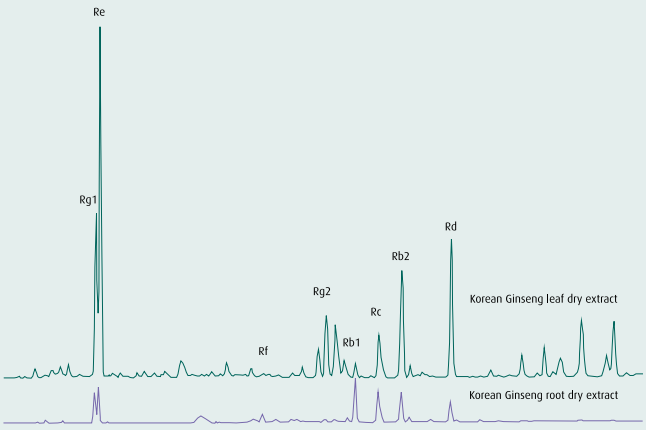
Korean Ginseng *(Panax ginseng)*

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.

% Content									
	Rg_1	Re	Rf	Rg_2	Rb_1	Rc	Rb_2	Rd	Total
Leaves	1.078	1.524	—	—	0.184	0.736	0.553	1.113	5.188
Leafstalks	0.327	0.141	—	—	—	0.190	—	0.107	0.765
Stem	0.292	0.070	—	—	—	—	0.397	—	0.759
Main root	**0.379**	0.153	0.092	0.023	**0.342**	0.190	0.131	0.038	1.348
Lateral roots	0.406	0.668	0.203	0.090	0.850	0.738	0.434	0.143	3.532
Root hairs	0.376	1.512	0.150	0.249	1.351	1.349	0.780	0.381	6.148
Main root dry extract	**1.4**	2.1	0.6	0.6	**2.9**	1.9	2.4	1.5	13.4



Rhodiola & Schisandra

Schisandra *(Schisandra chinensis)*

This combination of Rhodiola and Schisandra contains many compounds including phenylpropanoids such as rosarin, rosavin 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: 60		
	Amount per Serving	%DV
Calcium	89 mg	6%
Rhodiola root 4:1 extract from *Rhodiola rosea* root 600 mg Containing salidroside 1.5 mg and rosavins 4.5 mg	150 mg	†
Schisandra fruit 6:1 extract from *Schisandra chinensis* fruit 660 mg	110 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, hypromellose, magnesium stearate and silicon dioxide.

Content
60 Tablets

Product No
M1800

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

Educational Tools
Product Fact Sheet available online

See Rhodiola Quality Information on page 67
See Schisandra Quality Information on page 58

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Saligesic

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 Nervagesic 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.*

Supplement Facts		
Serving size: 1 tablet Servings per container: 40		
	Amount per Serving	%DV
Calcium	32 mg	2%
Willow stem bark 20:1 extract from *Salix purpurea* stem bark 8.0 g Containing salicin 60 mg	400 mg	†
† Daily Value (DV) not established.		

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

Content
40 Tablets

Product No
M1395

Suggested Use

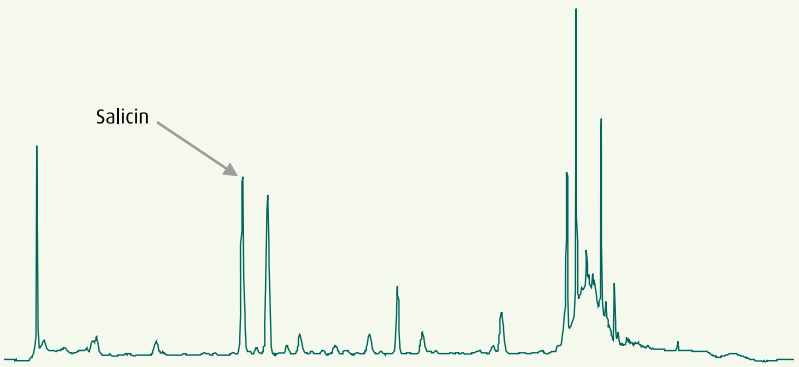
1 tablet 2 – 4 times daily, or as directed.

Willow Bark *(Salix purpurea)*

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 results[1,2]. 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.



REFERENCES [1] Schmid, B., et al. "Efficacy and tolerability of a standardized willow bark extract in patients with osteoarthritis: randomized placebo-controlled, double blind clinical trial." *Phytotherapy Research* **15.4 (2001)**: 344-350 [2] Chrubasik, S., et al. "Treatment of low back pain with a herbal or synthetic anti-rheumatic: a randomized controlled study. Willow bark extract for low back pain." *Rheumatology* **40.12 (2001)**: 1388-1393

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Sinus Forte

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 capsaicin), 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 AllergCo 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.*

Supplement Facts		
Serving size: 1 tablet Servings per container: 40		
	Amount per Serving	%DV
Eyebright herb 4:1 extract from *Euphrasia officinalis* herb 650 mg	162.5 mg	†
Golden Rod herb 4:1 extract from *Solidago virgaurea* herb 650 mg	162.5 mg	†
Echinacea root 4:1 extract from *Echinacea purpurea* root 370 mg	92.5 mg	†
Golden Seal root & rhizome 4:1 extract from *Hydrastis canadensis* root & rhizome 125 mg	31.25 mg	†
Cayenne fruit 3:1 extract from *Capsicum annuum* fruit 10 mg	3.33 mg	†
† Daily Value (DV) not established.		

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

Content
40 Tablets

Product No
M1426

Suggested Use
1 tablet 3 – 4 times daily, or as directed.

See Golden Seal Quality Information on page 51
See Echinacea Quality Information on page 44

Eyebright *(Euphrasia officinalis)*

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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.*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	87 mg	6%
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	300 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline celllose, sodium starch glycolate, maltodextrin, hypromellose, silicon dioxide and magnesium stearate.

Content
60 Tablets

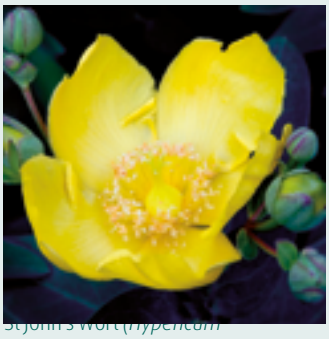
Product No
M1795

Suggested Use

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

Educational Tools

Product Fact Sheet available online

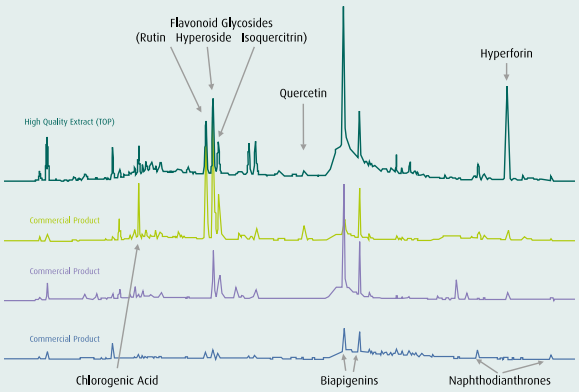


St John's Wort (*Hypericum perforatum*)

St John's Wort Quality Story

St John's Wort is comprised of a wide range of phytochemicals of which the naphthodiantrones (consisting mainly of hypericin and psuedohypericin) 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 napthodianthrones (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.



Thyroid Complex

Bladderwrack *(Fucus vesiculosus)*

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 bacosides, 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 Rehmannia 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	
	Amount per Serving	%DV
Calcium	68 mg	6%
Bladderwrack whole plant 5:1 extract from *Fucus vesiculosus* whole plant 1.5 g	300 mg	†
Withania (Ashwagandha) root 10:1 extract from *Withania somnifera* root 1.20 g	120 mg	†
Bacopa herb 50:1 extract from *Bacopa monnieri* herb 2.5 g Containing bacosides as bacoside A 25 mg	50 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, maltodextrin, sodium starch glycolate, croscarmellose sodium, magnesium stearate, silicon dioxide and hypromellose.

Content	Product No
40 Tablets	M1435
120 Tablets	M1437

Suggested Use
1 tablet daily, or as directed.

See Ashwaganda Quality Information on page 27

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 spirostanol glycosides, sterols and other compounds.

This product is standardized to contain 90 mg per tablet of furostanol saponins to ensure optimal strength and quality. Protodioscin, a furanostanol saponin from Tribulus terrestris is considered responsible for the plant's effects on libido and vitality.*

The compounds in Tribulus have been used traditionally to:

- support healthy libido in men and women
- promote normal menstrual flow
- tonify and promote vitality
- 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	
	Amount per Serving	%DV
Calcium	98 mg	8%
Tribulus herb (aerial parts) 55:1 extract from *Tribulus terrestris* herb (aerial parts) 13.5 g Containing furostanol saponins as protodioscin 90 mg	245.45 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, hypromellose, silicon dioxide and magnesium stearate.

Content	Product No
40 Tablets	M1445

Suggested Use
1 tablet 1–3 times daily, or as directed.

Educational Tools
L0332: MediHerb® The Quality Choice for Practitioners Handout

See Tribulus Quality Information on page 73

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

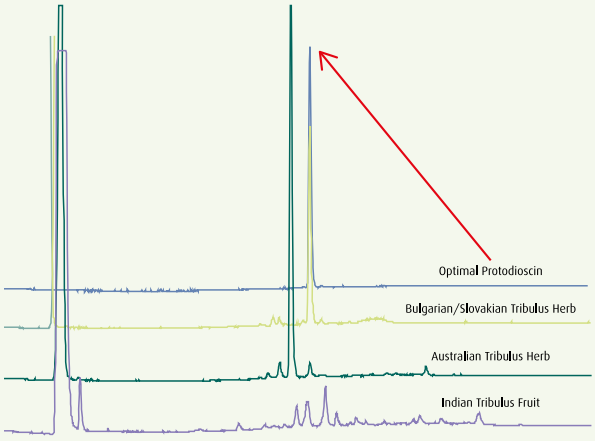
* **These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

Tribulus *(Tribulus terrestris)*

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.



Turmeric Forte

Standardized for Curcumin

Fenugreek *(Trigonella foenum-graecum)*

Turmeric *(Curcuma longa)*

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 bisdemthoxycurcumin. 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® capsules 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		
Serving size:	1 tablet	
Servings per container:	60, 180	
	Amount per Serving	%DV
Fenugreek seed 5.5:1 extract from *Trigonella foenum-graecum* seed 731.5 mg	133 mg	†
Turmeric rhizome 55:1 extract from *Curcuma longa* rhizome 6.44 g Containing curcuminoids 101.3 mg Containing curcumin 82.5 mg	117 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	Product No
60 Tablets	M1448
180 Tablets	M1670

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 Fact Sheet available online

†Contains dietary ingredient (formulation of curcumin with Fenugreek dietary fiber), found to have enhanced bioavailability of curcuminoids over unformulated curcumin.[1]

[1] Kumar D, Jacob D, Subhash PS et al. *J Funct Foods* 2016; **22**, 578-587

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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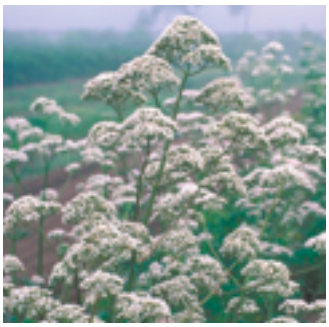
MediHerb® Tribulus

Traditionally used in Ayurvedic medicine to support healthy libido in men and women*

Valerian Complex



Valerian *(Valeriana officinalis)*

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.*

Supplement Facts		
Serving size: 1 tablet Servings per container: 40		
	Amount per Serving	%DV
Calcium	64 mg	4%
Valerian root & rhizome 5:1 extract from *Valeriana officinalis* root & rhizome 700 mg	140 mg	†
Passion Flower herb 5:1 extract from *Passiflora incarnata* herb 500 mg	100 mg	†
Jujube seed 10:1 extract from *Ziziphus jujuba var. spinosa* seed 900 mg	90 mg	†
† Daily Value (DV) not established.		

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, magnesium stearate, maltodextrin, hypromellose and silicon dioxide.

Content
40 Tablets

Product No
M1452

Suggested Use

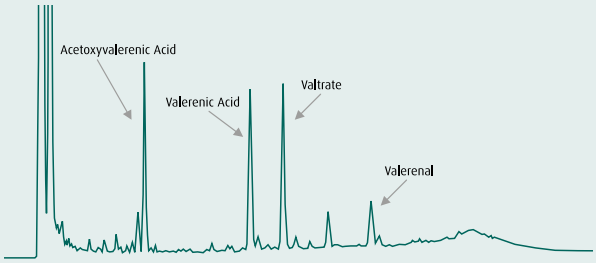
1 tablet 2 – 4 times daily, or as directed.

See Passion Flower Quality Information on page 75

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.



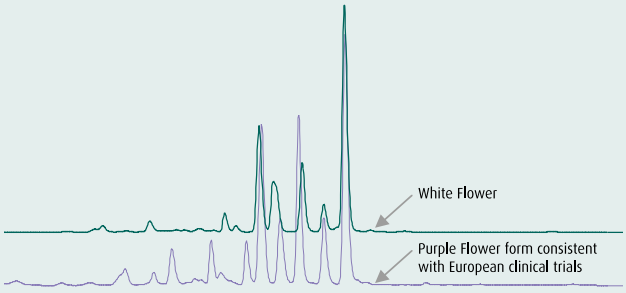
Passion Flower *(Passiflora incarnata)*

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		
Serving size: 1 tablet Servings per container: 60		
	Amount per Serving	%DV
Butcher's Broom root & rhizome 4:1 extract from *Ruscus aculeatus* root & rhizome 800 mg Containing ruscogenin 20 mg	200 mg	†
Horsechestnut seed 6:1 extract from *Aesculus hippocastanum* seed 1.2 g Containing escin 36 mg	200 mg	†
Ginkgo leaf 50:1 extract from *Ginkgo biloba* leaf 1.5 g Containing ginkgo flavonglycosides 7.3 mg	30.5 mg	†
† 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
60 Tablets

Product No
M1785

Suggested Use

1 tablet 2 – 3 times daily, or as directed.
Enteric coated tablets. Do not break or crush.

Educational Tools

Product Fact Sheet available online

See Ginkgo Quality Information on page 50

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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

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.*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	90	
	Amount per Serving	%DV
Sodium	5 mg	<1%
Total Carbohydrate	<1 g	<1%*
Thuja leaf 3:1 extract from *Thuja occidentalis* leaf 200 mg	66.7 mg	†
St John's Wort herb flowering top 6:1 extract from *Hypericum perforatum* herb flowering top 1.35 g Containing hypericins 675 mcg	225 mg	†
Licorice root 17.5:1 extract from *Glycyrrhiza glabra* root 2.9 g Containing glycyrrhizin 30 mg	166.6 mg	†
*Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value (DV) not established.		

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

Content
90 Tablets

Product No
M1456

Suggested Use

1 tablet 3 times daily, or as directed.

Educational Tools

L0333: Supporting Immune System Function & Internal Defenses Handout
L0628: Viranon Brochure

See St John's Wort Quality Information on page 71

Thuja *(Thuja accidentalis)*

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Vitanox®

Rosemary *(Rosmarinus officinalis)*

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.*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	40, 120	
	Amount per Serving	%DV
Calcium	28 mg	2%
Rosemary leaf 5:1 extract from *Rosmarinus officinalis* leaf 1.0 g	200 mg	†
Green Tea leaf 25:1 extract from *Camellia sinensis* leaf 4.2 g Containing catechins 83.35 mg	166.7 mg	†
Turmeric rhizome 25:1 extract from *Curcuma longa* rhizome 2.0 g Containing curcuminoids 70.4 mg	80 mg	†
Grape seed 120:1 extract from *Vitis vinifera* seed 6.0 g Containing procyanidins 42.5 mg	50 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 133. 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

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 Rb_2 to Rb_1 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 healthy libido 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		
Serving size:	1 tablet	
Servings per container:	40, 120	
	Amount per Serving	%DV
Wild Yam root & rhizome 5:1 extract from *Dioscorea villosa* root & rhizome 400 mg	80 mg	†
Shatavari root 2:1 extract from *Asparagus racemosus* root 400 mg	200 mg	†
St John's Wort herb flowering top 6:1 extract from *Hypericum perforatum* herb flowering top 600 mg Containing hypericins 300 mcg	100 mg	†
Sage aerial parts 5:1 extract from *Salvia officinalis* aerial parts 290 mg	58 mg	†
Black Cohosh root 5:1 extract from *Actaea racemosa* root 100 mg	20 mg	†
Korean Ginseng root 5:1 extract from *Panax ginseng* root 75 mg Containing ginsenosides* 1.3 mg	15 mg	†
† 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_2 to Rb_1 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.

See St John's Wort Quality Information on page 71
See Korean Ginseng Quality Information on page 67
See Wild Yam Quality Information on page 79

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Wild Yam Quality Story

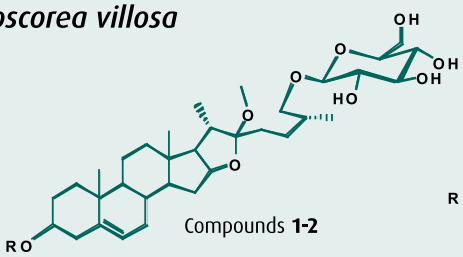
There are some 600 species of Yam in the genus Dioscorea, many of them are wild species that flourish in damp woodlands and thickets. Dioscorea villosa, also known as Colic Root or Wild Yam, is a twining, tuberous vine native to eastern North America.

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.

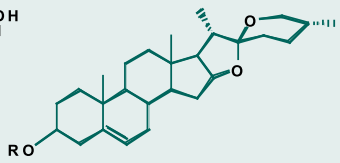
It is widely misconstrued that *Dioscorea villosa* contains diosgenin and many products have this as a statement on their labels. However it does not contain diosgenin, but rather the diosgenin precursors. Traditionally *Dioscorea villosa* was believed to contain predominantly dioscin, however, the origin 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 Disocorea species, however, the profile of saponins was different in the other species.

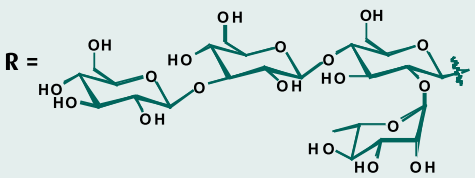
Major Saponins of *Dioscorea villosa*



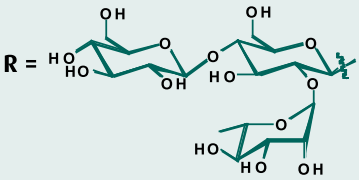
Compounds **1-2**



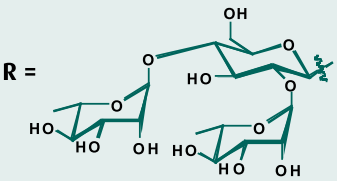
Compounds **4-6**



1 – Methylparvifloside
4 – Zingiberensis saponin I or glucosidodeltonin



2 – Methylprotodeltonin
5 – Deltonin



6 – Dioscin

Wild Yam *(Dioscorea villosa)*

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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.**

Wormwood Complex

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.*

Supplement Facts		
Serving size: 1 tablet Servings per container: 120		
	Amount per Serving	%DV
Stemona root 5:1 extract from *Stemona sessilifolia* root 1.0 g	200 mg	†
Black Walnut hull 4:1 extract from *Juglans nigra* hull 100 mg	25 mg	†
Wormwood herb 4:1 extract from *Artemisia absinthium* herb 100 mg	25 mg	†
Clove bud (*Syzygium aromaticum*) essential oil	20 mg	†
† 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

Product No
M1490

Suggested Use

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

Wormwood *(Artemisia absinthium)*

Black Walnut *(Juglans nigra)*

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Phytosynergist® Liquid Complexes

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Adrenal Tonic Phytosynergist®

Rehmannia *(Rehmannia glutinosa)*

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 healthy libido 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.*

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Rehmannia root 1:2 extract from *Rehmannia glutinosa* root 1.13 g	2.25 mL	†
Ashwagandha root 1:1 extract from *Withania somnifera* root 1.63 g	1.63 mL	†
Echinacea root 1:2 extract from *Echinacea purpurea* root 263 mg	525 mcL	†
Echinacea root 1:2 extract from *Echinacea angustifolia* root 175 mg	350 mcL	†
Licorice root 1:1 extract From *Glycyrrhiza glabra* root 250 mg	250 mcL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water, 36.5% alcohol and maltodextrin.

Content
200 mL (6.8 fl oz)

Product No
M4405

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice 3-4 times daily, or as directed.

See Ashwaganda Quality Information on page 27
See Echinacea Quality Information on page 44

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Broncafect Phytosynergist®

Pleurisy *(Asclepias tuberosa)*

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		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	15	
Echinacea root 1:1 extract from *Echinacea angustifolia* root 500 mg	1.0 mL	†
Licorice root 1:1 extract from *Glycyrrhiza glabra* root 1 g	1.0 mL	†
Pleurisy root 1:2 extract from *Asclepias tuberosa* root 500 mg	1.0 mL	†
Thyme leaf 1:2 extract from *Thymus vulgaris* leaf 500 mg	1.0 mL	†
Ginger rhizome 1:2 extract from *Zingiber officinale* rhizome 250 mg	500 mcL	†
White Horehound herb 1:2 extract from *Marrubium vulgare* herb 250 mg	500 mcL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 48% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M4410

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

See Echinacea Quality Information on page 44

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Capsella Complex Phytosynergist®

False Unicorn *(Chamaelirium luteum)*

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		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	10	
Dong Quai root 1:2 extract from *Angelica polymorpha* (*A. sinensis*) root 750 mg	1.5 mL	†
False Unicorn root 1:2 extract from *Chamaelirium luteum* root 625 mg	1.25 mL	†
Shepherd's Purse herb 1:2 extract from *Capsella bursa-pastoris* herb 625 mg	1.25 mL	†
White Peony root 1:2 extract from *Paeonia lactiflora* root 500 mg	1 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 40% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M4420

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

See Paeonia Quality Information on page 48

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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 Phytosynergist®

Chamomile *(Matricaria recutita)*

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.*

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	10	
Chamomile flower 1:2 extract from *Matricaria recutita* flower 750 mg	1.5 mL	†
Dandelion root 1:2 extract from *Taraxacum officinale* root 500 mg	1.0 mL	†
Echinacea root 1:2 extract from *Echinacea angustifolia* root 500 mg	1.0 mL	†
Milk Thistle seed 1:1 extract from *Silybum marianum* seed 1.0 g	1.0 mL	†
Gentian root 1:2 extract from *Gentiana lutea* root 100 mg	200 mcL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 50% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M4450

Suggested Use

Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 – 5 times daily, or as directed.

See Chamomile Quality Information on page 39
See Milk Thistle Quality Information on page 61

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Fe-Max Iron Tonic Phytosynergist®

Codonopsis *(Codonopsis pilosula)*

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		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	10	
Total Carbohydrate	Less than 1 g	< 1%*
Vitamin C (as Ascorbic acid)	1.8 mg	2%
Iron (from iron amino acid chelate)	5 mg	30%
Vitamin B2 (Riboflavin)	2.5 mg	190%
Vitamin B6 (Pyridoxine hydrochloride)	2.5 mg	150%
Vitamin B12 (Cyanocobalamin)	1.5 mcg	60%
Codonopsis root 1:2 extract from *Codonopsis pilosula* root 500 mg	1 mL	†
Nettle leaf 1:2 extract from *Urtica dioica* leaf 500 mg	1 mL	†
Licorice root 4:1 extract from *Glycyrrhiza glabra* root 500 mg	125 mg	†
Ashwagandha root 12:1 extract from *Withania somnifera* root 1.2 g	100 mg	†
Ginger rhizome 1:2 extract from *Zingiber officinale* rhizome 50 mg	100 mcL	†
Stevia leaf 1:2 extract from *Stevia rebaudiana* leaf 50 mg	100 mcL	†
*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
200 mL (6.8 fl oz)

Product No
M4460

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice 2 – 3 times daily, or as directed.

See Ashwagandha Quality Information on page 27

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Herbal Throat Spray Phytosynergist®

Marshmallow *(Althaea officinalis)*

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 echinacoside and cynarin), alkylamides, triterpenoid saponins, triterpene alcohols and their esters, flavonoids, sterols, carotenes 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 Broncafect® 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		
Serving size:	4 Sprays (500 mcL)	
Servings per container:	50	
	Amount per Serving	%DV
Marshmallow root 1:5 glycetract from *Althaea officinalis* root 40 mg	200 mcL	†
Sage aerial parts 1:2 extract from *Salvia officinalis* aerial parts 30 mg	60 mcL	†
Calendula flower 1:2 extract from *Calendula officinalis* flower 10 mg	20 mcL	†
Echinacea root 1:2 extract from *Echinacea angustifolia* root 10 mg	20 mcL	†
Myrrh oleo-gum resin 1:5 extract from *Commiphora molmol* stem oleo-gum resin 1 mg	5 mcL	†
Clove (*Syzygium aromaticum*) bud essential oil	1.25 mcL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water, glycerol, alcohol 16.5%, methyl hydroxybenzoate (preservative), propyl hydroxybenzoate (preservative) and menthol.

Content
25 mL (0.85 fl oz)

Product No
M4465

Suggested Use
4 sprays into the mouth every 1-2 hours and swallow, or as directed.

See Echinacea Quality Information on page 44

MediHerb®
Herbal Throat Spray

Promote Healthy Throat Tissue

- Promotes oral health
- Freshens the breath
- Convenient pump spray bottle*

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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ResCo Phytosynergist®

Mullein *(Verbascum thapsus)*

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, sterols, phenolic acids, sesquiterpene lactones, polyacetylenes, pungent principles (including gingerols), 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.*

Supplement Facts		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	15	
Mullein leaf 1:2 extract from *Verbascum thapsus* leaf 625 mg	1.25 mL	†
Licorice root 1:1 extract from *Glycyrrhiza glabra* root 1 g	1.0 mL	†
Elecampane root 1:2 extract from *Inula helenium* root 372.5 mg	745 mcL	†
Euphorbia herb 1:2 extract from *Euphorbia hirta* herb 372.5 mg	745 mcL	†
Grindelia herb 1:2 extract from *Grindelia camporum* herb 372.5 mg	745 mcL	†
Ginger rhizome 1:2 extract from *Zingiber officinale* rhizome 250 mg	500 mcL	†
Fennel (*Foeniculum vulgare*) essential oil	15 mcL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 46% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M4490

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

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 monoterpene diosphenol), 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.*

Supplement Facts		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	10	
Couch Grass rhizome 1:1 extract from *Elymus repens* rhizome 1.5 g	1.5 mL	†
Echinacea root 1:2 extract from *Echinacea angustifolia* root 625 mg	1.25 mL	†
Licorice root 1:1 extract from *Glycyrrhiza glabra* root 1.25 g	1.25 mL	†
Buchu leaf 1:2 extract from *Agathosma betulina* leaf 500 mg	1.0 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 40% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M4500

Suggested Use
Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

See Echinacea Quality Information on page 44

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Liquid Extracts

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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.*

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Albizia 1:2

Albizia *(Albizia lebbeck)*

Albizia contains saponins and other compounds.

Albizia has been used traditionally used 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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	5	
Albizia bark 1:2 extract from *Albizia lebbeck* bark 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 23% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M6600

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

Ashwagandha 1:1

Standardized

Ashwagandha *(Withania somnifera)*

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	10	
Ashwagandha root 1:1 extract from *Withania somnifera* root 5.0 g Containing withanolides 10 mg	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water, 45% alcohol and maltodextrin.

Content
200 mL (6.8 fl oz)

Product No
M6620

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

See Ashwagandha Quality Information on page 27

Astragalus 1:2

Astragalus *(Astragalus membranaceus)*

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	10	
Astragalus root 1:2 extract from *Astragalus membranaceus* root 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 23% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M6630

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

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Bacopa 1:2

Bacopa *(Bacopa monnieri)*

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		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	5	
Bacopa herb 1:2 extract from *Bacopa monnieri* herb 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 23% alcohol.

Content
200 mL (6.8 fl oz)

Product No
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 *(Cimicifuga racemosa)*

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-deoxyactein) 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		
Serving size: 2.5 mL (½ tsp) Servings per container: 80		
	Amount per Serving	%DV
Calories	10	
Black Cohosh root 1:2 extract from *Cimicifuga racemosa* root 1.25 g Containing triterpene glycosides as 27-deoxyactein 37.5 mg	2.5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 60% alcohol.

Content
200 mL (6.8 fl oz)

Product No
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 *(Juglans nigra)*

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		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	15	
Black Walnut hull 1:10 extract from *Juglans nigra* hull 500 mg	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 60% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M6700

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

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Bugleweed 1:2

Bugleweed *(Lycopus* spp.*)*

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		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	5	
Bugleweed herb 1:2 extract from *Lycopus* spp. herb 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 23% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M6740

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

Bupleurum 1:2

Bupleurum *(Bupleurum falcatum)*

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		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	10	
Bupleurum root 1:2 extract from *Bupleurum falcatum* root 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M6750

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

Burdock 1:2

Burdock *(Arctium lappa)*

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		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	10	
Burdock root 1:2 extract from *Arctium lappa* root 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 23% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M6760

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

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Calendula 1:2

Calendula *(Calendula officinalis)*

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. ♦

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.

Content
200 mL (6.8 fl oz)

Product No
M6770

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

California Poppy 1:2

California Poppy *(Eschscholzia californica)*

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. ♦

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.

Content
200 mL (6.8 fl oz)

Product No
M6780

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

Celery Seed 1:2

Quantified Activity

Celery *(Apium graveolens)*

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	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.

Content
200 mL (6.8 fl oz)

Product No
M6800

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 133. 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 *(Matricaria recutita)*

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	15	
Chamomile flower 1:2 extract from *Matricaria recutita* flower 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 60% alcohol.

Content
200 mL (6.8 fl oz)

Product No
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 39

Chaste Tree 1:2

Chaste Tree *(Vitex agnus-castus)*

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. ♦

Supplement Facts		
Serving size:	1 mL	
Servings per container:	200	
	Amount per Serving	%DV
Calories	5	
Chaste Tree fruit 1:2 extract from *Vitex agnus-castus* fruit 500 mg	1 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 60% alcohol.

Content
200 mL (6.8 fl oz)

Product No
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 37

Cinnamon Quills 1:4

Cinnamon *(Cinnamomum verum)*

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. ♦

Supplement Facts		
Serving size:	8 mL	
Servings per container:	25	
	Amount per Serving	%DV
Calories	32	
Cinnamon Quills bark 1:4 extract from *Cinnamomum verum* bark 2.0 g	8 mL	†
† Daily Value (DV) not established.		

Other ingredients: 70% alcohol and purified water.

Content
200 mL (6.8 fl oz)

Product No
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 133. Please consult the product packaging label for the most accurate product information.

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Cleavers 1:2

Cleavers *(Galium aparine)*

Cleavers 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. ♦

Supplement Facts		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	5	
Cleavers herb 1:2 extract from *Galium aparine* herb 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 23% alcohol.

Content
200 mL (6.8 fl oz)

Product No
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)*

Coleus 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. ♦

Supplement Facts		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	15	
Coleus root 1:1 extract from *Coleus forskohlii* root 5.0 g Containing forskolin 12.5 mg	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: 60% alcohol and purified water.

Content
200 mL (6.8 fl oz)

Product No
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)*

Damiana 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. ♦

Supplement Facts		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	15	
Damiana leaf 1:2 extract from *Turnera diffusa* leaf 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: 60% alcohol and purified water.

Content
200 mL (6.8 fl oz)

Product No
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 133. 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 *(Taraxacum officinale)*

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	10	
Dandelion root 1:2 extract from *Taraxacum officinale* root 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 23% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M6910

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

Dong Quai 1:2

Dong Quai *(Angelica polymorpha)*

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	15	
Dong Quai root 1:2 extract from *Angelica polymorpha* (*A. sinensis*) root 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M6920

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

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Echinacea Premium 1:2

Quantified Activity

Echinacea *(Echinacea angustifolia)*

Echinacea Premium®

Echinacea Premium 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: 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. ♦

Patented Formula: 9205121

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40, 93	
	Amount per Serving	%DV
Calories	15	
Echinacea root 1:2 extract from *Echinacea purpurea* root 1.5 g	3 mL	†
Echinacea root 1:2 extract from *Echinacea angustifolia* root 1.0 g Total alkylamides from both extracts 7.5 mg	2 mL	†
† Daily Value (DV) not established.		

Other ingredients: 60% alcohol and purified water.

Content	Product No
200 mL (6.8 fl oz)	M6930
465 mL (15.7 fl oz)	M6934

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 44

Eleuthero 1:2

Standardized

Eleuthero *(Eleutherococcus senticosus)*

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	5	
Eleuthero root 1:2 extract from *Eleutherococcus senticosus* root 2.5 g Containing eleutheroside E 2.5 mg	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water, 45% alcohol, glycerol and maltodextrin.

Content	Product No
200 mL (6.8 fl oz)	M7420

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

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Standard Process Product Index
MediHerb Product Index

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	10	
Eyebright herb 1:2 extract from *Euphrasia officinalis* herb 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M6980

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

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. ♦

Supplement Facts		
Serving size:	2.5 mL (½ tsp)	
Servings per container:	80	
	Amount per Serving	%DV
Calories	10	
Ginger rhizome 1:2 extract from *Zingiber officinale* rhizome 1.25 g	2.5 mL	†
† Daily Value (DV) not established.		

Other ingredients: 90% alcohol and purified water.

Content
200 mL (6.8 fl oz)

Product No
M7010

Suggested Use
Dilute 2.5 mL (approx. ½ teaspoon) in water or juice once per day, or as directed.

Ginkgo 2:1

Standardized

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
- ssupport 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. ♦

Supplement Facts		
Serving size:	1 mL (50 drops)	
Servings per container:	200	
	Amount per Serving	%DV
Ginkgo leaf 2:1 extract from *Ginkgo biloba* leaf 2.0 g Containing ginkgo flavonglycosides 9.6 mg	1 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 50% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7020

Suggested Use
Dilute 1 mL (approx. 50 drops) in water or juice 3 times per day, or as directed.

Educational Tools
L0332: MediHerb® The Quality Choice for Practitioners Handout

See Ginkgo Quality Information on page 50

♦ 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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Standard Process Product Index
MediHerb Product Index

Globe Artichoke 1:2

Globe Artichoke *(Cynara scolymus)*

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	15	
Globe Artichoke leaf 1:2 extract from *Cynara scolymus* leaf 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 60% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7030

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

Golden Seal 1:3

Quantified Activity

Golden Seal *(Hydrastis canadensis)*

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 mucus 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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	10	
Golden Seal root & rhizome 1:3 extract from *Hydrastis canadensis* root & rhizome 1.67 g Containing hydrastine 30 mg and berberine 40 mg	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz)

Product No
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 51

Gotu Kola 1:1

Standardized

Gotu Kola *(Centella asiatica)*

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	15	
Gotu Kola herb 1:1 extract from *Centella asiatica* herb 5.0 g Containing triterpenes 90 mg	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz)

Product No
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 133. Please consult the product packaging label for the most accurate product information.

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Gymnema 1:1

Gymnema *(Gymnema sylvestre)*

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. ♦

Supplement Facts		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	5	
Gymnema leaf 1:1 extract from *Gymnema sylvestre* leaf 5.0 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 23% alcohol.

Content
200 mL (6.8 fl oz)

Product No
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 *(Crataegus monogyna)*

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. ♦

Supplement Facts		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	15	
Hawthorn leaf and flower 1:2 extract from *Crataegus monogyna* leaf and flower 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7097

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

Horsetail 1:2

Horsetail *(Equisetum arvense)*

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. ♦

Supplement Facts		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	5	
Horsetail herb 1:2 extract from *Equisetum arvense* herb 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 23% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7120

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

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Korean Ginseng 1:2

Standardized

Korean Ginseng *(Panax ginseng)*

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 Rb_2 to Rb_1 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		
Serving size:	2.5 mL (½ tsp)	
Servings per container:	80	
	Amount per Serving	%DV
Calories	10	
Korean Ginseng main root 1:2 extract from *Panax ginseng* main root 1.25 g Containing ginsenosides* 26 mg	2.5 mL	†
† Daily Value (DV) not established.		

Other ingredients: 60% alcohol, purified water and glucose.
*Rb_2 to Rb_1 is NLT 0.4 by HPLC

Content
200 mL (6.8 fl oz)

Product No
M7160

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 67

Licorice High Grade

Quantified Activity

Licorice *(Glycyrrhiza glabra)*

High quality Licorice contains triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, sterols and other compounds.

Licorice High Grade contains 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		
Serving size:	2.5 mL (½ tsp)	
Servings per container:	80, 186	
	Amount per Serving	%DV
Calories	5	
Licorice root 1:1 extract from *Glycyrrhiza glabra* root 2.5 g Containing glycyrrhizin 75 mg	2.5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 20% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7190

Suggested Use
Dilute 2.5 mL (approx. ½ 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 133. 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.**

Standard Process Product Index
MediHerb Product Index

Marshmallow Root 1:5 Glycetract

Marshmallow *(Althaea officinalis)*

Marshmallow Root 1:5 Glycetract 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. ♦

Supplement Facts		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	10	
Marshmallow root 1:5 extract from *Althaea officinalis* root 1.0 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Glycerol, purified water, potassium sorbate (preservative) and lemongrass oil (preservative).

Content
200 mL (6.8 fl oz)

Product No
M7200

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

Milk Thistle 1:1

Milk Thistle *(Silybum marianum)*

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. ♦

Supplement Facts		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	25	
Milk Thistle fruit 1:1 extract from *Silybum marianum* fruit 5.0 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: 69% alcohol and purified water.

Content
200 mL (6.8 fl oz)

Product No
M7210

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

See Milk Thistle Quality Information on page 61

Motherwort 1:2

Motherwort *(Leonurus cardiaca)*

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. ♦

Supplement Facts		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	5	
Motherwort herb 1:2 extract from *Leonurus cardiaca* herb 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 23% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7240

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 133. 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.**

Standard Process Product Index
MediHerb Product Index

Nettle Leaf 1:2

Nettle Leaf *(Urtica dioica)*

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		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	5	
Nettle leaf 1:2 extract from *Urtica dioica* leaf 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 23% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7260

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

Nettle Root 1:2

Nettle Root *(Urtica dioica)*

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		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	5	
Nettle root 1:2 extract from *Urtica dioica* root 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 23% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7270

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

Oregon Grape 1:2

Oregon Grape *(Berberis aquifolium)*

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		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	5	
Oregon Grape root & rhizome 1:2 extract from *Berberis aquifolium* (*Mahonia aquifolium*) root & rhizome 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 23% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7300

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

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Standard Process Product Index
MediHerb Product Index

Poke Root 1:5

Poke Root *(Phytolacca decandra)*

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. ♦

Supplement Facts		
Serving size:	1 mL (50 drops)	
Servings per container:	200	
	Amount per Serving	%DV
Calories	5	
Poke Root root 1:5 extract from *Phytolacca decandra* root 200 mg	1 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7330

Suggested Use
Dilute 1 mL (approx. 50 drops) in water or juice once per day, or as directed.

Red Clover 1:2

Red Clover *(Trifolium pratense)*

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	5	
Red Clover flower 1:2 extract from *Trifolium pratense* flower 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 23% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7350

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

Rehmannia 1:2

Rehmannia *(Rehmannia glutinosa)*

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	15	
Rehmannia root 1:2 extract from *Rehmannia glutinosa* root 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 23% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7360

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

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Sage 1:2

Quantified Activity

Sage *(Salvia officinalis)*

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. ♦

Supplement Facts		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	15	
Sage aerial parts 1:2 extract from *Salvia officinalis* aerial parts 2.5 g Containing essential oils calc. as cineole and thujone 3.2 mg	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: 60% alcohol and purified water.

Content
200 mL (6.8 fl oz)

Product No
M7370

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

Saw Palmetto 1:2

Saw Palmetto *(Serenoa repens)*

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. ♦

Supplement Facts		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	10	
Saw Palmetto fruit 1:2 extract from *Serenoa repens* fruit 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7390

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

Schisandra 1:2

Schisandra *(Schisandra chinensis)*

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. ♦

Supplement Facts		
Serving size: 5 mL (1 tsp) Servings per container: 40		
	Amount per Serving	%DV
Calories	15	
Schisandra fruit 1:2 extract from *Schisandra chinensis* fruit 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7400

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

See Schisandra Quality Information on page 58

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. 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.**

Skullcap 1:2

Skullcap *(Scutellaria lateriflora)*

Skullcap contains flavonoids, particularly baicalin and scutellarin and other compounds.

Skullcap has been traditionally used in herbal preparations to:

- support nervous system health
- promote relaxation and encourage sleep
- relax and soothe 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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	15	
Skullcap herb 1:2 extract from *Scutellaria lateriflora* herb 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7430

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

See Skullcap Substitution Information on page 5

St John's Wort 1:2

Quantified Activity

St John's Wort *(Hypericum perforatum)*

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
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	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7440

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

See St John's Wort Quality Information on page 71

St John's Wort High Grade 1:2

Quantified Activity

St John's Wort *(Hypericum perforatum)*

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
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	†
† Daily Value (DV) not established.		

Other ingredients: 60% alcohol and purified water.

Content
200 mL (6.8 fl oz)

Product No
M7450

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

See St John's Wort Quality Information on page 71

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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Turmeric 1:1

Turmeric *(Curcuma longa)*

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	15	
Turmeric rhizome 1:1 extract from *Curcuma longa* rhizome 5.0 g Containing curcuminoids 10 mg	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: 69% alcohol and purified water.

Content
200 mL (6.8 fl oz)

Product No
M7470

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

Uva Ursi 1:2

Uva Ursi *(Arctostaphylos uva-ursi)*

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	15	
Uva Ursi leaf 1:2 extract from *Arctostaphylos uva-ursi* leaf 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7480

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

Valerian 1:2

Valerian *(Valeriana officinalis)*

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	15	
Valerian root 1:2 extract from *Valeriana officinalis* root 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7490

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

See Valerian Quality Information on page 74

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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White Peony 1:2

White Peony *(Paeonia lactiflora)*

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. ♦

Supplement Facts		
Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Calories	10	
White Peony root 1:2 extract from *Paeonia lactiflora* root 2.5 g	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7510

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

See Paeonia Quality Information on page 48

Wild Yam 1:2

Quantified Activity

Wild Yam *(Dioscorea villosa)*

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 menopause*

Caution: 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	15	
Wild Yam root & rhizome 1:2 extract from *Dioscorea villosa* root & rhizome 2.5 g Containing steroidal saponins as dioscin 75 mg	5 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 60% alcohol.

Content
200 mL (6.8 fl oz)

Product No
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 79

Wormwood 1:5

Wormwood *(Artemisia absinthium)*

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. ♦

Supplement Facts		
Serving size:	1 mL (50 drops)	
Servings per container:	200	
	Amount per Serving	%DV
Calories	5	
Wormwood herb 1:5 extract from *Artemisia absinthium* herb 200 mg	1 mL	†
† Daily Value (DV) not established.		

Other ingredients: Purified water and 45% alcohol.

Content
200 mL (6.8 fl oz)

Product No
M7540

Suggested Use
Dilute 1 mL (approx. 50 drops) 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 133. Please consult the product packaging label for the most accurate product information.

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Category Index

†(QA) = Quantified Activity Extract

Antioxidant Activity

TABLETS, CAPSULES AND SOFTGELS
AllergCo
Bacopa Complex
Berberine Active
Black Cumin Seed Forte
Boswellia Complex
Cat's Claw Forte
ChelaCo
Ganoderma & Shiitake
Garlic Forte
Ginkgo Forte
Gotu Kola Complex
Hawthorn
HerbaVital
LivCo®
Livton® Complex
Metabol Complex
Milk Thistle Forte
PulmaCo
Turmeric Forte
Vitanox®
Vascular Care Complex

LIQUID EXTRACTS
Ginkgo 2:1 (Standardized)
Hawthorn Leaves 1:2
Milk Thistle 1:1
Sage 1:2 (QA)†
Schisandra 1:2
Turmeric 1:1

Bowel Function

TABLETS, CAPSULES AND SOFTGELS
Primary:
Artemisinin Complex
Berberine Active
Colax
Golden Seal 500mg
Gut Flora Complex
Myrrh Forte
Wormwood Complex
Secondary:
Boswellia Complex
Burdock Complex
Coleus Forte
Cramplex
DermaCo
DiGest Forte
Ganoderma & Shiitake
HiPep
Livton® Complex
Milk Thistle Forte
Thyroid Complex
Turmeric Forte

PHYTOSYNERGIST® LIQUIDS
DiGest Phytosynergist®

LIQUID EXTRACTS
Black Walnut Hulls 1:10
Burdock 1:2
Calendula 1:2
Chamomile 1:2
Coleus 1:1
Damiana 1:2
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

Carbohydrate Metabolism

TABLETS, CAPSULES AND SOFTGELS
Primary:
Metabol Complex

Cardiovascular Function

TABLETS, CAPSULES AND SOFTGELS
Primary:
Coleus Forte
Garlic Forte
Ginkgo Forte
Hawthorn
HerbaVital
Secondary:
ChelaCo
Vitanox®

LIQUID EXTRACTS
Astragalus 1:2
Bugleweed 1:2
Coleus 1:1 (QA)†
Ginkgo 2:1 (Standardized)
Hawthorn Leaves 1:2
Korean Ginseng 1:2 (Standardized)
Motherwort 1:2

Circulatory System

TABLETS, CAPSULES AND SOFTGELS
Primary:
Bilberry 6000mg
Garlic Forte
Ginkgo Forte
Gotu Kola Complex
HerbaVital
Vascular Care Complex
Vitanox®
Secondary:
Ashwagandha Complex
Astragalus Complex
Boswellia Complex
ChelaCo
Coleus Forte
Cramplex
FemCo
Golden Seal 500mg
Hawthorn
Valerian Complex

PHYTOSYNERGIST® LIQUIDS
Capsella Complex Phytosynergist®
Fe-Max Iron Tonic Phytosynergist®

LIQUID EXTRACTS
Astragalus 1:2
Bugleweed 1:2
Calendula 1:2
Celery Seed 1:2 (QA)†
Cinnamon Quills 1:4
Coleus 1:1 (QA)†
Dong Quai 1:2
Ginger 1:2
Ginkgo 2:1 (Standardized)
Golden Seal 1:3 (QA)†
Hawthorn Leaves 1:2
Horsetail 1:2
Korean Ginseng 1:2 (Standardized)
Motherwort 1:2
White Peony 1:2

†(QA) = Quantified Activity Extract

Cholesterol Health

TABLETS, CAPSULES AND SOFTGELS
Garlic Forte
Milk Thistle Forte

LIQUID EXTRACTS
Globe Artichoke 1:2
Milk Thistle 1:1

Tissue Support

TABLETS, CAPSULES AND SOFTGELS
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, CAPSULES AND SOFTGELS
Primary:
Artemisinin Complex
Berberine Active
Black Cumin Seed Forte
ChelaCo
Coleus Forte
DiGest Forte
HiPep
LivCo®
Livton® Complex
Metabol Complex
Milk Thistle Forte
Myrrh Forte
Turmeric Forte

Secondary:
Andrographis Complex
Burdock Complex
Colax
Cramplex
DermaCo
Golden Seal 500mg
Gut Flora Complex
Nevaton® 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, CAPSULES AND SOFTGELS
Primary:
Adrenal Complex
Ashwagandha Complex
Ashwagandha Forte
Eleuthero
Rhodiola & Ginseng Complex
Rhodiola & Schisandra

Secondary:
Astragalus Complex
Kava Forte
Nervagesic
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, CAPSULES AND SOFTGELS
Chaste Tree
FemCo
Thyroid Complex
Tribulus
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, CAPSULES AND SOFTGELS
Thyroid Complex

LIQUID EXTRACTS
Bugleweed 1:2

Essential Fatty Acid Complex

TABLETS, CAPSULES AND SOFTGELS
Evening Primrose Oil

†(QA) = Quantified Activity Extract

Female Health

TABLETS, CAPSULES AND SOFTGELS

Primary:
Bone Complex
Chaste Tree
Cramplex
Evening Primrose Oil
FemCo
Nevaton® Forte
Tribulus
Wild Yam Complex

Secondary:
Ashwagandha Complex
Kava Forte
Nervagesic

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, CAPSULES AND SOFTGELS
Black Cumin Seed Forte
Metabol Complex

Gallbladder Support

TABLETS, CAPSULES AND SOFTGELS
DiGest Forte
Livton® Complex

PHYTOSYNERGIST® LIQUIDS
DiGest Phytosynergist®

LIQUID EXTRACTS
Burdock 1:2
Dandelion Root 1:2
Globe Artichoke 1:2

Gastrointestinal Support

TABLETS, CAPSULES AND SOFTGELS

Primary:
Artemisinin Complex
Andrographis Complex
Berberine Active
Black Cumin Seed Forte
Coleus Forte
DiGest Forte
Golden Seal 500mg
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, CAPSULES AND SOFTGELS

Primary:
Adrenal Complex
Ashwagandha Complex
Ashwagandha Forte
Bacopa Complex
Ginkgo Forte
Gotu Kola Complex
Kava Forte
Nervagesic
Nevaton® Forte
Rhodiola & Ginseng Complex
Rhodiola & Schisandra
St John's Wort 1.8g
Valerian Complex

Secondary:
Astragalus Complex
Eleuthero
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
Eleuthero 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

Immune System Function

TABLETS, CAPSULES AND SOFTGELS

Primary:
AllergCo
Andrographis Complex
Astragalus Complex
Broncafect®
Burdock Complex
Cat's Claw Forte
Echinacea Premium
Eleuthero
Ganoderma & Shiitake
Garlic Forte
Golden Seal 500mg
Gut Flora Complex
Sinus Forte
Viranon

Secondary:
Adrenal Complex
Ashwagandha Complex
Ashwagandha Forte
Berberine Active
ChelaCo
DiGest Forte
Evening Primrose Oil
HerbaVital
Rhodiola & Ginseng Complex
Rhodiola & Schisandra
Thyroid Complex

PHYTOSYNERGIST® LIQUIDS
Broncafect Phytosynergist®
DiGest Phytosynergist®
Herbal Throat Spray Phytosynergist®
UriCo Phytosynergist®

LIQUID EXTRACTS
Astragalus 1:2
Burdock 1:2
Echinacea Premium 1:2 (QA)†
Eleuthero 1:2 (Standardized)
Korean Ginseng 1:2 (Standardized)
Poke Root 1:5
St John's Wort 1:2 (QA)†
St John's Wort High Grade 1:2 (QA)†

Kidney Function

TABLETS, CAPSULES AND SOFTGELS
Boswellia Complex
Cranberry Complex
DermaCo
Vascular Care Complex

LIQUID EXTRACTS
Astragalus 1:2
Celery Seed 1:2 (QA)†
Cleavers 1:2
Golden Seal 1:3 (QA)†
Horsetail 1:2
Nettle Leaf 1:2
Schisandra 1:2

Liver Function

TABLETS, CAPSULES AND SOFTGELS
Andrographis Complex
Berberine Active
Black Cumin Seed Forte
Burdock Complex
ChelaCo
Colax
DermaCo
DiGest Forte
FemCo
Golden Seal 500mg
HerbaVital
LivCo®
Livton® Complex
Metabol Complex
Milk Thistle Forte
Nevaton® Forte
Rhodiola & Schisandra
Turmeric Forte
Vitanox®

PHYTOSYNERGIST® LIQUIDS
DiGest Phytosynergist®
Fe-Max Iron Tonic Phytosynergist®

LIQUID EXTRACTS
Bupleurum 1:2
Burdock 1:2
Dandelion Root 1:2
Globe Artichoke 1:2
Golden Seal 1:3 (QA)†
Milk Thistle 1:1
Oregon Grape 1:2
Schisandra 1:2
Turmeric 1:1

Lymphatic Function

TABLETS, CAPSULES AND SOFTGELS
DermaCo
Echinacea Premium

LIQUID EXTRACTS
Calendula 1:2
Cleavers 1:2
Echinacea Premium 1:2 (QA)†
Poke Root 1:5

Male Health

TABLETS, CAPSULES AND SOFTGELS

Primary:
ProstaCo
Tribulus

LIQUID EXTRACTS
Damiana 1:2
Horsetail 1:2
Korean Ginseng 1:2 (Standardized)
Nettle Root 1:2
Saw Palmetto 1:2

†(QA) = Quantified Activity Extract

Menopause

TABLETS, CAPSULES AND SOFTGELS

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
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, CAPSULES AND SOFTGELS

Primary:
Chaste Tree
Cramplex
FemCo
Nevaton® Forte

Secondary:
Ginkgo Forte
Kava Forte
Nervagesic
Saligesic
Tribulus
Wild Yam Complex

PHYTOSYNERGIST® LIQUIDS
Capsella Complex Phytosynergist®
Fe-Max Iron Tonic Phytosynergist®

LIQUID EXTRACTS
Black Cohosh 1:2
Calendula 1:2
California Poppy 1:2
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)†

Metabolism

TABLETS, CAPSULES AND SOFTGELS
Metabol Complex
Thyroid Complex

LIQUID EXTRACTS
Bugleweed 1:2

Muscle Function

TABLETS, CAPSULES AND SOFTGELS

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)†

Musculoskeletal Function

TABLETS, CAPSULES AND SOFTGELS

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, CAPSULES AND SOFTGELS

Primary:
Ashwagandha Complex
Ashwagandha Forte
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, CAPSULES AND SOFTGELS

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, CAPSULES AND SOFTGELS
Adrenal Complex
AllergCo
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, CAPSULES AND SOFTGELS
AllergCo
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

†(QA) = Quantified Activity Extract

Skin Function

TABLETS, CAPSULES AND SOFTGELS

Primary:
AllergCo
Andrographis Complex
Cat's Claw Forte
Chaste Tree
Coleus Forte
DermaCo
Gotu Kola Complex
Rehmannia Complex

Secondary:
Burdock Complex
Evening Primrose Oil
FemCo
LivCo®
Livton® Complex
Milk Thistle Forte

LIQUID EXTRACTS
Albizia 1:2
Burdock 1:2
Calendula 1:2
Cleavers 1:2
Coleus 1:1 (QA)†
Dandelion Root 1:2
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

Sleep and Relaxation

TABLETS, CAPSULES AND SOFTGELS
Adrenal Complex
Ashwagandha Complex
Ashwagandha Forte
Chaste Tree
Kava Forte
Nervagesic
Nevaton® Forte
Rhodiola & Ginseng Complex
Rhodiola & Schisandra
Valerian Complex

PHYTOSYNERGIST® LIQUIDS
Adrenal Tonic Phytosynergist®

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, CAPSULES AND SOFTGELS

Primary:
Andrographis Complex
Boswellia Complex
Cramplex
Cranberry Complex
Echinacea Premium
ProstaCo

PHYTOSYNERGIST® LIQUIDS
UriCo 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, CAPSULES AND SOFTGELS
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***

Index of Component Herbs

The Index of Component Herbs lists all herbs used in MediHerb® products in the following order: liquid extracts, single herb tablets, complex tablets, capsules or softgels and Phytosynergist® liquids.

Common Name	Product	Page
A		
Adhatoda (Malabar Nut Tree)	PulmaCo tablets	64
Albizia	Albizia 1:2	90
	AllergCo tablets	25
Andrographis	Andrographis Complex tablets	26
	Gut Flora Complex capsules	53
Anise (Aniseed)	Gut Flora Complex capsules	53
Ashwagandha (Withania)	Ashwagandha 1:1	90
	Ashwagandha Complex tablets	28
	Ashwagandha Forte tablets	29
	Thyroid Complex tablets	72
	Adrenal Tonic Phytosynergist®	81
	Fe-Max Iron Tonic Phytosynergist®	85
Astragalus	Astragalus 1:2	90
	Astragalus Complex tablets	30
B		
Bacopa	Bacopa 1:2	91
	Bacopa Complex tablets	30
	Thyroid Complex tablets	72
Baical Skullcap (Chinese Skullcap)	AllergCo tablets	25
	PulmaCo tablets	64
Bearberry (Uva Ursi)	Uva Ursi 1:2	107
	Cranberry Complex tablets	42
Bilberry	Bilberry 6000mg tablets	32
Bitter Melon	Metabol Complex tablets	60
Black Cohosh	Black Cohosh 1:2	91
	Bone Complex tablets	34
	Wild Yam Complex tablets	78
Black Cumin	AllergCo tablets	25
	Black Cumin Seed Forte tablets	33
	Metabol Complex tablets	60
Black Walnut	Black Walnut Hulls 1:10	91
	Wormwood Complex tablets	80
Bladderwrack	Thyroid Complex tablets	72
Boswellia	Boswellia Complex tablets	34
Buchu	Cranberry Complex tablets	42
	UriCo Phytosynergist®	87
Bugleweed	Bugleweed 1:2	92
Bupleurum	Bupleurum 1:2	92
	Livton® Complex tablets	59
	Rehmannia Complex tablets	64
Burdock	Burdock 1:2	92
	Burdock Complex tablets	35
	DermaCo tablets	42
Butcher's Broom	Vascular Care Complex tablets	75

Common Name	Product	Page
C		
Calendula	Calendula 1:2	93
	Herbal Throat Spray Phytosynergist®	86
California Poppy	California Poppy 1:2	93
	Nervagesic tablets	62
Cascara	Colax tablets	39
Cat's Claw	Cat's Claw Forte tablets	36
Cayenne	Sinus Forte tablets	70
Celery Seed	Celery Seed 1:2	93
	Boswellia Complex tablets	34
Chamomile	Chamomile 1:2	94
	Colax tablets	39
	HiPep tablets	56
	DiGest Phytosynergist®	84
Chaste Tree	Chaste Tree 1:2	94
	Chaste Tree tablets	37
Chen Pi (Tangerine)	DiGest Forte tablets	43
Chinese Skullcap (Baical Skullcap)	AllergCo tablets	25
	PulmaCo tablets	64
Cinnamon	Cinnamon Quills 1:4	94
	Metabol Complex tablets	60
Cleavers	Cleavers 1:2	95
	DermaCo tablets	42
Clove	Wormwood Complex tablets	80
	Herbal Throat Spray Phytosynergist®	86
Codonopsis	Fe-Max Iron Tonic Phytosynergist®	85
Coleus	Coleus 1:1	95
	Coleus Forte tablets	40
Corydalis (*Corydalis yanhusuo*)	Cramplex tablets	41
	Nervagesic tablets	62
Couch Grass	UriCo Phytosynergist®	87
Cramp Bark	Cramplex tablets	41
Cranberry	Cranberry Complex tablets	42
Crataeva	Cranberry Complex tablets	42
	ProstaCo softgels	63
D		
Damiana	Damiana 1:2	95
Dandelion	Dandelion Root 1:2	96
	Colax tablets	39
	Livton® Complex tablets	59
	DiGest Phytosynergist®	84
Dill Seed	Colax tablets	39
Dong Quai	Dong Quai 1:2	96
	Capsella Complex Phytosynergist®	83

Common Name	Product	Page
E		
Echinacea	Echinacea Premium 1:2	97
	Echinacea Premium tablets	44
	Andrographis Complex tablets	26
	Astragalus Complex tablets	30
	Broncafect® tablets	35
	Sinus Forte tablets	70
	Adrenal Tonic Phytosynergist®	81
	Broncafect Phytosynergist®	82
	DiGest Phytosynergist®	84
	Herbal Throat Spray Phytosynergist®	86
	UriCo Phytosynergist®	87
Elecampane	ResCo Phytosynergist®	87
Eleuthero	Eleuthero 1:2	97
	Eleuthero tablets	47
	Astragalus Complex tablets	30
	Bacopa Complex tablets	30
Epimedium	Bone Complex tablets	34
Euphorbia	ResCo® tablets	65
	ResCo Phytosynergist®	87
Evening Primrose	Evening Primrose Oil softgels	47
Eyebright	Eyebright 1:2	98
	Sinus Forte tablets	70
F		
False Unicorn	Capsella Complex Phytosynergist®	83
Fennel	PulmaCo tablets	64
	ResCo® tablets	65
	ResCo Phytosynergist®	87
Fenugreek	Metabol Complex tablets	60
	Turmeric Forte tablets	73
Feverfew	DiGest Forte tablets	43
	Rehmannia Complex tablets	64
Fringe Tree	Livton® Complex tablets	59
G		
Ganoderma (Reishi)	Ganoderma & Shiitake tablets	49
Garlic	Garlic Forte tablets	49
	ChelaCo tablets	38
Gentian	DiGest Forte tablets	43
	DiGest Phytosynergist®	84
Ginger	Ginger 1:2	98
	Boswellia Complex tablets	34
	Broncafect® tablets	35
	Cramplex tablets	41
	DiGest Forte tablets	43
	ResCo® tablets	65
	Broncafect Phytosynergist®	82
	Fe-Max Iron Tonic Phytosynergist®	85
	ResCo Phytosynergist®	87

Common Name	Product	Page
G		
Ginkgo	Ginkgo 2:1	98
	Ginkgo Forte tablets	50
	Gotu Kola Complex tablets	52
	HerbaVital tablets	55
	PulmaCo tablets	64
	Vascular Care Complex tablets	75
Globe Artichoke	Globe Artichoke 1:2	99
	Livton® Complex tablets	59
Golden Rod	Sinus Forte tablets	70
Golden Seal	Golden Seal 1:3	99
	Golden Seal 500mg tablets	51
	Sinus Forte tablets	70
Gotu Kola	Gotu Kola 1:1	99
	Gotu Kola Complex tablets	52
Grape Seed	Gotu Kola Complex tablets	52
	HerbaVital tablets	55
	Vitanox® tablets	77
Green Tea	Vitanox® tablets	77
Grindelia	PulmaCo tablets	64
	ResCo® tablets	65
	ResCo Phytosynergist®	87
Gymnema	Gymnema 1:1	100
	Gymnema tablets	54
H		
Hawthorn	Hawthorn Leaves 1:2	100
	Hawthorn tablets	54
	ChelaCo tablets	38
Hemidesmus	Rehmannia Complex tablets	64
Holy Basil	Andrographis Complex tablets	26
Horsechestnut	Vascular Care Complex tablets	75
Horsetail	Horsetail 1:2	100
J		
Jamaican Dogwood	Nervagesic tablets	62
Japanese Knotweed	HerbaVital tablets	55
Jujube (Ziziphus)	Valerian Complex tablets	74
K		
Kava	Kava Forte tablets	57
Korean Ginseng	Korean Ginseng 1:2	101
	Ashwagandha Complex tablets	28
	HerbaVital tablets	55
	Rhodiola & Ginseng Complex tablets	66
	Wild Yam Complex tablets	78
Kudzu	Bone Complex tablets	34

Common Name	Product	Page
L		
Licorice	Licorice High Grade	101
	Adrenal Complex tablets	24
	Ashwagandha Complex tablets	28
	Broncafect® tablets	35
	HiPep tablets	56
	ResCo® tablets	65
	Viranon tablets	76
	Adrenal Tonic Phytosynergist®	81
	Broncafect Phytosynergist®	82
	Fe-Max Iron Tonic Phytosynergist®	85
	ResCo Phytosynergist®	87
	UriCo Phytosynergist®	87
M		
Malabar Nut Tree (Adhatoda)	PulmaCo tablets	64
Marshmallow	Marshmallow Root 1:5 Glycetract	102
	Herbal Throat Spray Phytosynergist®	86
Meadowsweet	HiPep tablets	56
Milk Thistle	Milk Thistle 1:1	102
	ChelaCo tablets	38
	HerbaVital tablets	55
	LivCo® capsules	58
	Livton® Complex tablets	59
	Milk Thistle Forte tablets	61
	DiGest Phytosynergist®	84
Motherwort	Motherwort 1:2	102
Mullein	ResCo® tablets	65
	ResCo Phytosynergist®	87
Myrrh	Myrrh Forte tablets	62
	Herbal Throat Spray Phytosynergist®	86
N		
Nettle	Nettle Leaf 1:2	103
	Nettle Root 1:2	103
	ProstaCo softgels	63
	Fe-Max Iron Tonic Phytosynergist®	85
O		
Oregano	Gut Flora Complex capsules	53
Oregon Grape	Oregon Grape 1:2	103
	DermaCo tablets	42
P		
Passion Flower	Valerian Complex tablets	74
Phellodendron	Berberine Active tablets	31
	Gut Flora Complex capsules	53
Pleurisy Root	Broncafect® tablets	35
	Broncafect Phytosynergist®	82
Poke Root	Poke Root 1:5	104

Common Name	Product	Page
R		
Raspberry Leaf	Cramplex tablets	41
Red Clover	Red Clover 1:2	104
	Bone Complex tablets	34
Rehmannia	Rehmannia 1:2	104
	Rehmannia Complex tablets	64
	Adrenal Complex tablets	24
	Adrenal Tonic Phytosynergist®	81
Reishi (Ganoderma)	Ganoderma & Shiitake tablets	49
Rhodiola	Rhodiola & Ginseng Complex tablets	66
	Rhodiola & Schisandra tablets	68
Rhubarb	Burdock Complex tablets	35
Rosemary	Bacopa Complex tablets	30
	LivCo® capsules	58
	Vitanox® tablets	77
S		
Sage	Sage 1:2	105
	Wild Yam Complex tablets	78
	Herbal Throat Spray Phytosynergist®	86
Saffron	Nevaton® Forte tablets	63
Sarsaparilla	Artemisinin Complex tablets	27
	DermaCo tablets	42
Saw Palmetto	Saw Palmetto 1:2	105
	ProstaCo softgels	63
Schisandra	Schisandra 1:2	105
	Bacopa Complex tablets	30
	FemCo tablets	48
	LivCo® capsules	58
	Nevaton® Forte tablets	63
	Rhodiola & Schisandra tablets	68
Shatavari	FemCo tablets	48
	Wild Yam Complex tablets	78
Sheep Sorrel	Burdock Complex tablets	35
Shepherd's Purse	Capsella Complex Phytosynergist®	83
Shiitake	Ganoderma & Shiitake tablets	49
Skullcap	Skullcap 1:2	106
	Ashwagandha Complex tablets	28
	Nevaton® Forte tablets	63
Slippery Elm	Burdock Complex tablets	35
St John's Wort	St John's Wort 1:2	106
	St John's Wort High Grade 1:2	106
	St John's Wort 1.8g tablets	71
	Nevaton® Forte tablets	63
	Viranon tablets	76
	Wild Yam Complex tablets	78
Stemona	Wormwood Complex tablets	80
Stevia	Fe-Max Iron Tonic Phytosynergist®	85
Sweet Wormwood	Artemisinin Complex	27

Common Name	Product	Page
T		
Tangerine (Chen Pi)	DiGest Forte tablets	43
Thuja	Viranon tablets	76
Thyme	Broncafect® tablets	35
	ResCo® tablets	65
	Broncafect Phytosynergist®	82
Tribulus	Tribulus tablets	72
Turmeric	Turmeric 1:1	107
	Boswellia Complex tablets	34
	PulmaCo tablets	64
	Turmeric Forte tablets	73
	Vitanox® tablets	77
U		
Uva Ursi (Bearberry)	Uva Ursi 1:2	107
	Cranberry Complex tablets	42
V		
Valerian	Valerian 1:2	107
	Valerian Complex tablets	74
W		
White Horehound	Broncafect® tablets	35
	Broncafect Phytosynergist®	82
White Peony	White Peony 1:2	108
	FemCo tablets	48
	Capsella Complex Phytosynergist®	83
Wild Yam	Wild Yam 1:2	108
	Cramplex tablets	41
	Wild Yam Complex tablets	78
Willow Bark	Saligesic tablets	69
Withania (Ashwagandha)	Ashwagandha 1:1	90
	Ashwagandha Complex tablets	28
	Thyroid Complex tablets	72
	Fe-Max Iron Tonic Phytosynergist®	85
Wormwood	Wormwood 1:5	108
	DiGest Forte tablets	43
	Wormwood Complex tablets	80
Y		
Yellow Dock	Colax tablets	39
	DermaCo tablets	42
Z		
Ziziphus (Jujube)	Valerian Complex tablets	74

Index of Botanical Names

Botanical Name	Common Name
A	
Actaea racemosa	Black Cohosh
Aesculus hippocastanum	Horsechestnut
Agathosma betulina	Buchu
Albizia lebbeck	Albizia
Allium sativum	Garlic
Althaea officinalis	Marshmallow
Andrographis paniculata	Andrographis
Anethum graveolens	Dill Seed
Angelica polymorpha (*Angelica sinensis*)	Dong Quai
Apium graveolens	Celery Seed
Arctium lappa	Burdock
Arctostaphylos uva-ursi	Uva Ursi (Bearberry)
Artemisia absinthium	Wormwood
Artemisia annua	Sweet Wormwood
Asclepias tuberosa	Pleurisy Root
Asparagus racemosus	Shatavari
Astragalus membranaceus	Astragalus
B	
Bacopa monnieri	Bacopa
Berberis aquifolium (*Mahonia aquifolium*)	Oregon Grape
Boswellia serrata	Boswellia
Bupleurum falcatum	Bupleurum
C	
Calendula officinalis	Calendula
Camellia sinensis	Green Tea
Capsella bursa-pastoris	Shepherd's Purse
Capsicum annuum	Cayenne
Centella asiatica	Gotu Kola
Chamaelirium luteum	False Unicorn
Chionanthus virginica	Fringe Tree
Cinnamomum verum	Cinnamon
Citrus reticulata	Tangerine (Chen Pi)
Codonopsis pilosula	Codonopsis
Coleus forskohlii	Coleus
Commiphora molmol	Myrrh
Corydalis ambigua	Corydalis
Corydalis yanhusuo	*Corydalis yanhusuo*
Crataegus monogyna	Hawthorn
Crataeva nurvala	Crataeva
Crocus sativus	Saffron
Curcuma longa	Turmeric
Cynara scolymus	Globe Artichoke

Botanical Name	Common Name
D	
Dioscorea villosa	Wild Yam
E	
Echinacea angustifolia, Echinacea purpurea	Echinacea
Eleutherococcus senticosus	Eleuthero
Elymus repens	Couch Grass
Epimedium sagittatum	Epimedium
Equisetum arvense	Horsetail
Eschscholzia californica	California Poppy
Euphorbia hirta	Euphorbia
Euphrasia officinalis	Eyebright
F	
Filipendula ulmaria	Meadowsweet
Foeniculum vulgare	Fennel
Frangula purshiana	Cascara
Fucus vesiculosus	Bladderwrack
G	
Galium aparine	Cleavers
Ganoderma lucidum	Reishi (Ganoderma)
Gentiana lutea	Gentian
Ginkgo biloba	Ginkgo
Glycyrrhiza glabra	Licorice
Grindelia camporum	Grindelia
Gymnema sylvestre	Gymnema
H	
Hemidesmus indicus	Hemidesmus
Hydrastis canadensis	Golden Seal
Hypericum perforatum	St John's Wort
I	
Inula helenium	Elecampane
J	
Juglans nigra	Black Walnut
Justicia adhatoda	Malabar Nut Tree (Adhatoda)
L	
Lentinula edodes	Shiitake
Leonurus cardiaca	Motherwort
Lycopus spp.	Bugleweed
M	
Mahonia aquifolium (*Berberis aquifolium*)	Oregon Grape
Marrubium vulgare	White Horehound
Matricaria recutita	Chamomile
Momordica charantia	Bitter Melon

Botanical Name	Common Name
N	
Nigella sativa	Black Cumin
O	
Ocimum tenuiflorum	Holy Basil
Oenothera biennis	Evening Primrose
Origanum vulgare	Oregano
P	
Paeonia lactiflora	White Peony
Panax ginseng	Korean Ginseng
Passiflora incarnata	Passion Flower
Phellodendron amurense	Phellodendron
Piper methysticum	Kava
Piscidia piscipula	Jamaican Dogwood
Phytolacca decandra	Poke Root
Pimpinella anisum	Anise (Aniseed)
Polygonum cuspidatum	Japanese Knotweed
Pueraria lobata	Kudzu
R	
Rehmannia glutinosa	Rehmannia
Rheum palmatum	Rhubarb
Rhodiola rosea (*Sedum roseum*)	Rhodiola
Rosmarinus officinalis	Rosemary
Rubus idaeus	Raspberry
Rumex acetosella	Sheep Sorrel
Rumex crispus	Yellow Dock
Ruscus aculeatus	Butcher's Broom
S	
Salix purpurea	Willow Bark
Salvia officinalis	Sage
Schisandra chinensis	Schisandra
Scutellaria baicalensis	Chinese Skullcap (Baical Skullcap)
Scutellaria lateriflora	Skullcap
Sedum roseum (*Rhodiola rosea*)	Rhodiola
Serenoa repens	Saw Palmetto
Silybum marianum	Milk Thistle
Smilax officinalis	Sarsaparilla
Smilax regelii	Sarsaparilla
Solidago virgaurea	Golden Rod
Stemona sessilifolia	Stemona
Stevia rebaudiana	Stevia
Syzygium aromaticum	Clove

Botanical Name	Common Name
T	
Tanacetum parthenium	Feverfew
Taraxacum officinale	Dandelion
Thuja occidentalis	Thuja
Thymus vulgaris	Thyme
Tribulus terrestris	Tribulus
Trifolium pratense	Red Clover
Trigonella foenum-graecum	Fenugreek
Turnera diffusa	Damiana
U	
Ulmus rubra	Slippery Elm
Uncaria tomentosa	Cat's Claw
Urtica dioica	Nettle
V	
Vaccinium macrocarpon	Cranberry
Vaccinium myrtillus	Bilberry
Valeriana officinalis	Valerian
Verbascum thapsus	Mullein
Viburnum opulus	Cramp Bark
Vitex agnus-castus	Chaste Tree
Vitis vinifera	Grape Seed
W	
Withania somnifera	Ashwagandha (Withania)
Z	
Zingiber officinale	Ginger
Ziziphus jujuba var. *spinosa*	Jujube (Ziziphus)

Index of Common Names

Common Name	Botanical Name
A	
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*
Corydalis yanhusuo	*Corydalis yanhusuo*
Couch Grass	*Elymus repens*

Common Name	Botanical Name
C	
Cramp Bark	*Viburnum opulus*
Cranberry	*Vaccinium macrocarpon*
Crataeva	*Crataeva nurvala*
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*
Euphorbia	*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 virginica*
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*

Common Name	Botanical Name
H	
Horsetail	*Equisetum arvense*
J	
Jamaican Dogwood	*Piscidia piscipula*
Japanese Knotweed	*Polygonum cuspidatum*
Jujube (Ziziphus)	*Ziziphus jujuba* var. *spinosa*
K	
Korean Ginseng	*Panax ginseng*
Kudzu	*Pueraria lobata*
L	
Licorice	*Glycyrrhiza glabra*
M	
Malabar Nut Tree (Adhatoda)	*Justicia adhatoda*
Marshmallow	*Althaea officinalis*
Meadowsweet	*Filipendula ulmaria*
Milk Thistle	*Silybum marianum*
Motherwort	*Leonurus cardiaca*
Mullein	*Verbascum thapsus*
Myrrh	*Commiphora molmol*
N	
Nettle	*Urtica dioica*
O	
Oregano	*Origanum vulgare*
Oregon Grape	*Berberis aquifolium* (*Mahonia aquifolium*)
P	
Passion Flower	*Passiflora incarnata*
Phellodendron	*Phellodendron amurense*
Pleurisy Root	*Asclepias tuberosa*
Poke Root	*Phytolacca decandra*
R	
Raspberry	*Rubus idaeus*
Red Clover	*Trifolium pratense*
Rehmannia	*Rehmannia glutinosa*
Reishi (Ganoderma)	*Ganoderma lucidum*
Rhodiola	*Rhodiola rosea* (*Sedum roseum*)
Rhubarb	*Rheum palmatum*
Rosemary	*Rosmarinus officinalis*
S	
Saffron	*Crocus sativus*
Sage	*Salvia officinalis*
Sarsaparilla	*Smilax officinalis*
Sarsaparilla	*Smilax regelii*

Common Name	Botanical Name
S	
Saw Palmetto	*Serenoa repens*
Schisandra	*Schisandra chinensis*
Shatavari	*Asparagus racemosus*
Sheep Sorrel	*Rumex acetosella*
Shepherd's Purse	*Capsella bursa-pastoris*
Shiitake	*Lentinula edodes*
Skullcap	*Scutellaria lateriflora*
Slippery Elm	*Ulmus rubra*
St John's Wort	*Hypericum perforatum*
Stemona	*Stemona sessilifolia*
Stevia	*Stevia rebaudiana*
Sweet Wormwood	*Artemisia annua*
T	
Tangerine (Chen Pi)	*Citrus reticulata*
Thuja	*Thuja occidentalis*
Thyme	*Thymus vulgaris*
Tribulus	*Tribulus terrestris*
Turmeric	*Curcuma longa*
U	
Uva Ursi (Bearberry)	*Arctostaphylos uva-ursi*
V	
Valerian	*Valeriana officinalis*
W	
White Horehound	*Marrubium vulgare*
White Peony	*Paeonia lactiflora*
Wild Yam	*Dioscorea villosa*
Willow	*Salix purpurea*
Withania (Ashwagandha)	*Withania somnifera*
Wormwood	*Artemisia absinthium*
Y	
Yellow Dock	*Rumex crispus*
Z	
Ziziphus (Jujube)	*Ziziphus jujuba* var. *spinosa*

Excipient Glossary

Standard Process Product Index

MediHerb Product Index

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 15 years of manufacturing herbal tablets and are necessary to aid the manufacturing process, stability, disintegration and to allow ease of swallowing. MediHerb® aims to achieve maximum clinical efficacy in the lowest daily dosage, hence our tablets contain high levels of herbs and very low levels of excipients. Most commonly used excipients are:

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 distintegration 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®.

Croscarmellose Sodium

Croscarmellose sodium is also used as a disintegrant and is sometimes combined with sodium startch 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 tableting 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

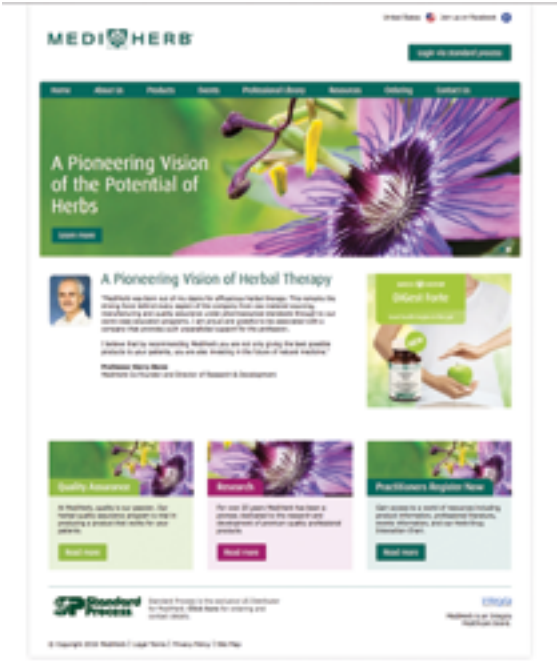
Maltodextrin is usually used as a carrier substance in the manufacture of herbal extracts used in tablets.

Health Care Professional Resources

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

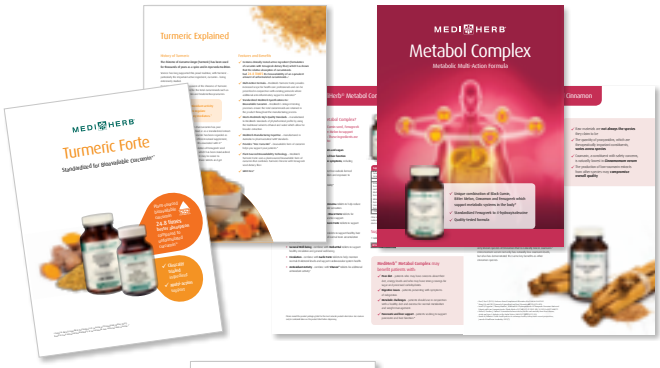
Our informative handouts demonstrate how to use MediHerb® products as part of a complete synergistic approach for specific health areas.

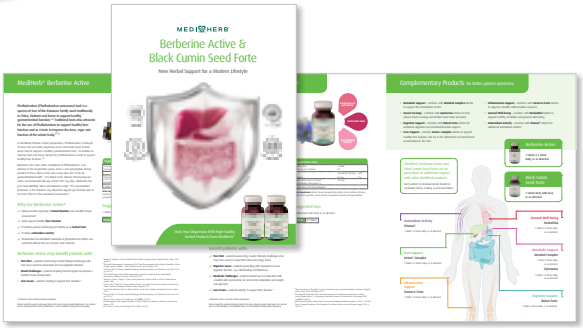
Contraindications and Cautions

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.





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Herbal Reference Text Books

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Principles and Practice of Phytotherapy
– SECOND EDITION

Modern Herbal Medicine

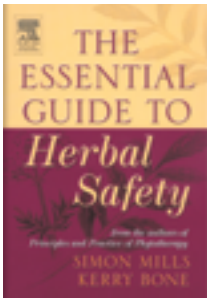
By Kerry Bone and Simon Mills

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.



Winner of the 2005 James A. Duke Botanical Literature Award

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.

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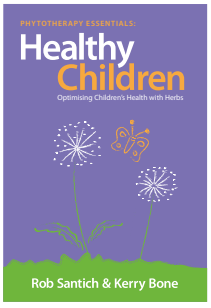


Phytotherapy Essentials: Healthy Children

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.

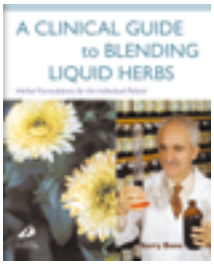
The Ultimate Herbal Compendium

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.

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Potential Herb-Drug Interactions for Commonly Used Herbs*

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.

Drug	Potential Interaction	Basis of Concern	Recommended Action
Andrographis *Andrographis paniculata*			
Immunosuppressant medication	May decrease effectiveness of drug.[1]	Theoretical concern based on immune-enhancing activity of Andrographis.	**Contraindicated**
Midazolam	May potentiate effects of drug.	Clinical study with healthy volunteers (providing 100 mg/day of andrographolide): pulse rate and blood pressure decreased.[2] *See note A.*	**Monitor** (medium level of risk).
Ashwagandha *Withania somnifera*			
Thyroxine	May potentiate effects of drug.	Theoretical concern based on stimulating effect on thyroid hormones. Case report (increased serum T4 level).[3] Clinical study: improved serum T4 level in subclinical hypothyroid patients;[4] three bipolar patients in a clinical trial experienced small increases in serum T4 from baseline (one subclinical hypothyroid patient),[5] although the extract was made from leaf and root and provided a high concentration of withanolides (50 mg/day).[6]	**Monitor** (low level of risk).
Bilberry *Vaccinium myrtillus*			
Warfarin	Potentiation of bleeding.	Herb Alone Antiplatelet activity observed in healthy volunteers (173 mg/day of bilberry anthocyanins).[7] Case report of postoperative bleeding (bilberry extract undefined).[8] Herb or Constituent and Drug Uncontrolled trial (600 mg/day of bilberry anthocyanins + 30 mg/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]	**Monitor** at high doses (> 100 mg/day anthocyanins, low level of risk).
	May decrease effectiveness of drug.	Case report (decreased INR, 200 mL/day of 'concentrate' juice; causality rated as possible (score 4)[8]).[11]	**Monitor** (low level of risk).
Black Cohosh *Actaea racemosa (Cimicifuga racemosa)*			
Statin drugs eg atorvastatin	May potentiate increase in liver enzymes, specifically ALT.	Case report.[12]	**Monitor** (low level of risk).
Bladderwrack *Fucus vesiculosus*			
Hyperthyroid medication eg carbimazole	May decrease effectiveness of drug.	Theoretical concern due to natural iodine content.	**Contraindicated** unless under close supervision.
Thyroid replacement therapies eg thyroxine	May add to effect of drug.	Theoretical concern linked to a case report where "kelp" caused hyperthyroidism in a person not taking thyroxine.[13]	**Monitor** (low level of risk).

*This chart is up-to-date as of January 2020.

Drug	Potential Interaction	Basis of Concern	Recommended Action
Boswellia *Boswellia serrata*			
Warfarin	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) [B]).[11]	**Monitor** (low level of risk).
Bugleweed *Lycopus virginicus, Lycopus europaeus*			
Radioactive iodine	May interfere with administration of diagnostic procedures using radioactive isotopes.[14]	Case report.	**Contraindicated**.
Thyroid hormones	Should not be administered concurrently with preparations containing thyroid hormone.[15]	Theoretical concern based on deliberations of German Commission E.	**Contraindicated**.
Cat's Claw *Uncaria tomentosa*			
***L*-Dopa** and other Parkinson's disease treatments	May impair absorption and drug levels.	Case report.[16]	**Monitor** (low level of risk).
HIV protease inhibitors	May increase drug level.	Case report, in a patient with cirrhosis being evaluated for liver transplant.[17]	**Monitor** (low level of risk).
Cayenne (Chili Pepper) *Capsicum* spp. (See also Polyphenol-containing and/or Tannin-containing herbs)			
ACE inhibitor	May cause drug-induced cough.	Case report (topical capsaicin). Theoretical concern since capsaicin depletes substance P.[18]	**Monitor** (very low level of risk).
Theophylline	May increase absorption and drug level.	Clinical study (healthy volunteers, chili-spiced meal).[19]	**Monitor** (low level of risk).
Celery Seed *Apium graveolens*			
Thyroxine	May reduce serum levels of thyroxine.	Case reports.[20]	**Monitor** (very low level of risk).
Chaste Tree *Vitex agnus-castus*			
Hormone-related medications eg progesterone drugs, hormonal contraceptive or HRT	May affect hormone levels and/or alter efficacy of hormone-containing medications	Case report of unwanted pregnancy in Australia (herb and concurrent use of progesterone-only OCP) and one other similar case reported internationally.[21] There are several trials published in which the herb has been administered to women using OCP without causing unwanted pregnancy – *see note C*.	**Monitor** (low level of risk).
Chinese Skullcap *Scutellaria baicalensis*			
Rosuvastatin	May decrease drug levels.	Clinical study with healthy volunteers using 150 mg/day of isolated constituent (baicalin).[22]	**Monitor** (low level of risk).[D]
Coleus *Coleus forskohlii*			
Antiplatelet and anticoagulant drugs	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).[23] More recent *in vivo* animal research: standardized Coleus extract reduced the anticoagulant activity of warfarin.[24]	**Monitor** (low level of risk).
Hypotensive medication	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.[25,26] Clinical data from weight management trials: no effect on blood pressure in three trials, trend toward lower blood pressure in one small study.[27,28] Clinical trial (dose-escalation in healthy volunteers; extract providing 25-100 mg/day of forskolin): no significant effect on blood pressure or heart rate.[29]	**Monitor** (low level of risk).
Prescribed medication	May potentiate effects of drug.	Theoretical concern based on ability of forskolin to activate increased intracellular cyclic AMP *in vitro*.[30]	**Monitor** (low level of risk).

Drug	Potential Interaction	Basis of Concern	Recommended Action
Cranberry *Vaccinium macrocarpon*			
Midazolam	May increase drug levels.	Clinical trials with healthy volunteers: effect on drug levels conflicting – increased (double-strength juice[E], 240 mL tds)[31] and no effect (cranberry juice,[F] 200 mL tds).[32]	**Monitor** (low level of risk).
Statin drugs	May increase side effects of drug.	Two case reports (355–473 mL/day cranberry juice drink (7% juice), and 473 mL/day 'cranberry juice').[33,34]	**Monitor** (low level of risk).
Tacrolimus	May decrease drug levels.	Case report (2 g/day 'juice extracts'; causality rated as possible (score 4)[B]).[35]	**Monitor** (medium level of risk).
Warfarin	May alter INR (most frequently increase).	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),[46] but increase observed in healthy volunteers (juice concentrate equivalent to 57 g of dry fruit/day).[47] 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[E]).[32] *See also note E.*	**Monitor** (low level of risk at typical doses).
Dong Quai *Angelica polymorpha*			
Antiplatelet and anticoagulant drugs	May potentiate effect of drug.	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] Warfarin: Case reports (increased INR and PT;[50] increased INR and widespread bruising).[51]	**Monitor** (low level of risk).
Echinacea *Echinacea angustifolia, Echinacea purpurea*			
Antiretroviral drugs	HIV non-nucleoside transcriptase inhibitors eg etravirine: May alter drug levels.	Clinical trial (*E. purpurea* 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]	**Monitor** (low level of risk).
	HIV protease inhibitors eg darunavir: May decrease drug levels.	Clinical trial (*E. purpurea 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]	**Monitor** (low level of risk).
Dextromethorphan	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]	**Monitor** (very low level of risk).
Immunosuppressant medication	May decrease effectiveness of drug.[1,55]	Theoretical concern based on immune-enhancing activity of Echinacea.	**Contraindicated**.
Midazolam	Decreases drug levels when drug administered intravenously.[G]	Clinical study (*E. purpurea* root).[54]	**Monitor** (medium level of risk) when drug administered intravenously.
Eleuthero (Siberian Ginseng) *Eleutherococcus senticosus*			
Atorvastatin	May cause liver injury due to high elevation of liver enzymes.	Case report (combination of "Siberian ginseng" and silymarin).[56]	**Monitor** (low level of risk).
Digoxin	May increase plasma drug levels.	Case report: apparent increase in plasma level, but herb probably interfered with digoxin assay[H] (patient had unchanged ECG despite apparent digoxin concentration of 5.2 nmol/L).[57] In a later clinical trial no effect observed on plasma concentration.[58]	**Monitor** (very low level of risk).
Evening Primrose Oil *Oenothera biennis*			
Phenothiazines	May decrease effectiveness of drug.	Reports of worsening epilepsy in schizophrenics. No causal association demonstrated and no effect observed in later trials.[59]	**Monitor** (very low level of risk).

* This chart is up-to-date as of January 2020.

Drug	Potential Interaction	Basis of Concern	Recommended Action
Garlic *Allium sativum* (See also Hypoglycemic herbs)			
Antiplatelet and anticoagulant drugs	Aspirin: May increase bleeding time. Clopidogrel: May potentiate effect of drug. Warfarin: May potentiate effect of drug. Large doses could increase bleeding tendency.	Concern may be overstated, as antiplatelet/anticoagulant drugs are often coadministered eg aspirin and warfarin. **Herb Alone** Case reports of increased bleeding tendency with high garlic intake. In three of the four cases the bleeding occurred after surgery.[60-63] Anecdotal: garlic taken shortly before testing interferes with platelet aggregation in control subjects.[64] *Single-dose studies, and studies demonstrating a beneficial effect on disordered function, including for example, in atherosclerosis, are excluded.* Clinical studies (3 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, patients);[68] decreased serum thromboxane in one trial (3 g/day, healthy volunteers)[69]. † *See note J*. Clinical study (1.25–3.75 g/day): no effect on platelet aggregation, but women in the highest dose group experienced menorrhagia (as did women receiving 80 mg/day of aspirin) and nose bleeds were also reported in 24% of those receiving the highest dose of garlic.[70] *See note K*. Clinical studies (4.2–5 g/day of fresh garlic, patients and healthy volunteers): no effect on platelet aggregation, fibrinogen level, prothrombin time, whole blood coagulation time.[71-73] Clinical studies (8–10 g/day of fresh garlic, healthy volunteers): inhibited platelet aggregation and increased clotting time.[74,75] **Herb and Drug** Aspirin: No published studies. Clopidogrel: Garlic tablet ("odorless", dose undefined) added to improve drug therapy, reduced platelet hyperactivity in two patients.[64] Warfarin: Two cases of increased INR and clotting times, very few details (garlic pearls, garlic tablets: dosage undefined).[76] Clinical trial: no effect in healthy volunteers (enteric-coated tablets equivalent to 4 g/day of fresh garlic).[47]	**Monitor** at doses equivalent to ≥ 3 g/day fresh garlic (low level of risk). **Stop taking** at least one week before surgery.
HIV protease inhibitors	Decreases drug level.	Ritonavir-boosted atazanavir: Case report (6 stir-fried garlic cloves three times per week).[77] Saquinavir: Two clinical studies (garlic extract, standardized for allicin content) with healthy volunteers[78,79] – in one study[79] the effect was minor with large variability in results.	**Monitor** (medium level of risk).
Ginger *Zingiber officinale*			
Antacids	May decrease effectiveness of drug.	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.[80]	**Monitor** (low level of risk).
Antiplatelet and anticoagulant drugs	Phenprocoumon: May increase effectiveness of drug.	Case report (dosage undefined): increased INR.[81]	**Monitor** at doses equivalent to < 4 g/day dried ginger (low level of risk).
	Warfarin: Increased risk of spontaneous bleeding.	Concern based on antiplatelet activity and potential to inhibit thromboxane synthetase. **Herb Alone** Clinical studies: inhibition of platelet aggregation (5 g, divided single dose, dried ginger) in healthy volunteers,[82] and coronary artery disease patients (10 g, single dose, dried ginger),[83] but no effect in healthy volunteers (2 g, single dose, dried ginger),[84] or coronary artery disease patients (4 g/day, dried ginger);[83] inhibition of platelet thromboxane production in healthy volunteers (5 g/day, fresh ginger).[85] **Herb and Drug** Two case reports (dose unknown): bleeding[86], 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: ginger (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*).	**Monitor** at doses equivalent to < 4 g/day dried ginger (very low risk). **Contraindicated** unless under close supervision at doses equivalent to > 4 g/day dried ginger.
Crizotinib	May increase side effects of drug due to increased drug level.	Case report (grated ginger, honey, lemon juice and hot water, up to more than 1 L/day).[90]	**Monitor** (medium level of risk).
Nifedipine	May produce a synergistic antiplatelet effect.	Clinical study (1 g/day, dried ginger) in healthy volunteers and hypertensive patients.[91]	**Contraindicated**.

Drug	Potential Interaction	Basis of Concern	Recommended Action
Ginkgo[M] *Ginkgo biloba*			
Anticonvulsant medication eg carbamazepine, sodium valproate	May decrease the effectiveness of drug.	Case reports: two with well-controlled epilepsy,[92] others anecdotal and uncertain.[93-95] One of these[94] was subsequently analyzed as having probable causality (score 7)[B,96]	**Monitor** (medium level of risk). Increasing the intake of vitamin B6 may be advisable for patients taking anticonvulsants.[N]
Antiplatelet and anticoagulant drugs	Prolongation of bleeding and/or increased bleeding tendency.	Concern based on antiplatelet activity. Bleeding events associated with Ginkgo alone or in combination with these and other drugs have been reported but a causal relationship was not established conclusively. Although a retrospective population-based study found risk of hemorrhage was associated with elderly patients (65 years or older) who were taking Ginkgo alone.[97] Herb Alone Rare case reports of bleeding.[98-100] Meta-analysis of randomized, placebo-controlled trials (healthy volunteers and patients): results indicate standardized Ginkgo extract does not increase the risk of bleeding.[101] Randomized, 5-year trial (elderly participants; Ginkgo 50:1 extract, 240 mg/day): no significant difference in incidence of hemorrhagic events.[102] Herb and Drug Retrospective population-based study in Taiwan: the relative risk of hemorrhage associated with the use of Ginkgo extract combined with drugs (clopidogrel, cilostazol, ticlopidine, warfarin) was not significant.[97] *See also note P.* Aspirin: Case reports (2, bleeding;[98] one, extensive bruising after a fall – although possibly high Ginkgo dose (400 mg/day, undefined)).[103] Clinical studies: no additional effect on platelet function, platelet aggregation or bleeding time.[104-106] no increase in vascular adverse events, including hemorrhages, in acute stroke patients despite the high dose (Ginkgo preparation, providing 200 mg/day of flavone glycosides and 45 mg/day of terpene lactones; taken for 6 months).[107] Cilostazol: Clinical studies with healthy volunteers (Ginkgo extract (undefined): single dose 120 mg) – bleeding time prolonged; no change in platelet aggregation or clotting time, and no significant correlation between prolongation of bleeding time and inhibition of platelet aggregation;[108] no effect on pharmacokinetics or bleeding time, the increase in platelet aggregation was not significant (Ginkgo extract (undefined): 160 mg/day).[109] Clopidogrel: Case report (bruising and bleeding).[110] Clinical study with healthy volunteers (Ginkgo extract (undefined): single dose 120 mg) – no effect on platelet aggregation, bleeding times.[108] Ticlopidine: Case report (bleeding).[99] Clinical studies: no significant additional effect on bleeding time or platelet aggregation (Ginkgo 50:1 extract: single dose 80 mg; healthy volunteers),[111] and at the higher dose (120 mg/day) did not affect drug levels;[112] increased inhibitory response of platelets to testing with two agonists (ie antiplatelet effect) for drug and herb compared with drug alone, although effect was small and statistical and clinical significance is unknown (Ginkgo extract (undefined): 160 mg/day; pilot study of patients who had an acute ischemic stroke or transient ischemic attack),[113] improved antiplatelet effects in clopidogrel-resistant patients undergoing carotid stenting without hematologic or adverse effects, such as decreased platelet count, puncture-site hematoma (Ginkgo extract (undefined): 160 mg/day; small patient numbers).[114] Postmarketing study (80–160 mg/day of undefined Ginkgo extract): incidence of bleeding events in 4831 patients was 0.52% i.e. 25 patients; the severity was mild in 19 patients, moderate in 3 and severe in 3.[115] Warfarin: Case report (bleeding).[98] Clinical studies (healthy volunteers and patients): no additional effect on INR, platelet aggregation, coagulation parameters or plasma drug level.[88,116,117] A retrospective analysis of US veteran's medical records (2008-2014) found taking Ginkgo (dose and preparations unknown) concurrently with warfarin was significantly associated with higher risk of bleeding.[118] *See also note Q.*	**Monitor** (low level of risk), although additional caution may be warranted for the elderly and/or those taking warfarin.
Antipsychotic medication eg haloperidol, olanzapine, clozapine	General: May potentiate the efficiency of drug in patients with schizophrenia, by reducing symptoms.	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).[119,120] 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]	Prescribe cautiously. **Reduce** drug if necessary in conjunction with prescribing physician.
	Risperidone: May potentiate adverse effects of drug or cause idiosyncratic reaction.	Two case reports (mood dysregulation, 160 mg/day of undefined extract;[121] priapism, 160 mg/day of undefined extract).[122] Incidence of adverse effects not significantly different between groups in two controlled studies (schizophrenia, dose unknown;[123] and autistic disorders in children 6 to 7 years, 80–120 mg/day of undefined extract).[124]	**Monitor** (low level of risk).

Drug	Potential Interaction	Basis of Concern	Recommended Action
Antiretroviral drugs	HIV integrase inhibitors eg raltegravir: May alter drug levels.	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.)[125]	**Monitor** (low level of risk)
	HIV non-nucleoside transcriptase inhibitors eg efavirenz: May decrease drug levels and/or cause virological breakthrough/failure.	Case report (decreased drug level and virological failure);[126] case report (increase in viral load after ongoing suppression; multiple supplements but the main one was an unspecified Ginkgo product (300 mg/day);[127] causality rated as probable (score 6)[8]).[96]	**Monitor** (medium level of risk).
Atorvastatin			
Benzodiazepines	May alter drug level.	Alprazolam: Clinical trial in healthy volunteers found no effect (Ginkgo 50:1 extract: 240 mg/day).[128] Diazepam: Clinical trial in healthy volunteers found no effect (Ginkgo 50:1 extract: 240 mg/day).[129] Midazolam: Clinical trials in healthy volunteers found conflicting results on drug levels: increased Ginkgo 50:1 extract: 360 mg/day),[130] decreased (Ginkgo 50:1 extract: 240 mg/day)[131] and no effect (Ginkgo 50:1 extract: 240 mg/day).[132]	**Monitor** (low level of risk).
Hypoglycemic drugs	General (sulfonylureas): May decrease the hypoglycemic activity. *See also Glipizide and Tolbutamide*	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)[133] and in diabetics (only 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 glycemia-related adverse effects – this suggests increased hepatic clearance of insulin and hypoglycemic agents.[134] Later study confirmed no adverse effect on insulin resistance (small number of healthy volunteers, prediabetics and diabetics taking oral hypoglycemic drugs).[135] Dose in each trial was Ginkgo 50:1 extract: 120 mg/day.	**Monitor** (low level of risk).
	Glipizide: May cause hypoglycemia.	Observation from aborted trial: hypoglycemia occurred in volunteers with normal glucose tolerance within 60 minutes.[136] Ginkgo 50:1 extract was administered as a single dose of 120 mg.[137]	**Monitor** (low level of risk).
	Metformin: May enhance effectiveness of drug.	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.[136] Clinical trial (patients ineffectively managed): significantly improved glycemic parameters including HbA1c (Ginkgo 50:1 extract: 120 mg/day; metformin: 1.24 g/day).[138]	**Monitor** (low level of risk). **Reduce** drug if necessary in conjunction with prescribing physician.
	Pioglitazone: May increase drug level.	Clinical trial with healthy volunteers (Ginkgo 50:1 extract: 120 mg/day).[139]	**Monitor** (low level of risk).
	Tolbutamide: May decrease effectiveness of drug.	Clinical trials with healthy volunteers: nonsignificant reduction in glucose-lowering effect of drug (Ginkgo 50:1 extract: 360 mg/day);[130] pharmacokinetics not altered (Ginkgo 50:1 extract: 240 and 360 mg/day).[130,132]	**Monitor** (low level of risk).
Nifedipine	May increase drug levels or side effects.	Clinical studies found mixed results for mean plasma drug level: increase (120 mg/day, undefined),[140] although these results considered preliminary/inaccurate as AUC was not measured;[141] and no effect (240 mg/day; although results probably not robust as the herb was only administered for one day).[142] 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).[142]	**Monitor** at doses <240 mg/day (medium level of risk). **Contraindicated** for higher doses.
Omeprazole	May decrease drug levels.	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)[143] and no effect (Ginkgo 50:1 extract: 240 mg/day).[132]	**Monitor** (low level of risk).
Statin drugs	May decrease drug levels.	Meta-analysis of 8 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.* In four trials atorvastatin was administered, simvastatin in three and rosuvastatin in one trial.[144] Atorvastatin: Clinical study with healthy volunteers (Ginkgo 50:1 extract: 360 mg/day). No adverse pharmacodynamic effect was observed.[145] Simvastatin: Clinical study with healthy volunteers (Ginkgo 50:1 extract: 240 mg/day) – drug levels decreased, but active metabolite drug levels not affected. Pharmacodynamics (cholesterol lowering) of the drug not significantly affected, although there was a trend towards reduced ability to lower LDL-cholesterol.[146]	**Monitor** (low level of risk).
Tadalafil	May cause bleeding.	Case report (hematoma after surgery; patient also taking analgesics).[147]	**Monitor** (low level of risk).
Talinolol	May increase drug levels.	Clinical trial with healthy volunteers.[148]	**Monitor** (low level of risk).

Drug	Potential Interaction	Basis of Concern	Recommended Action
Golden Seal *Hydrastis canadensis*			
Drugs which 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).[149]	**Monitor** (low level of risk).
Midazolam	May increase drug level.	Clinical trial.[150]	**Monitor** (low level of risk).
Green Tea *Camellia sinensis* (See also Polyphenol-containing and/or Tannin-containing herbs)			
Boronic acid-based protease inhibitors eg bortezomib	May decrease efficacy of drug.	Theoretical concern based on initial *in vitro* data and in vivo animal study (green tea constituent: EGCG reduced tumor cell death induced by drug).[151] However, a further *in vivo* animal study found EGCG was not antagonistic to the activity of the drug.[152] *See note S.*	**Contraindicated** at high doses (around 600 mg/day EGCG or 1 g/day green tea catechins).[†] More information required for doses below this level.
Digoxin	May decrease drug levels.	Clinical study with healthy volunteers (green tea extract providing 300 mg catechins).[153]	**Monitor** (medium level of risk at substantial doses of catechins).
Folate	May decrease absorption.	Clinical study with healthy volunteers.[154] Clinical significance unclear, as was a one-day study (ie not ongoing administration), with 50 mg of green tea catechins administered before, during and up to 2 hours after folate (for a total of 250 mg of catechins).	If taken simultaneously, may need to **increase** dose of folate. The effect may be relatively small – more information is required.
Immunosuppressives eg tacrolimus	May increase drug levels.	Case report (patient was a CYP3A4 poor metabolizer).[155]	**Monitor** (medium level of risk).
Nadolol	May increase drug levels.	Clinical studies with healthy volunteers (two single doses, simultaneous ingestion, green tea extract containing 52 mg and 156 mg catechins;[156] single dose, simultaneous and ingestion 1 hour prior, brewed green tea (4.5 g)),[157] although pulse rate and blood pressure were unchanged.[156]	**Monitor** (medium level of risk).
Sildenafil	May increase bioavailability of drug.	Clinical study with healthy volunteers (2 g, single dose, green tea powder containing 60 mg catechins). Blood pressure and electrocardiogram were unchanged.[158]	**Monitor** (low level of risk).
Statin drugs	May increase drug level and side effect of drug.	Fluvastatin: Clinical study with healthy volunteers. No significant effect on plasma concentrations for single doses of brewed green tea (300 mL) or extract providing 150 mg EGCG.[159] Rosuvstatin: Clinical study with healthy volunteers found a slight, likely clinically irrelevant, decrease in drug levels for ongoing administration (300 mg/day of EGCG).[160] Simvastatin: Case report of muscle pain, which is a known side effect (3 cups/day).[161] Subsequently analyzed as having probable causality (score 7)[8,96] Pharmacokinetic evaluation indicated green tea (1 cup, single dose) increased the bioavailability of simvastatin in this patient by a large amount (75%).[161] Ongoing administration of green tea beverage (healthy volunteers):[162] the increase was much smaller (7%; probably not clinically relevant), although in 25% of participants the increase was about 2-fold (dose: 335 mg/day of catechins); at a higher dose (638 mg/day of catechins), the increase in bioavailability was 28%, and the extent of the interindividual variability was similar.	**Monitor** (low level of risk).
Sunitinib	May reduce bioavailability of drug.	Case report (effect appeared dose-dependent). Considering the pharmacokinetic data (interaction in mice), the authors recommended avoiding green tea intake or leaving an interval of 4 hours between beverage and drug intake.[163]	**Contraindicated**, unless **taken** at least 4 hours **apart**.
Warfarin	May decrease effectiveness of drug.	Case report (decreased INR; brewed green tea: 0.5–1 gallon/day).[164]	**Monitor** (very low level of risk).

[†] This chart is up-to-date as of January 2020.

Drug	Potential Interaction	Basis of Concern	Recommended Action
Hawthorn *Crataegus monogyna, Crataegus laevigata (Crataegus oxyacantha)* (See also Polyphenol-containing and/or Tannin-containing herbs)			
Digoxin	May increase effectiveness of drug.	Clinical studies indicate a (beneficial) synergistic effect.[165,166] Pharmacokinetics not affected in a clinical study (healthy volunteers).[167]	**Monitor** (low level of risk).
Hypotensive drugs	May increase effectiveness of drug.	Controlled trials where drugs known to be taken by all or many heart disease patients: blood pressure decreased significantly (2 trials),[168,169] decreased nonsignificantly (1 trial)[170] and was unchanged (1 trial).[171] Significant decrease in blood pressure observed in diabetics taking hypotensive drugs (1 trial).[172]	**Monitor** (low level of risk).
Horsetail *Equisetum arvense*			
Antiretroviral drugs	May cause virological breakthrough.	Two case reports (supplements containing horsetail).[173]	**Monitor** (medium level of risk).
Hypoglycemic herbs (See also Ginkgo, Korean Ginseng, Milk Thistle, St John's Wort)			
Hypoglycemic drugs including insulin	May potentiate hypoglycemic activity of drug.	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: ▪ In uncontrolled trials, high dose, long-term administration of Gymnema extract (equivalent to 10–13 g/day dried leaf) reduced insulin and hypoglycemic drug requirements in diabetics.[174,175] ▪ Several trials have found no effect for garlic on blood glucose in type 2 diabetes, although in a double-blind, placebo-controlled trial (using enteric-coated tablets), a reduction in the dosage of oral hypoglycemic drugs was required (these patients had baseline fasting blood glucose above 8.0 mmol/L (144 mg/dL)).[176]	Prescribe cautiously and monitor blood sugar regularly. **Warn** patient about possible hypoglycemic effects. **Reduce** drug if necessary in conjunction with prescribing physician.
Kava *Piper methysticum*			
Antiplatelet and anticoagulant drugs	May potentiate effect of drug.	Herb Alone and with Drug Aspirin: Clinical study in Fiji with volunteers who were not kava drinkers (NKD), occasional (once/week; OKD) or regular drinkers (RKD: every week, 20 or more bowls/day). Platelet aggregation was in the normal range for all groups (baseline), but after single dose of aspirin (100 mg) there was a significant difference between NKD and RKD, and OKD and RKD, with the platelet aggregation *inhibited* (not decreased as much) in RKD. There was no significant difference between the groups when 300 mg was taken (aggregation decreased to a similar extent). The results suggest regular kava drinking (i.e. relatively high levels of kava lactones) may decrease aspirin sensitivity.[177]	**Monitor** (very low level of risk at typical doses).
CNS depressants eg alcohol, barbiturates, benzodiazepines	Potentiation of drug effects.	Theoretical concern based on deliberations of German Commission E[16] and the anxiolytic activity of kava.[1] Two apparent case reports (kava + benzodiazepines (alprazolam, flunitrazepam)).[178,179] Clinical trials with healthy volunteers: no additional side effects observed for kava (extract containing 240 mg/day of kava lactones) + benzodiazepine (bromazepam),[180] and kava (extract containing 210 mg/day of kavalactones) + alcohol.[181] Clinical study with healthy volunteers: no effect on pharmacokinetic parameters of midazolam (extract provided 253 mg/day of kavalactones).[150]	**Monitor** (low level of risk).
***L*-Dopa** and other Parkinson's disease treatments	Possible dopamine antagonist effects.	Case reports.[182,183] Although, kava is unlikely to be responsible for central dopaminergic antagonism (experimental model)[184] and kava reduced parkinsonism induced by neuroleptic drugs (observational study, psychiatric patients).[185]	**Contraindicated** unless under close supervision.
Other CNS drugs	May potentiate adverse effect possibly by decreased metabolism of drug.	Haloperidol: Case report (patient consumed kava beverage i.e. probable high dose).[186] Ropinirole: Case report (patient consumed kava beverage and kava tablets i.e. probable high dose).[186]	**Monitor** (low level of risk at typical doses).

Drug	Potential Interaction	Basis of Concern	Recommended Action
Korean Ginseng *Panax ginseng*			
Antihypertensive medications including nifedipine	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 5% of hypertensives; increase in 3% and decrease in 2% of normotensives; decrease in 6% of hypotensives.[187] No information on concurrent medications. *Note for clinical trial data below:* Acute, single-dose trials excluded. High doses used in several trials. Herb Alone Clinical trials: no significant effects found in healthy volunteers,[188,189] those with metabolic syndrome,[190] type 2 diabetes[191] or glaucoma,[192] although baseline blood pressure may be a factor.[190] Herb and Drug Clinical trials: *decreased* blood pressure in essential hypertension,[193] and coronary artery disease[194] but no effect in white coat hypertension[193] and essential hypertension.[195]	**Monitor** (very low level of risk).
	Nifedipine: May increase drug levels.	Clinical trial (results considered preliminary/inaccurate as AUC was not measured, and species not defined).[140]	**Monitor** (low level of risk).
Antiplatelet and anticoagulant drugs	General: May potentiate effects of drug.	Herb Alone Two epidemiological studies in Korea: long-term intake (3–5 years) prolonged plasma clotting times (APTT),[196,197] and decreased platelet aggregation.[196] (Dosage in Korea is generally high.) Clinical trial (healthy volunteers): inhibited platelet aggregation, but no effect on coagulation (PT, APTT).[198] Case reports: perioperative bleeding and impaired coagulation, possibly due to high preoperative intake of undefined ginseng (1 case);[199] postmenopausal women with spontaneous hematomas (3 cases).[200] 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.[49]	**Monitor** (low level of risk).
	Acenocoumarol: May decrease effectiveness of drug.	Case report (decreased INR, herb dose unknown; causality rated as possible (score 4)[8]).[11]	**Monitor** (low level of risk).
	Warfarin: May decrease effectiveness of drug.	Herb and Drug Two cases reported (decreased INR without thrombotic episode, likely modest level of ginsenosides;[201] thrombosis, ginseng product undefined).[202] No effect demonstrated in three clinical trials (healthy volunteers and patients) for INR, prothrombin time and platelet aggregation.[203-205] Although the design of the trials has been criticized. *See note U.*[206]	**Monitor** (low level of risk).
CNS stimulants	May potentiate effects of drug.[1]	Theoretical concern since CNS stimulation is a feature of GAS. Clinical significance unclear.	**Monitor** (low level of risk).
HIV integrase inhibitors eg raltegravir	May potentiate adverse effect possibly by altered metabolism.	Case report (elevated liver enzymes: dosage unknown, causality rated as probable (score 6)[8]).[207]	**Monitor** (low level of risk).
Hypoglycemic drugs including insulin	May potentiate hypoglycemic activity of drug.[55]	Theoretical concern based on clinically observed hypoglycemic activity of ginseng in newly diagnosed type 2 diabetics.[208] Clinical significance unclear. No effect on insulin sensitivity or beta-cell function after very high doses in newly diagnosed type 2 diabetics or those with impaired glucose tolerance.[209] 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 diabetics well controlled with diet and/or oral hypoglycemic drugs.[199,211,212]	**Monitor** (low level of risk).
Imatinib	May potentiate adverse effect possibly by altered metabolism.	Case report (hepatotoxicity;[213] causality rated as probable (score 5)[8]).[96]	**Monitor** (low level of risk).
Lamotrigine	May cause side effect due to elevated drug level.	Case report (combined with deer antler velvet; DRESS syndrome; causality rated as probable (score 5)[8]).[214]	**Monitor** (medium level of risk).
MAO inhibitors eg phenelzine	May cause side effects such as headache, sleeplessness, tremor.	Case reports.[215-217]	**Contraindicated**.

Drug	Potential Interaction	Basis of Concern	Recommended Action
Midazolam	May decrease drug level.	Clinical studies with healthy volunteers: effect on drug levels conflicting – decreased (extract providing about 45 mg/day of ginsenosides Rb1, Rb2, Rc, Rd, Re, Rf, Rg),[141] and no relevant effect (extracts providing about 62 mg/day of ginsenosides Rb1, Rb2, Rc, Re, Rg1;[218] and 85 mg/day of ginsenosides Rb1, Rb2, Rc, Rd, Re, Rg1, Rg3, Rh1).[219]	**Monitor** (low level of risk).
Sildenafil	May potentiate effects of drug.	Theoretical concern based on *in vitro* studies which show ginseng increases nitric oxide release from corpus cavernosum tissue.[220,221]	**Monitor** (very low level of risk).
Laxative (anthraquinone-containing) herbs eg cascara (*Frangula purshiana, Rhamnus purshianus*), yellow dock (*Rumex crispus*)			
Antiarrhythmic agents	May affect activity if potassium deficiency resulting from long-term laxative abuse is present.	German Commission E and ESCOP recommendation.[15,222]	**Avoid** excessive doses of laxatives. Maintain patients on a high potassium diet.
Cardiac glycosides	May potentiate activity, if potassium deficiency resulting from long-term laxative abuse is present.	German Commission E and ESCOP recommendation.[15,222]	**Monitor** (low level of risk at typical doses).
Potassium-depleting agents eg thiazide diuretics, corticosteroids, licorice root (*Glycyrrhiza glabra*)	May increase potassium depletion.	German Commission E and ESCOP recommendation.[15,222]	**Avoid** excessive doses of laxatives. Maintain patients on a high potassium diet.
Licorice[V] *Glycyrrhiza glabra*			
Antihypertensive medications other than diuretics	General: May decrease effectiveness of drug.	When consumed in sufficient doses, licorice can cause pseudoaldosteronism and high blood pressure. **Herb or Constituent Alone** Hypertension demonstrated in case reports, usually from long-term intake and/or very high dose.[223] Hypokalemic paralysis reported (184 mg/day of glycyrrhizin for 2 months), although hypertension was mild, possibly due to coexisting sodium wasting related to uropathy from prostate cancer.[224] Dramatically elevated blood pressure with hypertensive retinopathy and nephropathy reported (225 mg/day of glycyrrhizin for 3 years).[225] Clinical studies (up to 200 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 = 130 mg/day of glycyrrhizin[W]) taken for 2 weeks.[226-228] Other studies show variation of effects on blood pressure (*see note X*) – renal function may be a factor.[229] The increase in blood pressure after taking glycyrrhetinic acid (874 mg/day of glycyrrhizin) was more pronounced in salt-sensitive than salt-resistant volunteers.[230] 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),[231] although the results may be underestimated if measurements are taken only at rest.[232] 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 (220–332 mg/day) taken for 8 weeks, but no effect at lower doses of 1–2 mg/kg (55–166 mg/day) of glycyrrhizin.[233] **Herb and Drug** Case reports (licorice tea, 3 L/day; patient still hypertensive despite treatment with drugs;[234] decoction of Chinese herbs containing 5 g licorice, taken for 14 days).[235]	**Avoid** long-term use at doses > 100 mg/day glycyrrhizin unless under close supervision.[Y] Place patients on a high potassium diet.
	ACE-inhibitor: May mask the development of pseudoaldosteronism.	Case report (patient consumed licorice herbal medicine (200–240 mg/day glycyrrhizin)). Drug dosage was reduced, leading to pseudoaldosteronism.[236] *See note Z*.	**Avoid** long-term use at doses > 100 mg/day glycyrrhizin unless under close supervision.[Y] Place patients on a high potassium diet.
Cilostazol	May cause hypokalemia, which can potentiate the toxicity of the drug.	Case report (patient taking 150 mg/day of glycyrrhizin). Serum potassium levels were stable prior to administration of drug.[237]	**Monitor** (medium level of risk). Place patients on a high potassium diet.

Drug	Potential Interaction	Basis of Concern	Recommended Action
Corticosteroids	Cortisol: May potentiate the action (rather than increase level of drug).	Inhibition of the enzyme 11beta-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.[238] 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.* **Herb or Constituent Alone** Clinical studies with healthy volunteers[227,229,239-245] and patients with essential hypertension[227] (ongoing oral administration): increase in urinary excretion of cortisol, but no significant change in plasma cortisol[227,229,239-245] (although plasma cortisone decreased)[239,240,246] and diurnal variation of plasma cortisol was unaffected.[242] Dosage was high: 100–200 g/day of licorice candy (containing glycyrrhizin or glycyrrhetinic acid equivalent to 262–2440 mg/day of glycyrrhizin[W]),[227,241,242,245] 3.5 g/day of licorice tablets (containing 266 mg/day of glycyrrhizin),[243] 4.8 g/day of licorice extract (containing glycyrrhetinic acid = 587 mg/day of glycyrrhizin),[244] 225 mg/day glycyrrhizin,[239] glycyrrhetinic acid (= 227–874 mg/day glycyrrhizin).[239,240] Clinical study with healthy volunteers and hypertensive patients (single dose, placebo-controlled; oral administration of glycyrrhetinic acid equivalent to 874 mg/day of glycyrrhizin[W]): increased plasma cortisol/cortisone ratio (due mostly to a decrease in plasma cortisone); salivary cortisol increased.[247] Clinical study with healthy volunteers (topical application of a cream containing glycyrrhetinic acid): no effect on plasma cortisol.[248] **Herb or Constituent and Drug** 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;[241] oral administration of glycyrrhetinic acid = 227 mg/day of glycyrrhizin[W] + oral cortisol to 2 volunteers).[249,250] *See also Note AA*. *Ex vivo* study (skin samples from healthy volunteers and patients with psoriasis and eczema; glycyrrhetinic acid and drug topically applied): activity of hydrocortisone potentiated by glycyrrhetinic acid.[251]	**Monitor** (very low level of risk at typical doses).
	Prednisolone: May potentiate the action or increase level of drug.	**Herbal Constituent and Drug** Two clinical studies with healthy volunteers (oral administration of glycyrrhizin or glycyrrhetinic acid;[W] prednisolone administered intravenously): increased drug level[252] and increased prednisolone/prednisone ratio[BB] in urine and plasma.[253] Dosage was high: 200 mg/day glycyrrhizin,[252] and 400 mg/day glycyrrhetinic acid (= 700 mg/day glycyrrhizin).[253]	**Monitor** (low level of risk at typical doses) when drug administered intravenously.
Digoxin	May cause hypokalemia which can potentiate the toxicity of the drug.	**Herb Alone** 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.[223,254,255] **Herb and Drug** Case report (patient taking herbal laxative containing licorice (1.2 g/day) and rhubarb (*Rheum* spp., 4.8 g/day)). In addition to digoxin, patient was also taking a potassium-depleting diuretic.[256]	**Avoid** long-term use at doses > 100 mg/day glycyrrhizin unless under close supervision.[Y] Place patients on a high potassium diet.
Diuretics	Spironolactone (potassium-sparing diuretic): Reduce side effects of drug.	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.[257]	**Monitor** (low level of risk at typical doses).
	Thiazide and loop (potassium-depleting) diuretics: The combined effect of licorice and the drug could result in excessive potassium loss.[15]	**Herb or Constituent Alone** Hypokalemia demonstrated in case reports and clinical studies, usually from long-term intake and/or very high dose,[223,254,255] however effect has been demonstrated in patients for ongoing treatment with herbal medicines containing glycyrrhizin at doses of 80–240 mg/day.[258] **Herb and Drug(s)** Case reports, usually from long-term intake and/or very high dose,[234,254,259-265] however effect has been demonstrated for ongoing treatment of glycyrrhizin as low as 80 mg/day.[258] Clinical trial (candy containing 40 mg/day of glycyrrhizin): decreased plasma potassium, with 20% of healthy volunteers hypokalemic in the first week.[266] Retrospective cohort study: of 389 elderly patients treated with two licorice-containing Japanese traditional medicines for 6-2788 days, 24.2% developed hypokalemia and of these patients, 38.3% were coadministered potassium-lowering drugs (loop or thiazide diuretics, glucocorticoids or other glycyrrhizin-containing preparations (less frequently)).[267] Full dose of these products provides about 70 mg/day of glycyrrhizin.[268]	**Contraindicated** unless under close supervision at doses > 40 mg/day glycyrrhizin.

Drug	Potential Interaction	Basis of Concern	Recommended Action
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 herbal formulations containing glycyrrhizin (route and dosage unknown).[269]	**Monitor** (medium level of risk) in hepatically-impaired patients.
Midazolam	May decrease drug level.	Clinical study with healthy volunteers (potassium salt of glycyrrhizin, equivalent to 287 mg/day of glycyrrhizin).[270]	**Monitor** (low level of risk at typical doses).
Omeprazole	May decrease drug level.	Clinical study with healthy volunteers (potassium salt of glycyrrhizin, equivalent to 287 mg/day of glycyrrhizin).[271]	**Monitor** (low level of risk at typical doses).
Potassium-depleting drugs other than thiazide and loop diuretics eg corticosteroids, stimulant laxatives	May result in excessive potassium loss.	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.[223,254]	**Avoid** long-term use at doses > 100 mg/day glycyrrhizin unless under close supervision.[Y] Place patients on a high potassium diet.
Terbutaline	May cause hypokalemia and apparent mineralocorticoid excess.	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)).[272]	**Monitor** (very low level of risk under normal circumstances).
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).[273]	**Monitor** (very low level of risk).
Milk Thistle[M] *Silybum marianum*			
Domperidone	Increases drug levels, and therefore potential toxic side effects.	Clinical study with healthy volunteers (silymarin: 1000 mg/day).[274]	**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),[276] although insulin requirements unchanged in another trial (silymarin: 200 mg/day);[277] improved glycemic control in diabetics treated with hypoglycemic drugs (silymarin: 200 and 600 mg/day),[278,279] improved blood glucose, blood insulin and insulin resistance in PCOS patients treated with metformin (silymarin: 750 mg/day);[280] but no effect on glucose metabolism in NAFLD patients including those with insulin resistance (silymarin: 280 and 600 mg/day).[281,282]	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).[269]	**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).[283] *See note CC.*	**Monitor** (low level of risk).
Metronidazole	May decrease absorption of drug, by increasing clearance.	Clinical study with healthy volunteers (silymarin: 140 mg/day).[284]	**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.[285]	**Monitor** (low level of risk).
Ornidazole	May increase drug levels.	Clinical study with healthy volunteers (silymarin: 140 mg/day).[286]	**Monitor** (medium level of risk).
Talinolol	May increase drug levels.	Clinical study with healthy volunteers (silymarin: 420 mg/day).[287]	**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).[149]	**Monitor** (low level of risk).

Drug	Potential Interaction	Basis of Concern	Recommended Action
Phellodendron[D] *Phellodendron amurense*			
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).[149]	**Monitor** (low level of risk).
Immunosuppressives	Cyclosporin: Increase drug levels.	Observations in some transplant patients.[288] Clinical studies (600 mg/day of berberine): increased drug level but no renal toxicity or chronic rejection occurred in renal transplant patients;[288] 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.[289] Regarded as a beneficial interaction in China, as berberine allows the dose of drug to be decreased.[288]	At substantial doses of berberine, **contraindicated** unless under close supervision and/or in contact with prescribing physician.
	Tacrolimus: Increase drug levels and hence, adverse effects.	Case report (600 mg/day of berberine in a 16-year-old);[290] causality rated as possible (score 4)[8].[96]	**Monitor** (medium level of risk at substantial doses of berberine).
Midazolam	May increase drug levels.	Clinical trial with healthy volunteers (900 mg/day of berberine).[291]	**Monitor** (low level of risk).
Polyphenol-containing and/or Tannin-containing herbs[DD]			
Immunosuppressives eg cyclosporin	Decreases drug levels, due to impaired absorption or increased metabolism.	Three case reports, in transplant patients (2 L/day of a tea containing 9 herbs including peppermint, chamomile, lemon balm)); 1-1.5 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.[292] Interactions subsequently analyzed as having probable causality (score 7) for chamomile tea, and possible causalities (score 4) for the other teas[8].[96]	**Monitor** (medium level of risk). Also advisable not to take simultaneously.
Iron	Inhibition of non-heme iron[EE] absorption.	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.[293-317] 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.[314, 318-327] Factors that affect the consistency of results include: timing of consumption;[FF] presence of inhibitors (such as phytate[GG]) and type of study (results from single test meals may exaggerate the effect of iron inhibitors and enhancers).[312] Inhibition more likely to occur in those with poor iron status and iron-deficiency anemia. Examples: ▪ Clinical study (using test meal): decreased absorption in healthy volunteers (included herb teas (German chamomile, vervain, lime flower, peppermint; all 3 g/300 mL), beverages (e.g. black tea, coffee, cocoa)): effect dependent on polyphenol content (per serving: 20-400 mg catechin equivalents).[313] *See also note HH.* ▪ Mixed results in other studies (healthy volunteers; test meals): rosemary (32.7 mg of phenolic substances: rosmarinic acid, carnosol, carnosic acid)[314] and cayenne (high dose: 4.2 g, dried weight;[JJ] containing 25 mg polyphenols)[315] reduced absorption; chamomile[316] and turmeric (0.5 g, dried weight, containing 50 mg polyphenols)[315] did not. *See also note KK.* ▪ Crossover, multiple-dose study (test meals; 4-week periods of 30, 250 and 1500 mg/day of condensed tannins/procyanidins from grape seed extract): no effect on iron bioavailability and status in nonanemic women.[294] ▪ Clinical study: 1-hour time interval between consumption of a meal containing iron and drinking black tea reduced the inhibitory effects on iron absorption.[317] ▪ Case report with rechallenge: anemia caused by high intake of green tea (> 1.5 L/day, 5 days/week for 20 years).[321] Epidemiological studies: decreased serum ferritin and slight reduction in hemoglobin especially at high levels of green tea consumption but no increase in anemia (Japan);[322] higher serum hemoglobin and less anemia (China; presumably green tea).[328] Clinical study (150–300 mg/day EGCG): decreased absorption in healthy women with low iron stores when administered together with an iron solution. Results significant only at higher dosage.[326] Case report of iron-deficiency anemia (likely high dose of turmeric).[329] *See also note LL (potential effect of Milk Thistle).*	In anemia and where iron supplementation is required, **do not take simultaneously** with meals or iron supplements.

Drug	Potential Interaction	Basis of Concern	Recommended Action
Red Clover *Trifolium pratense*			
Antiplatelet and anticoagulant drugs	May potentiate effect of drug and/or cause bleeding.	Herb Alone Case report of bleeding from the nose and lips, bruising, hematuria with INR > 7 and "detection of warfarin in the patient's blood" despite no history of warfarin use (red clover and alfalfa tea: 5–6 cups/day for 2 weeks). Authors incorrectly assume red clover contains coumarins.[330] Case report of subdural hematoma with normal INR and impaired platelet function ("red clover extract containing 40 mg isoflavones" for 8–10 years).[331]	**Monitor** (very low level of risk).
Methotrexate	May improve insulin sensitivity.	Case report (severe vomiting and epigastric pain, liver function test normal; preparation strength and standardization unknown);[332] causality rated as possible (score 4)[B].[96]	**Monitor** (low level of risk).
Rhodiola *Rhodiola rosea*			
SSRIs	Potentiation effects possible in regard to serotonin levels.	Escitalopram: Case report (superventricular tachycardia, possibly due to serotonin syndrome).[333] Paroxetine: Case report (some symptoms of serotonin syndrome).[334] Sertraline: Clinical trial (mild to moderate depression): significantly fewer adverse events in those taking herb and drug compared to drug alone.[335]	**Monitor** (very low level of risk).
Saw Palmetto *Serenoa repens*			
Antiplatelet and anticoagulant drugs	May potentiate effect of drug.	Herb Alone Case report (hemorrhage during surgery).[336] 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).[337] Herb and Drug Case reports (2): increased INR (warfarin + simvastatin,[338] aspirin + clopidogrel;[339] – in the first case, the interaction may have been due to the vitamin E also present in the preparation;[338] in the second case, six times the usual dose of extract was taken).	**Monitor** (very low level of risk).
Schisandra *Schisandra chinensis*			
Immunosuppressives	May increase drug levels.	Sirolimus: Observations in some liver transplant recipients. Clinical study: markedly increased drug levels in healthy volunteers[340] given *S. sphenanthera* extract, providing 67.5 mg/day of deoxyschisandrin[MM]. Tacrolimus: Observations in some renal and liver transplant recipients. Clinical studies (*S. sphenanthera* extract): markedly increased drug levels in healthy volunteers[341] and transplant recipients,[342,343] given extract, providing 67.5 mg/day of deoxyschisandrin[MM]; in patients with idiopathic membranous nephropathy (extract, providing 33.75 mg/day of deoxyschisandrin);[344] reduced the dose of the drug required to treat patients with idiopathic membranous nephropathy (dose unknown),[345] and transplant recipients (extract, providing 22.5 mg/day of deoxyschisandrin).[346] Although the drug levels were increased, there were no adverse effects on allograph 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).[347]	**Monitor** (medium level of risk at typical doses).
Midazolam	May increase drug levels.	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[MM].[348]	**Monitor** (low level of risk at typical doses).
Prescribed medication	May accelerate clearance from the body.	Theoretical concern based on *in vivo* animal studies demonstrating enhanced phase I/II hepatic metabolism.[349,350]	**Monitor** (low level of risk).
Talinolol	May increase drug levels.	Increased drug level and decreased clearance found in healthy volunteers, given *S. chinensis* extract, providing 33.75 mg/day of deoxyschisandrin[MM].[148]	**Monitor** (low level of risk at normal doses).
Slippery Elm Bark *Ulmus rubra*			
Prescribed medication	May slow or reduce absorption of drugs.	Theoretical concern based on absorbent properties of slippery elm.	**Take** at least 2 hours **away** from medication.

* This chart is up-to-date as of January 2020.

Drug	Potential Interaction	Basis of Concern	Recommended Action
St John's Wort[NN] *Hypericum perforatum* (See also Polyphenol-containing and/or Tannin-containing herbs)			
Ambrisentan	May decrease effectiveness of drug.	Clinical study with healthy volunteers:[351] effect on pharmacokinetics probably not clinically relevant (e.g. AUC decreased by 17-25% depending on genotype).	**Monitor** (low level of risk).
Amitriptyline	Decreases drug levels.[352]	Clinical study (patients with depression using hyperforin-rich extract).	**Monitor** (medium level of risk).
Anticonvulsants eg carbamazepine, mephenytoin, phenobarbitone, phenytoin	May decrease drug levels via CYP induction.[353-355]	Theoretical concern. An open clinical trial demonstrated no effect on carbamazepine pharmacokinetics in healthy volunteers.[356] Case report: increase in seizures in patient taking several antiepileptic drugs, two of which are not metabolized by cytochrome P450.[357] Clinical study (healthy volunteers; clinical significance unclear): increased excretion of a mephenytoin metabolite in extensive metabolizers, but not in poor metabolizers.[358] *See note PP.*	**Monitor** (low level of risk).
Antiplatelet, anticoagulant and antithrombotic drugs	Clopidogrel: May potentiate effects of drug.	Clinical studies: increased responsiveness (decreased platelet aggregation or improved residual platelet reactivity) in hyporesponsive volunteers and patients,[359-362] possibly via the formation of the active metabolite (CYP3A4 activity was increased), thus providing a beneficial effect in these patients. This is a complex situation, with the meaning of clopidogrel resistance/hyporesponsiveness debated.[359,363]	In patients with known clopidogrel resistance: **Monitor** (medium level of risk). In other patients: **Monitor** (risk is unknown).
	Phenprocoumon: Decreases plasma drug levels.	Clinical study.[365]	**Contraindicated**.
	Rivaroxaban: May decrease plasma drug levels.	Clinical study with healthy volunteers.[364]	**Monitor** (medium level of risk).
	Warfarin: May alter INR (most frequently increase).	Case reports: decreased INR (nine cases), increased INR (three cases).[366-368] One of these cases[368] was subsequently analyzed as having probable causality (score 6)[B.96] Clinical study with healthy volunteers (decreased drug level and INR).[203]	**Contraindicated**.
Bosentan	May alter drug levels.	Clinical study (healthy volunteers): minor decrease overall, but large interindividual variability occurred in clearance (from 51% decrease to up to 88% increase).[369]	**Monitor** (low level of risk).
Benzodiazepines	Decrease drug levels.	Alprazolam: Mixed results for drug levels in two clinical studies (similarly low amount of hyperforin, ~4 mg/day) – no effect (dried herb equivalent: 1.1 g/day)[370] and decrease.[371] Case report of successful use in alprazolam withdrawal (dried herb dose unknown).[372]	**Monitor** (medium level of risk).
		Midazolam: Clinical studies, with healthy volunteers.[373-375,391] Decrease in drug exposure correlated with increasing hyperforin dose.[373] Effect not regarded as clinically relevant for low (< 1 mg/day) hyperforin extracts.[373,375] Another study that administered a low-hyperforin product also found no clinically relevant interaction, however, the direction of the effect was opposite: there was an increase in drug level.[376]	Hyperforin-rich extracts: **Monitor** (medium level of risk). Low-hyperforin extracts: **Monitor** (low level of risk).
		Quazepam: Decreased drug levels, but no effect on pharmacodynamics (sedation).[377]	**Monitor** (low level of risk).
beta-Blockers (topical)	May decrease effect of drug.	Case report.[378]	**Monitor** (low level of risk).
Calcium channel antagonists	Decreases drug levels.	Nifedipine: Clinical study.[379]	**Contraindicated**.
		Verapamil: Clinical study.[380]	**Contraindicated**.
Cancer chemotherapeutic drugs eg irinotecan, imatinib	Decreases drug levels.	Clinical studies.[381-384]	**Contraindicated**.
Clozapine	Decreases drug levels.	Case report.[385] (causality rated as probale (score 6)[B].[96]	**Contraindicated**.
Dextromethorphan	May increase drug levels.	Clinical study (healthy volunteers).[376]	**Monitor** (low level of risk).
Digoxin	Decreases drug levels.	Clinical studies (several studies showed decrease, one study showed no effect)[370,386-388] but effect is dependent upon dose of herb and the hyperforin content.[388]	**Contraindicated** at doses equivalent to > 1 g/day dried herb, especially for high-hyperforin extracts.
Docetaxel (intravenous)	May decrease effectiveness of drug.	Clinical study with cancer patients:[389] effect on pharmacokinetics probably not clinically relevant (eg plasma levels decreased by only 6%); drug-induced side effects were also reduced. Two of the 10 patients had an increase in AUC. *See also note QQ.*	**Contraindicated**.
Fexofenadine	May decrease drug levels.	Clinical studies (healthy volunteers).[390,391] Another study that administered a low-hyperforin product found no clinically relevant interaction, however, the direction of the effect was opposite: there was an increase in drug level.[376]	**Monitor** (low level of risk).

Drug	Potential Interaction	Basis of Concern	Recommended Action
Finasteride	May decrease drug levels.	Clinical study with healthy volunteers.[392] Case report: PSA level elevated (due to decreased efficacy of drug?) in patient with BPH.[393]	**Contraindicated**.
HIV non-nucleoside transcriptase inhibitors eg nevirapine	Decreases drug levels.	Case report.[394]	**Contraindicated**.
HIV protease inhibitors eg indinavir	Decreases drug levels.	Clinical study (healthy volunteers).[395]	**Contraindicated**.
Hypoglycemic drugs	Gliclazide: May reduce efficacy of drug by increased clearance.	Clinical study with healthy volunteers, but glucose and insulin response to glucose loading were unchanged.[396]	**Monitor** (low level of risk).
	Metformin: May affect glucose tolerance.	Herb Alone Mixed results in clinical studies with healthy volunteers – glucose tolerance reduced, due to reduced insulin secretion;[397] and improved glucose tolerance.[398] Herb and Drug Clinical study with healthy volunteers: no significant effect on pharmacokinetics, but glucose tolerance improved, due to enhanced insulin secretion.[399]	**Monitor** (low level of risk).
	Repaglinide: May alter metabolism of drug.	Clinical study with healthy volunteers: no effect, and glucose and insulin response to glucose loading were unchanged.[400]	**Monitor** (very low level of risk).
	Tolbutamide: May affect blood glucose.	Two clinical studies (healthy volunteers): no effect on pharmacokinetics,[370,374] but there was an increased incidence of hypoglycemia in the trial using hyperforin-rich extract (33 mg/day of hyperforin).[374]	**Monitor** (low level of risk).
Immunosuppressives	Decreases drug levels.	Cyclosporin: Case reports,[401-409] case series,[410,411] clinical studies (healthy volunteers,[391] patients[412,413]) Interaction is dependent upon the hyperforin content.[404,412] Tacrolimus: Case report and clinical studies.[414-416]	**Contraindicated** especially for high-hyperforin extracts.
Ivabradine	May decrease drug levels.	Clinical trial with healthy volunteers. No pharmacodynamic effect was observed.[417]	**Monitor** (medium level of risk).
***S*-Ketamine** (oral)	May decrease drug levels.	Clinical study with healthy volunteers. No pharmacodynamic effect was observed (eg analgesic effect not altered).[418]	**Monitor** (medium level of risk).
Methadone	Decreases drug levels, possibly inducing withdrawal symptoms.	Case reports.[419]	**Contraindicated**.
Methylphenidate	May decrease efficacy.	Case report,[420] but clinical significance unclear.	**Monitor** (low level of risk).
Morphine (oral)	May potentiate effects of drug.	Clinical study (healthy volunteers):[421] pain scores were decreased when morphine coadministered with standardized extract at a dose of herb below those used to obtain an antidepressant or analgesic effect. The effect was dependent hypericin content, but not hyperforin. The authors suggest the herb may be able to decrease the dose of morphine while obtaining the same analgesic effect.	**Monitor** (medium level of risk).
Omeprazole	May decrease drug levels.	Clinical trial (healthy volunteers; AUC decreased by 38-44% depending on genotype).[422] Another study that administered a low-hyperforin product found no effect.[376]	**Monitor** (low level of risk). Lower risk for low-hyperforin extracts.
Oral contraceptives	May increase metabolism and reduce effectiveness of drug.	Breakthrough bleeding reported which was attributed to increased metabolism of drug.[366,401] Clinical significance unclear. Cases of unwanted pregnancies have been reported.[423-425] Contradictory results for effect on bioavailability, hormone levels and ovulation demonstrated in three clinical studies, although some breakthrough bleeding occurred.[426-428] In one clinical trial an extract low in hyperforin did not affect plasma contraceptive drug levels or cause breakthrough bleeding.[429] Clinical trial: clearance of levonorgestrel at emergency contraceptive doses increased (not statistically significant).[430] Clinical study: antiandrogenic effect of contraceptive not affected.[431]	Hyperforin-rich extracts: **Monitor** (medium level of risk). Low-hyperforin extracts: **Monitor** (very low level of risk).
Oxycodone	Decreases drug levels.	Clinical trial with healthy volunteers.[432]	**Monitor** (medium level of risk).
SSRIs eg paroxetine, trazodone, sertraline **and other serotonergic agents** eg nefazodone, venlafaxine	Potentiation effects possible in regard to serotonin levels.	Case reports: clinical significance unclear.[433-438]	**Monitor** (very low level of risk).
Statin drugs	May decrease effect and/or drug levels.	Atorvastatin: Clinical study, serum LDL-cholesterol increased by 0.32 mmol/L (12.3 mg/dL) which corresponds to a decrease in effect of drug in patients by about 30%. Serum total cholesterol was also increased.[439] Pravastatin: Clinical study, no effect on plasma level in healthy volunteers.[440] Rosuvastatin: Case report[441] (causality rated as possible (score 3)[85]).[96] Simvastatin: Two clinical studies, decrease in drug levels in healthy volunteers,[440] and small increases in serum total cholesterol and LDL-cholesterol in patients.[442]	**Monitor** blood cholesterol regularly (medium level of risk).

Drug	Potential Interaction	Basis of Concern	Recommended Action
Talinolol	May decrease drug levels.	Clinical study (healthy volunteers).[443]	**Monitor** (medium level of risk).
Theophylline	May decrease drug levels.	Case report.[444] No effect observed in clinical study with healthy volunteers.[445]	**Monitor** (low level of risk).
Voriconazole	Decreases drug levels.	Clinical study.[446]	**Contraindicated**.
Zolpidem	May decrease drug levels (but with wide interindividual variability).[RR]	Clinical study (healthy volunteers).[447]	**Contraindicated**.
Tannin-containing herbs Refer to Polyphenol-containing and/or Tannin-containing herbs (above)			
Turmeric[SS] *Curcuma longa*			
Antiplatelet and anticoagulant drugs	May potentiate effect of drug.	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.[49]	**Monitor** (low level of risk).
Etoricoxib	May potentiate adverse hepatic effect of drug.	Case report of acute liver injury (long-term use of herb).[448]	**Monitor** (low level of risk).
Tacrolimus	May increase drug levels.	Case reports: nephrotoxicity in liver transplant patient; high dose with food, estimated at "15+ spoonfuls daily" starting roughly 10 days prior to rehospitalization[449] (causality rated as probable (score 7)[8]);[96] elevated drug level in transplant patient (meal containing a lot of turmeric).[450]	**Monitor** at high doses (medium level of risk).
Talinolol	May decrease drug levels.	Clinical study with healthy volunteers (300 mg/day of curcuminoids).No effect on pharmacodynamics (blood pressure or heart rate).[451]	**Monitor** at high doses (≥ 300 mg/day curcumin, low level of risk).
Valerian *Valeriana officinalis*			
CNS depressants or alcohol	May potentiate effects of drug.	Theoretical concern expressed by US Pharmacopeial Convention.[452] However a clinical study found no potentiation with alcohol.[453] Case report of adverse effect with benzodiazepine drug (lorazepam)[454] – herb dosage undefined but likely high (tablet contained extracts of valerian and passion flower (*Passiflora incarnata*); causality rated as possible (score 3)[8]).[96] Alprazolam: Clinical study in healthy volunteers found no effect on drug levels (extract provided 11 mg/day total valerenic acids).[455]	**Monitor** (very low level of risk).
Willow Bark *Salix alba, Salix daphnoides, Salix purpurea, Salix fragilis* (See also Polyphenol-containing and/or Tannin-containing herbs)			
Warfarin	May potentiate effects of drug.	Clinical study observed very mild but statistically significant antiplatelet activity (extract containing 240 mg/day of salicin).[456]	**Monitor** (low level of risk).
Wormwood *Artemisia absinthium*			
Warfarin	May potentiate effects of drug.	Case report (gastrointestinal bleeding due to increased INR; ingestion of herb (although plant part undefined), the dose of which was increased after several days).[457] Subsequently analyzed as having possible causality (score 4)[8]).[96]	**Monitor** (medium level of risk).

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; **APTT:** 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/graph; **EGCG:** epigallocatechin gallate; **GAS:** ginseng abuse syndrome; **HbA1c:** hemoglobin A1c, glycated 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; **NAFLD:** nonalcoholic fatty liver disease; **OCP:** oral contraceptive pill; **OPC:** oligomeric procyanidin; **PCOS:** polycystic ovary syndrome; **PSA:** prostate specific antigen; **PT:** prothrombin time; **SSRI:** selective serotonin reuptake inhibitors; **tds:** three times per day; **TURP:** transurethral resection of the prostate; **>:** greater than; **≥:** greater than or equal to; **<:** 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 antidiabetic 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.

Reference and further reading: Mills S, Bone K (eds). *The Essential Guide to Herbal Safety*. Churchill Livingstone, USA, 2005.

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 this dose of andrographolide and the minimum therapeutic dose of midazolam.

B. Assessed using the Drug Interaction Probably 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)[458-462] and cyclical mastalgia (1 trial).[463] OCP use was permitted providing the dose was maintained throughout[458-460,462,463] or documented.[461] 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.[458,461,462] Four of the trials were placebo-controlled,[458,459,462,463] one was uncontrolled[461] and one used magnesium as a comparator.[460] 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.[458] There was one case of mild interim spotting among 36 women treated with chaste tree (72 mg/day of dried fruit).[462] 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.[461]

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.[464]

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 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,[465] 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. Eleutherosides 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.[466]

J. 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,[467] and was said to provide 12 mg/day of alliin,[65,74] although there is some doubt as to the amount of allicin released from this brand of tablet from around 1995 to 2000.[468]

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.[469] 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.[470]

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.[471] Poisoning by ginkgotoxin can be counteracted by vitamin B6,[471] in cases of poisoning it is administered by intravenous injection.[472,473] Ginkgotoxin is present in very small amounts in standardized Ginkgo leaf extracts,[474] but is below the detection limits in human plasma after oral doses (240 mg of 50:1 extract).[475] 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.[475] (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 antiplatelet medication.[476] 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.[477]) 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%.[478] In Korea, Ginkgo extract is administered with ticlopidine for the prevention of ischemic stroke or acute coronary syndrome.[479]

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).[480] 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).[152]

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).[151] 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.[481]

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. Glycyrrhetinic 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;[243] 300 mg/day of potassium salt of glycyrrhizin = 287 mg/day of glycyrrhizin, for 14 days);[270] including where plasma renin levels were high (3.1 ng/mL/h),[243] 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.[482] 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.[483]

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 glycyrrhizic 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 involve opposing effects on 11beta-hydroxysteroid dehydrogenase type 2 (glycyrrhizin inhibiting, ACE-inhibitor promoting), thus affecting mineralocorticoid receptor activity. Reduction of drug dosage revealed the existing hypokalemia caused by this dosage of glycyrrhizin.

AA. Maximum plasma cortisol (exogenous) was not increased in one volunteer;[250] in the other, plasma (exogenous) cortisone/cortisol ratio decreased,[249] 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.[484,485] The problem arises however, in the estimation of polyphenols, due to inaccuracies based on different methods of analysis,[485] 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 hexahydroxydiphenic acid and their derivatives (hydrolyzable tannins).[486] (This classification ignores flavonoids, which are also regarded as polyphenols.) The terms 'tannin' and 'polyphenol' have been used interchangeably. For example, 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.[487] 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.[313] 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 annuum*), 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 cranberry), and hence 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.[488,489] Clinical studies (healthy volunteers): reduced iron absorption (sorghum containing 0.15% tannins)[490] and dose-dependent inhibiting effect for condensed tannins (dephytinized 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.[313] 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 Pharmacopoeia lists the two species under separate monographs, with separate and different minimum marker levels but with similar properties and indications.[497] 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 deoxyschisandrin.[498,499] Using these analyses as a guide, a maximum dose of *S. chinensis* extract equivalent to 4 g/day, would provide 10 mg/day of deoxyschisandrin.

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 dry extracts used in tablets and capsules. Hyperforin is however, unstable – particularly when in solution.[500] 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.[271,502]

QQ. Two of the 10 patients with the highest hyperforin levels prior to drug administration showed the greatest decrease in the AUC_0-∞ 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.

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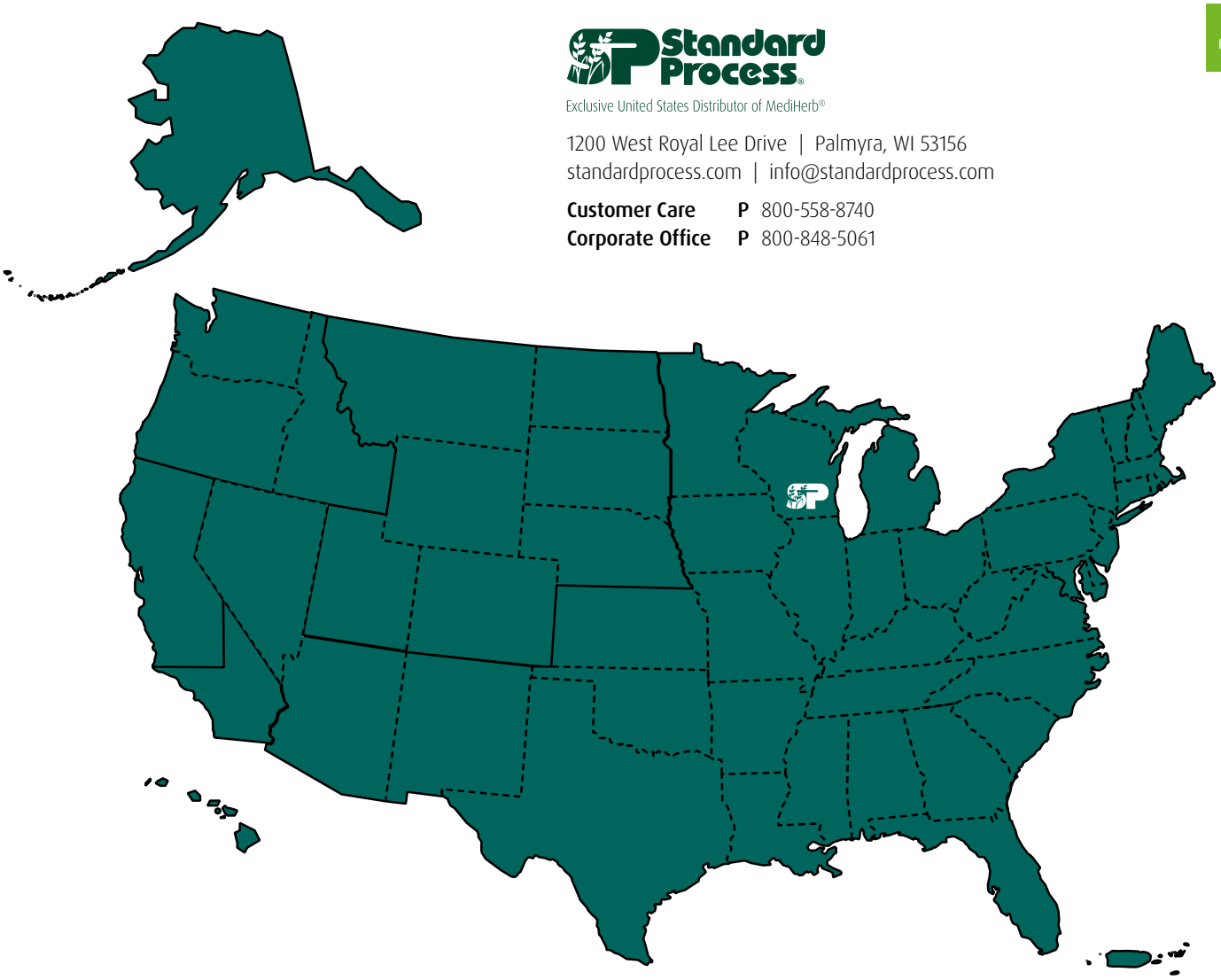

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