



Support
Healthy
Metabolism

MediHerb® Metabol Complex

Multi-Action Metabolic Support*

MEDIHERB®

Delivering Health Solutions That Work

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

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

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

MEDIHERB®

Standard
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Spice Up Your Metabolism



Metabol Complex



MediHerb® Metabol Complex

Spice Up Your Metabolism

From ancient times, people have understood the importance of healthy digestion. The Indian system of Ayurveda, traditional Chinese medicine and Western herbalism all consider digestion to be the cornerstone of well-being.

In Ayurveda, it's called a "sacred fire," the digestive fire in the belly that turns the proteins, fats, carbohydrates and nutrients from our food into fuel.

Aromatic, pungent, bitter and warming, the herbs and spices used in **MediHerb® Metabol Complex** are like kindling for this digestive fire, helping to provide a crucial boost to overall health and preventing metabolic imbalance.*

Often called the "seed of blessing", **Black Cumin** has been revered for centuries as a spice and remedy. It's customarily used to help the liver metabolize fat and to effectively relieve mild intestinal bloating and gas.*

One of the oldest cultivated medicinal plants, **Fenugreek seed** is thought to help support the nourishment of the pancreas by clearing metabolic waste.*

In both Western and Ayurvedic herbal traditions, **Cinnamon** is known to help improve the digestion and absorption of nutrients. It may relieve symptoms of indigestion and promote vitality.*

From the same family as cucumbers, **Bitter Melon** is a long-standing staple from the Amazon to China. It is traditionally used to help support normal pancreatic function, clear metabolic build-up, spark the digestive fire and help support the body's ability to metabolize fats and sugars efficiently.*



Nigella (Black Cumin)

What is MediHerb® Metabol Complex?

MediHerb® Metabol Complex is a unique combination of Black Cumin seed, Fenugreek seed, Cinnamon bark and Bitter Melon precisely blended for optimal results.*

As an easy-to-take tablet, **MediHerb® Metabol Complex** works gently yet powerfully in supporting the body's metabolic systems.*

Who Needs MediHerb® Metabol Complex?

The digestive system is one of the most sensitive parts of our bodies, very susceptible to the effects of our fast-paced modern lives.

Adults who have concerns about their diet, energy levels, cravings for sugar and processed carbohydrates, and symptoms of indigestion may find **MediHerb® Metabol Complex** beneficial. Take **MediHerb® Metabol Complex** if you're seeking support for pancreatic and liver function,^{1*} or if you'd like additional help in supporting and maintaining normal metabolism and weight.^{2*}

How is MediHerb® Metabol Complex Unique?

MediHerb® Metabol Complex contains specific ingredients known for their metabolic system effects, including standardized Fenugreek seed extract with a unique compound known to benefit glucose and lipid metabolism.*

MediHerb® is globally recognized for excellence in herbal research, production and manufacturing.

MediHerb® Metabol Complex is manufactured in Australia to the high standards of international pharmaceuticals Good Manufacturing Practice.



Cinnamon (*Cinnamomum verum*)

What is MediHerb® Metabol Complex designed to do?

The unique combination of herbs in **MediHerb® Metabol Complex** are traditionally used to:³

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

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

¹ Based on traditional use

² In conjunction with a healthy diet and exercise

³ In Ayurvedic herbal preparations

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