

# Andrographis Complex

M1110

Quality is our Passion  
 Passion Flower (*Passiflora incarnata*)

## Andrographis Complex

Andrographis Complex is a unique combination of Andrographis leaf, *Echinacea angustifolia* root and Holy Basil (leaf and leaf essential oil).\*

Clinical trials suggest that to be effective Andrographis products should contain substantial levels of the important plant constituents: andrographolides.<sup>1\*</sup>

Holy Basil is considered to be sacred by Hindus. It is commonly planted next to temples,<sup>2</sup> and the water the herb is dipped in is used as sacred water in many temples in India.<sup>3</sup> Good quality Holy Basil leaf contains not less than 0.5% essential oil.<sup>4\*</sup>

In the late 19th-Century natural clinicians in the United States noted of Echinacea root that “when chewed the root, if of good quality, imparts a persistent tingling sensation”<sup>5</sup> We now know that this tingling sensation is caused by the presence of the plant constituents called alkylamides (pronounced al-kyl-a-mydes).\*

## How Andrographis Complex Keeps You Healthy Supports healthy immune function

Native Americans used *Echinacea angustifolia* root to support the immune system.<sup>6</sup> We now know that constituents in Echinacea root known as alkylamides are very important for this activity. They may do this because they are able to interact with certain immune receptors<sup>7-9</sup> (“switching on” the tissues resulting in a healthy immune response).\*

Andrographis and Holy Basil also support healthy immune function.<sup>1,10\*</sup>

## Supports healthy respiratory system function

Andrographis extracts containing a known amount of andrographolides support the healthy functioning of the upper respiratory tract.<sup>1</sup> This includes the throat, sinuses and the lungs. Andrographis may do this by supporting a healthy immune response,<sup>11</sup> and helping to maintain normal body temperature that is within a normal range.<sup>12\*</sup>

Echinacea and Holy Basil also support healthy respiratory system function.<sup>13,14</sup> Holy Basil may do this by supporting a healthy immune response, particularly by enhancing the normal function of polymorphonuclear cells.<sup>10</sup> Polymorphonuclear cells are a type of phagocytic cell. Phagocytosis is a process involving certain white blood cells that engulf and digest foreign particles or cells that invade the body. It is possible that good quality Echinacea root works in a similar way.<sup>15,16\*</sup>

## Promotes healthy liver function

Andrographis promotes healthy liver function.<sup>14,17\*</sup>

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	40	
Amount per Serving		%DV
Calories	2	
Calcium	40 mg	4%
Echinacea root 4:1 extract from <i>Echinacea angustifolia</i> root	500 mg	†
Holy Basil leaf 4:1 extract from <i>Ocimum tenuiflorum</i> leaf	500 mg	†
Andrographis herb 10:1 extract from <i>Andrographis paniculata</i> herb	1.0 g	†
Containing andrographolide	10 mg	
Holy Basil ( <i>Ocimum tenuiflorum</i> ) leaf essential oil	10 mg	†

† Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, hypromellose, silica, sodium starch glycollate and magnesium stearate.

**Caution:** Contraindicated in pregnancy and lactation. Contraindicated in known allergy to plants of the daisy family.

Product No	Content
M1110	40 Tablets



Andrographis Complex M1110



Associate Professor Kerry Bone  
 MediHerb Co-Founder and  
 Director of Research and Development

### A Phytotherapist’s Passion

“Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature.”

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

## What Makes Andrographis Complex Unique

Andrographis Complex is unique in the professional herbal products industry because:

- It is manufactured from top quality Echinacea plants
- MediHerb has worked with Echinacea growers to help produce superior quality plants
- It states on the label exactly how much each tablet contains of the important plant constituents (andrographolides)
- MediHerb tests the quantity of andrographolides in Andrographis and alkylamides in Echinacea raw materials
- MediHerb's testing also ensures the andrographolides are retained in the product throughout manufacture

### Unique Manufacture & Analytical Testing

#### Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Unique extraction method using cold percolation for the Echinacea component of this tablet (this protects the delicate plant constituents, ensuring a full range of constituents)
- Raw materials and finished product are subjected to tough quality standards, including use of the latest and most relevant chemical analysis methods

#### References

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- <sup>4</sup> World Health Organization. *WHO Monographs on Selected Medicinal Plants*, Volume 2. WHO, Geneva, 2001.
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- <sup>8</sup> Woelkart K, Xu W, Pei Y et al. *Planta Med* 2005; **71**(8): 701-705
- <sup>9</sup> Gertsch J, Schoop R, Kuenzle U et al. *FEBS Lett* 2004; **577**(3): 563-569
- <sup>10</sup> Wagner H (ed). *Immunomodulatory Agents from Plants*. Birkhauser Verlag, Basel, 1999.
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- <sup>13</sup> Macintosh A et al. Prevention of colds by two herbal formulas in a high stress population. Paper presented at the AANP Convention, Coeur d'Alene, November 1999.
- <sup>14</sup> Kapoor LD. *CRC Handbook of Ayurvedic Medicinal Plants*. Boca Raton: CRC Press, 1990.
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- <sup>17</sup> Bharatiya Vidya Bhavan's Swami Prakashananda Ayurveda Research Centre. *Selected Medicinal Plants of India*. Chemexil, Bombay, 1992.



### Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals 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 health solutions that work.



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