

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

Cramplex: Smooth Muscle Support

Cramplex is a unique combination of Corydalis tuber, Raspberry Leaf, Wild Yam root and rhizome, Cramp Bark and Ginger rhizome.*

About smooth muscle

There are three types of muscle tissue. One type is skeletal muscle, which is responsible for the movement of the skeleton and organs such as the eye and tongue. Because it may be controlled voluntarily, it is referred to as voluntary muscle. Another type is smooth muscle, which forms the muscular component of tubular (hollow) organs such as in the gastrointestinal tract, the uterus, the bladder and blood vessels. Because this type of muscle is under control of hormones and the autonomic nervous system, it is referred to as involuntary muscle.¹ Contraction (spasm) that is sustained in any kind of muscle is known as cramping.*

Normal menstruation

Menstruation is the monthly shedding of the lining of a woman's uterus. The stages of the menstrual cycle are triggered by the rise and fall of hormones. The pituitary gland in the brain and the ovaries in the female reproductive tract manufacture and release hormones at certain times during the menstrual cycle. These hormones cause the organs of the reproductive tract to respond. The uterus consists of three layers of tissue. The middle layer forms the bulk of the uterine wall and consists of smooth muscle fibers. The inner layer is a mucous membrane that contains many glands, and it is part of this layer that is shed each month.^{2,3*}

Prostaglandins are potent substances produced by most cells and have a wide variety of effects on the body. They mimic hormones, and are also called local hormones because they act in the area in which they are produced. Menstruation is just one body process in which they participate.^{3*}

Some of the features of normal menstruation include:^{4*}

- a healthy balance of prostaglandins, which leads for example, to normal contraction of the smooth muscle layer of the uterus and normal blood flow to the uterus
- a healthy balance of the female hormones estrogen and progesterone, which means there is less susceptibility to spasm caused by the prostaglandins

Cramps can occur as a consequence of normal menstruation.^{2*}

How Cramplex Keeps You Healthy

Provides relief from discomfort associated with menstruation

Corydalis, Raspberry Leaf, Wild Yam, Cramp Bark and Ginger have been used traditionally to provide relief from discomfort associated with menstruation.⁵⁻⁹ Cramp Bark and Wild Yam may do this by assisting the

Supplement Facts

Serving size:	2 tablets	
Servings per container:	20	
Amount per Serving		%DV
Calories	6	
Calcium	62 mg	6%
Corydalis tuber 5:1 extract from <i>Corydalis ambigua</i> tuber 1.2 g	240 mg	†
Raspberry leaf 4:1 extract from <i>Rubus idaeus</i> leaf 800 mg	200 mg	†
Wild Yam root & rhizome 4:1 extract from <i>Dioscorea villosa</i> root & rhizome 800 mg	200 mg	†
Cramp Bark stem bark 5:1 extract from <i>Viburnum opulus</i> stem bark 800 mg	160 mg	†
Ginger rhizome 6:1 extract from <i>Zingiber officinale</i> rhizome 800 mg	133.3 mg	†

† Daily Value (DV) not established.

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

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Product No M1205
Content 40 Tablets



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.

normal activity of the smooth muscle layer of the uterus.^{7,9} Ginger and Corydalis also assist by supporting blood circulation,^{8,10} and promoting healthy blood flow to the uterus.*

Provide antispasmodic activity to ease occasional spasms of other smooth muscle

In addition to the uterus, Cramp Bark and Wild Yam have been used traditionally to ease occasional spasms in the smooth muscle of other organs such as the lower intestinal tract and bladder.^{7,9} Because the prostate consists of glandular tissue and supporting stroma (dense fibro-elastic connective tissue containing smooth muscle fibers),¹ these herbs may also support healthy function in the prostate.*

Why use top quality herbal products from a reliable manufacturer?

Consumers need to be confident of the integrity of the herbal manufacturer to ensure that the product contains the correct species of plant.*

Although there are many species of Dioscorea, the Wild Yam used traditionally is *Dioscorea villosa*.⁷ Research conducted by MediHerb has found that commercial Wild Yam extracts available for use as raw materials may not be the correct species. This means they would contain different constituents and may produce different health outcomes.^{11*}

What Makes Cramplex Unique

Cramplex is unique in the professional herbal products industry because:

- Top quality wildcrafted Cramp Bark and Wild Yam are used in the manufacture of this tablet
- MediHerb tests raw materials for the quantity of:
 - steroidal saponins in Wild Yam
 - pungent principles (gingerols, shogaols) in Ginger
- MediHerb co-developed the chemical analysis used to assess Wild Yam raw material (to ensure the correct plant species is used)
- MediHerb supports ongoing research and is working with leading scientists to define the steroidal saponins in Wild Yam (a world first!)
- Prior to the product launch, MediHerb confirmed in a small uncontrolled trial by MediHerb Australian customers that Cramplex provides relief from discomfort associated with menstruation

Unique Manufacture & Analytical Testing

Quality and safety ensured

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

References

¹ Wheeler PR, Burkitt HG, Daniels VG. *Functional Histology: A Text and Colour Atlas*. Churchill Livingstone, Edinburgh, 1979. ² The Cleveland Clinic Foundation. Normal Menstruation. Available from www.clevelandclinic.org/health/health-info/docs/3400/3421.asp?index=10132. Accessed 5 November 2007. ³ Tortora GJ, Anagnostakos NP. *Principles of Anatomy and Physiology*, 4th Edn. Harper & Row, New York, 1984. ⁴ Trickey R. *Women, Hormones & the Menstrual Cycle. Herbal & Medical Solutions from Adolescence to Menopause*. Allen & Unwin, St Leonards, Australia, 1998. ⁵ Bensky D, Clavey S, Stoger E. *Chinese Herbal Medicine: Materia Medica*, 3rd Edn. Eastland Press, Seattle, 2004. ⁶ British Herbal Medicine Association. *A Guide to Traditional Herbal Medicines: A sourcebook of accepted traditional uses of medicinal plants within Europe*. BHMA, Bournemouth, 2003. ⁷ *British Herbal Pharmacopoeia*. BHMA, Bournemouth, 1983. ⁸ Felten HW, Lloyd JU. *King's American Dispensatory*. 18th Edn, 3rd revision. First published 1905, reprinted Eclectic Medical Publications, Portland, 1983. ⁹ American Herbal Pharmacopoeia. Cramp Bark – *Viburnum opulus*: Analytical, Quality Control, and Therapeutic Monograph. American Herbal Pharmacopoeia, Santa Cruz, February 2000. ¹⁰ Pharmacopoeia Commission of the People's Republic of China. *Pharmacopoeia of the People's Republic of China*, English Edn. Chemical Industry Press, Beijing, 1997. ¹¹ Lehmann R, Penman K. Information on file. MediHerb Research Laboratory, 3/85 Brandl Street, Eight Mile Plains, Queensland, 4113, Australia, 2005.



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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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