

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

FemCo: Liver-Supporting Women's Tonic

FemCo is a unique combination of White Peony root, Shatavari root and Schisandra fruit.*

How FemCo Keeps You Healthy

Provides a tonic action and supports healthy female reproductive system function

A tonic is popularly thought of as something that makes you feel better, stronger or healthier. Natural clinicians use tonics to strengthen body systems, to replenish the body's vital reserves (improve vitality) and to assist the body to adapt to stress. Tonics help, at least in part, by strengthening the body's normal physiological processes.*

In the traditional Chinese system, White Peony has been used to help the body produce a normal menstrual cycle (monthly period) and a normal menstrual flow. It also supports healthy blood production. White Peony is often included in formulas to support women's reproductive health.^{1,2,3} White Peony is the English common name given to this Chinese herb. The common name refers not to the color of the flowers (which can be red, purple or white), but to the color of the root which is pinkish white. A brownish-red colored root is also used, and is called Red Peony.^{1,2,4*}

Shatavari is an important herb from the Ayurvedic tradition in India. It has been traditionally used as a women's tonic. It nourishes the female reproductive organs and supports healthy blood production.^{5*}

Schisandra is a tonic, well known in the Far East and Soviet Union. It was used on hunting trips to support energy and reduce fatigue.^{6,7} Preliminary tests in healthy volunteers and workers by Soviet researchers around the 1960s found Schisandra supported healthy mental function, including whilst tired or being challenged, and improved physical capacity.^{8*}

Supports healthy liver function

The liver is responsible for breaking down hormones: estrogens (there are three), progesterone and androgens. For this reason, it is important for women especially, to have a healthy functioning liver. Challenged liver function may result in reduced breakdown, and particularly in the case of estrogens, result in increased levels and activity of estrogens in the body. The liver also naturally breaks down alcohol, drug medications and foreign chemicals such as pollutants that we are exposed to.^{9,10*}

Schisandra helps protect liver tissue. Constituents of Schisandra known as lignans are likely to be important for this activity. Schisandra lignans may do this by enhancing the normal production of the antioxidant glutathione in the liver.¹¹ (Antioxidants help protect cells from the damaging effects of excessive free radicals. Free radicals are highly reactive substances created in the body that may affect cells.)*

Supplement Facts

Serving size:	1 tablet	
Servings per container:	40	
Amount per Serving		%DV
Calories	3	
Calcium	85 mg	8%
Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 1.0 g	166.6 mg	†
White Peony root 4:1 extract from <i>Paeonia lactiflora</i> root 750 mg	187.5 mg	†
Shatavari root 6:1 extract from <i>Asparagus racemosus</i> root 600 mg	100 mg	†
† Daily Value (DV) not established.		

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

Caution: Contraindicated in pregnancy and lactation.

Product No	Content
M1265	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."

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 constituent profile.

Some suppliers of White Peony treat the sliced root with sulfur compounds to preserve the white color of the root, and help prevent bacterial growth.^{12,13} But the process is not without consequences, as MediHerb research scientists, working with scientists from the University of Queensland in Australia, found out. Processing of White Peony root caused a decrease in the important constituent paeoniflorin, and the formation of a derivative compound. Their results have been published in two peer-reviewed chemistry journals,^{13,14} alerting the world to the analytical methods used to detect this important change.

What Makes FemCo Unique

FemCo is unique in the professional herbal products industry because:

- MediHerb uses a test method to ensure the White Peony raw material has not had its constituent profile altered and contains characteristic levels of the important constituent paeoniflorin

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

References

- ¹ Pharmacopoeia Commission of the People's Republic of China. *Pharmacopoeia of the People's Republic of China*, English Edn. Chemical Industry Press, Beijing, 1997.
- ² Bensky D, Clavey S, Stoger E. *Chinese Herbal Medicine: Materia Medica*, 3rd Edn. Eastland Press, Seattle, 2004.
- ³ Zheng G, Zhang C. *Concise Chinese Materia Medica. The Series of Traditional Chinese Medicine for Foreign Readers*. Shandong Science and Technology Press, Jinan, 1997.
- ⁴ World Health Organization. *Medicinal Plants in China*. WHO Regional Office for the Western Pacific, Manila, 1989.
- ⁵ Frawley D, Lad V. *The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine*, 2nd Edn. Lotus Press, Santa Fe, 1988.
- ⁶ Moskalenko SA. *J Ethnopharmacol* 1987; **21**(3): 231-251
- ⁷ Panossian A, Wikman G. *J Ethnopharmacol* 2008; **118**(2): 183-212
- ⁸ Panossian A, Wagner H. *Phytother Res* 2005; **19**(10): 819-838
- ⁹ Guyton AC, Hall JE. *Textbook of Medical Physiology*, 10th Edn. W.B. Saunders, Philadelphia, 2000.
- ¹⁰ Munson PL, Mueller RA, Breese GR (eds). *Principles of Pharmacology: Basic Concepts and Clinical Applications*. New York: Chapman & Hall, 1995.
- ¹¹ American Herbal Pharmacopoeia. *Schisandra Berry - Schisandra chinensis*: Analytical, Quality Control, and Therapeutic Monograph. American Herbal Pharmacopoeia, Santa Cruz, October 1999.
- ¹² Cheng Y, Peng C, Wen F et al. *J Ethnopharmacol* 2010; **129**(2): 167-173
- ¹³ Hayes PY, Lehmann R, Penman K et al. *Tetrahedron Lett* 2005; **46**(11): 2615-2618
- ¹⁴ Hayes PY, Lehmann R, Penman K et al. *Phytochem Anal* 2006; **17**(4): 251-254



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.



www.mediherb.com



Exclusive United States Distributor for MediHerb®

800-558-8740 www.standardprocess.com