

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

HerbaVital: Everyday Vitality & Healthy Aging

HerbaVital is a unique combination of Korean Ginseng, and specialized, concentrated extracts of Ginkgo, Milk Thistle seed, Pine Bark and *Polygonum cuspidatum*.

The age-old problem

As we age, our bodies change in many ways that affect the function of individual cells and organ systems. These changes occur little by little and progress inevitably over time. However, the rate of change is different from person to person and can be influenced by lifestyle. Although change is occurring your body can remain healthy as you age.¹ In addition to the normal aging process, challenges to health may occur. A strategy for healthy aging would include minimizing the underlying progress of aging and promoting healthy lifestyle practices.^{2*}

How HerbaVital Helps Keep You Healthy Promotes vitality and healthy aging

A tonic is popularly thought of as something that makes you feel better, stronger or healthier. In the traditional Chinese system tonics such as Korean Ginseng provide support when the function of the body or an organ needs to be supported. The Chinese use it to enhance vitality, and as part of a healthy aging program.^{3-5*}

To the ancient Koreans, Ginseng was the most important ingredient in Seon Dan (a miraculous food for immortal being).⁶ Korean Ginseng was described as having a life-prolonging effect by the Chinese emperor Shennong who lived over 5000 years ago.^{7,8*}

Regular use of Ginkgo (at least 6 months) was associated with good health in women from eastern Massachusetts and New Hampshire, who were assessed between 1998 and 2003.⁹ Several population studies have also found that use of Korean Ginseng supports good health. In Korea for example, people aged 40 years or over consuming Ginseng were healthier after 8 years than those who didn't take Ginseng. (In Korea, Korean Ginseng tea is consumed as frequently as coffee.)¹⁰ In China, use of Ginseng over a 4-6 year period by 50-year-old women was associated with an improved quality of life and good health.^{11*}

In Vienna a large group of people aged over 75 years participated in a 5-year study. Use of Ginkgo was found to assist healthy mental aging.¹² A thorough review of 29 randomized clinical trials involving young and elderly volunteers found that standardized Ginkgo extract supports memory, selective attention and mental flexibility. Except for one trial, standardized extract providing 24-25% of ginkgo flavonglycosides and 6% of terpenoids was taken. Daily dosage ranged from 80 mg/day to 240 mg/day, with 120 mg/day the most common dosage (14 trials). Ten trials used doses higher than 120 mg/day.^{13*}

Polygonum cuspidatum and Pine Bark have been used traditionally to support healthy joints.^{3,4*}

Supplement Facts

Serving size:	1 tablet	
Servings per container:	40	
Amount per Serving		%DV
Calories	3	
Calcium	80 mg	8%
Japanese Knot Weed root extract 100:1 from <i>Polygonum cuspidatum</i> root 8.0 g Containing resveratrol 36 mg	80 mg	†
Milk Thistle seed extract 70:1 from <i>Silybum marianum</i> seed 4.2 g Containing flavanolignans calc. as silybin 48 mg	60 mg	†
Korean Ginseng root extract 5:1 from <i>Panax ginseng</i> root 250 mg Containing ginsenosides calculated as Rg ₁ and Rb ₁ 4.2 mg	50 mg	†
Masson Pine bark extract 100:1 from <i>Pinus massoniana</i> bark 5.0 g Containing proanthocyanidins 37.5 mg	50 mg	†
Ginkgo leaf extract 50:1 from <i>Ginkgo biloba</i> 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: Calcium acid phosphate, cellulose, sodium starch glycolate, magnesium stearate, silica, hypromellose and glucose.

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.

Product No	Content
M1332	40 Tablets

HerbaVital M1332



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."

Promotes a healthy response to temporary stress

In the traditional Chinese system, Ginseng 'quiets the spirit, and strengthens the resolve'.³ Korean Ginseng is used by natural clinicians to provide a healthy response to stress.¹⁴ Research has confirmed that Korean Ginseng helps the body adapt to stress through regulation of the endocrine and immune systems via the hypothalamic-pituitary axis.^{15*}

Supports healthy circulation and healthy immune and liver function

Support for healthy circulation in older people has been demonstrated in clinical trials for Ginkgo and for Korean Ginseng.^{16,17}

In two placebo-controlled trials conducted in Italy, Korean Ginseng significantly improved immune function in volunteers aged from 18 to 60 years.^{18,19} Milk Thistle has been used traditionally to promote a healthy liver.²⁰ A clinical trial in Iran found the flavanolignans of Milk Thistle to support healthy liver function.^{21*}

What Makes HerbaVital Unique

HerbaVital is unique in the professional herbal products industry because:

- The label states exactly how much each tablet contains of the important plant constituents (ginsenosides, ginkgo flavonglycosides, ginkgolides, bilobalide, proanthocyanidins, resveratrol, flavanolignans as silybin)
- MediHerb tests raw materials for the quantity of:
 - ginkgo flavonglycosides (quercetin, kaempferol, isorhamnetin) in Ginkgo
 - ginsenosides and the ratio of ginsenosides Rb₁ and Rg₁ in Ginseng
 - flavanolignans in Milk Thistle
 - proanthocyanidins in Pine Bark
 - resveratrol in *Polygonum cuspidatum*
- MediHerb uses a validated test method from the United States Pharmacopeia to ensure the raw material contains *authentic* ginkgo flavonglycosides and is not adulterated with flavonoids such as rutin
- MediHerb's testing also ensures the flavanolignans and resveratrol 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
- Raw materials and finished product are subjected to tough quality standards, including use of the latest and most relevant chemical analysis methods

References

¹ The AGS Foundation for Health in Aging. *The Aging Process*. Available online: http://www.healthinaging.org/agingintheknow/chapters_ch_trial.asp?ch=1. Accessed January 25, 2010. ² Fisher AL, Hill R. *Clin Geriatr Med* 2004; **20**(2): 361-382 ³ Bensky D, Clavey S, Stoger E. *Chinese Herbal Medicine: Materia Medica*, 3rd Edn. Eastland Press, Seattle, 2004. ⁴ Pharmacopoeia Commission of the People's Republic of China. *Pharmacopoeia of the People's Republic of China*, English Edn. Chemical Industry Press, Beijing, 1997. ⁵ Mills SY. *The Essential Book of Herbal Medicine*. Penguin Arkana (Penguin), London, 1991. ⁶ Park H, Park AK. *Acta Horti* 2008; **770**: 117-125 ⁷ Yi SW, Sull JW, Hong JS et al. *J Altern Complement Med* 2009; **15**(8): 921-928 ⁸ Yun TK. *J Korean Med Sci* 2001; **16**(Suppl): 53-55 ⁹ Ye B, Aponte M, Dai Y et al. *Cancer Lett* 2007; **251**(1): 43-52 ¹⁰ Yun TK. *Lancet Oncol* 2001; **2**(1): 49-55 ¹¹ Kamangar F, Gao YT, Shu XO et al. *Cancer Epidemiol Biomarkers Prev* 2007; **16**(3): 629-630 ¹² Blasko I, Jungwirth S, Jellinger K et al. *J Psychiatr Res* 2008; **42**(11): 946-955 ¹³ Kaschel R. *Hum Psychopharmacol* 2009; **24**(5): 345-370 ¹⁴ British Herbal Medicine Association. *British Herbal Compendium*, Volume 1. BHMA, Bournemouth, 1992. ¹⁵ Panossian A, Wagner H. *Phytother Res* 2005; **19**(10): 819-838 ¹⁶ Santos RF, Galduroz JC, Barbieri A et al. *Pharmacopsychiatry* 2003; **36**(4): 127-333 ¹⁷ Quiroga H. *Orientation Med* 1982; **31**(1281): 201-202 ¹⁸ Scaglione F, Ferrara F, Dugnani S et al. *Drugs Exp Clin Res* 1990; **16**(10): 537-542 ¹⁹ Scaglione F, Cattaneo G, Alessandria M et al. *Drugs Exp Clin Res* 1996; **22**(2): 65-72 ²⁰ Grieve M. *A Modern Herbal*. First published 1931, reprinted Dover Publications, New York, 1971. ²¹ Hajjaghahmohammadi AA, Ziaee A, Rafiei R. *Hep Mon* 2008; **8**(3): 191-195



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.



Exclusive United States Distributor for MediHerb®

800-558-8740 www.standardprocess.com

www.mediherb.com