

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

## Eleuthero: Wide-ranging Adaptive Tonic

Eleuthero was introduced into traditional practice in the Soviet Union in the mid-1950s. In the United States Eleuthero was once also known as Siberian Ginseng.<sup>1\*</sup>

A tonic is popularly thought of as something that makes you feel better, stronger or healthier. As a tonic, Eleuthero has many actions:<sup>\*</sup>

- a general body tonic (from the Western and Russian traditions) that improves the tone, vigor and function of the whole body.<sup>1,2</sup>
- a harmonizing tonic (from the Chinese tradition, also called restorative tonic) that helps the body adapt and restore equilibrium when experiencing temporary stress.<sup>3</sup>

Natural clinicians use tonics to strengthen body systems to replenish the body's vital reserves and to assist the body adapt to stress.<sup>\*</sup>

Soviet researchers were the first to establish that certain plants had the ability to support the body's normal adaptive responses. They called these herbs adaptogens. In the early 1950s research focused on Korean Ginseng (botanical name: *Panax ginseng*). Because of its rarity and expense they searched for other herbs with this activity, and confirmed Eleuthero to be one of the most important herbs with this effect.<sup>1,4\*</sup>

Life exists by maintaining a complex dynamic equilibrium (homeostasis) that is constantly challenged by internal or external adverse forces (stressors). Stress can be physical (eg cold, noise, pollution) or emotional (eg fear, prolonged grief). Adaptogens such as Eleuthero assist the body's normal adaptation to stress, by helping the body.<sup>5\*</sup>

- have a higher level of resistance to stress, so the response is not so exaggerated
- fine tune the "switch on" system, which mobilizes energy and metabolic resources in the body, and "switch off" system, which protects the body from overreaction

## How Eleuthero Keeps You Healthy

### Enhances the body's natural ability to adapt to temporary stress

Eleuthero has been used traditionally in the Chinese herbal system for conditions of temporary mental and emotional stress.<sup>6,7\*</sup>

Clinical investigations have found that Eleuthero increases the body's protective function against physical, mental and environmental stresses.<sup>1,8</sup> Volunteers and workers were helped to better adapt to temporary stress and improved their output in terms of mental and physical functioning. Some of these trials were placebo-controlled.<sup>9-11</sup> Workers were found to have better general health and take less time off work while using Eleuthero.<sup>4,9</sup> In 1995, young men undergoing an important change in their lifestyle were helped to adapt to their new living conditions in the mountainous desert area of Mongolia. Eleuthero helped normalize their mental and physical work capacity.<sup>12\*</sup>

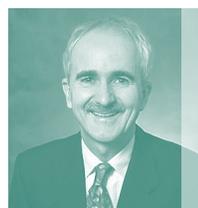
### Supplement Facts

Serving size:	1 tablet	
Servings per container:	60	
Amount per Serving		%DV
Calories	1	
Calcium	20 mg	2%
Eleuthero root 10:1 extract from <i>Eleutherococcus senticosus</i> root 1.25 g Containing syringaresinol diglucosides as eleutheroside E 950 mcg	125 mg	†
† Daily Value (DV) not established.		

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

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever

Product No	Content
M1410	60 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."*

On December 31, 1977 at midnight, Soviet cosmonauts toasted one another with glasses of Eleuthero while completing another turn around the earth. At the time and earlier in the 1960s, Eleuthero was used regularly in the space programs to assist with performance under the unusual and stressful conditions of space flight.<sup>4\*</sup>

In a randomized controlled clinical trial with healthy volunteers, Eleuthero reduced heart rate responses to a stressful mental task.<sup>6\*</sup>

## Supports healthy physical and mental function

Early clinical investigations in the Soviet Union found that Eleuthero enhanced the capacity of physical and mental work.<sup>9</sup> In later placebo-controlled trials, Eleuthero improved mental function in workers.<sup>10</sup> It was found in controlled clinical trials with healthy volunteers to improve physical function.<sup>10,13\*</sup>

## Promotes vitality

In a randomized controlled trial, Eleuthero extract improved the quality of life in elderly patients. Eleuthero significantly improved social function and mental health scores.<sup>14</sup> Another controlled clinical trial found that Eleuthero significantly improved well-being and supported memory function in younger volunteers (36 to 58 years old).<sup>15\*</sup>

The traditional recuperative action of Eleuthero<sup>10</sup> has been demonstrated in an uncontrolled trial. Eleuthero helped restore appetite, sleep and well-being.<sup>16\*</sup>

## Restores and enhances immune system function

Many controlled clinical trials have shown that Eleuthero extract enhances immune system function in healthy participants.<sup>10</sup> In an uncontrolled trial, Eleuthero helped restore normal immune function by supporting the body's production of white blood cells.<sup>11,17\*</sup>

## What Makes MediHerb Eleuthero Unique

Eleuthero from MediHerb is unique in the professional herbal products industry because:

- The label states exactly how much each tablet contains of the important plant constituents (syringaresinol diglucosides (as eleutheroside E))
- MediHerb tests the quantity of syringaresinol diglucosides (as eleutheroside E) in Eleuthero raw material
- MediHerb's testing also ensures the syringaresinol diglucosides (as eleutheroside E) 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

### References

<sup>1</sup> Baranov AI. *J Ethnopharmacol* 1982; **6**(3): 339-353 <sup>2</sup> Bone K. *Clinical Guide to Blending Liquid Herbs. Herbal Formulations for the Individual Patient*. Churchill Livingstone, USA, 2003. <sup>3</sup> Mills SY. *The Essential Book of Herbal Medicine*. Penguin Arkana (Penguin), London, 1991. <sup>4</sup> Halstead BW, Hood LL. *Eleutherococcus senticosus. Siberian ginseng: An Introduction to the Concept of Adaptogenic Medicine*. Oriental Healing Arts Institute, Long Beach, 1984. <sup>5</sup> Panossian A, Wikman G, Wagner H. *Phytomedicine* 1999; **6**(4): 287-300 <sup>6</sup> Facchinetti F, Neri I, Tarabusi M. *Stress Health* 2002; **18**(1): 11-17 <sup>7</sup> Pharmacopoeia Commission of the People's Republic of China. *Pharmacopoeia of the People's Republic of China*, English Edn, Volume 1. Chemical Industry Press, Beijing, 1997. <sup>8</sup> Kudrnova E, Preiningerova O, Zapletal M. *Act Nerv Super* 1984; **26**(1): 50-51 <sup>9</sup> Farnsworth NR et al (eds): *Economic and Medicinal Plant Research*, Volume 1. Academic Press, London 1985. <sup>10</sup> *ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products*, 2nd Edn. ESCOP, European Scientific Cooperative on Phytotherapy, Exeter, 2003. <sup>11</sup> Chang HM, But PP (eds). *Pharmacology and Applications of Chinese Materia Medica*. Volume 1. World Scientific, Singapore, 1987. <sup>12</sup> Zhekalov AN. *Rastitel'nye Resursy* 1995; **31**(4): 87-91 <sup>13</sup> Szolomicki J, Samochowiec L, Wojcicki J et al. *Phytother Res* 2000; **14**(1): 30-35 <sup>14</sup> Cicero AF, Derosa G, Brillante R et al. *Arch Gerontol Geriatr Suppl* 2004; **9**: 69-73 <sup>15</sup> Winther K, Ranlov C, Rein E et al. *J Neural Sci* 1997; **150**(Suppl 1): S90 Abstract No. 2-12-24 <sup>16</sup> Fulder S. *The Root of Being: Ginseng and the pharmacology of Harmony*. Hutchinson & Co, London, 1980. <sup>17</sup> Zhou SY, Wang JY, Duan XQ et al. *J Xi'an Med Uni* 1989; **10**(2): 177-179



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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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