

Gut Flora Complex

M1318

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

Gut Flora Complex: Supporting Intestinal Flora Balance

Gut Flora Complex is a unique combination of Andrographis herb, Pau d'Arco stem, Oregano essential oil and Anise (also called Aniseed) essential oil.*

The importance of healthy intestinal flora

Not all bacteria are bad, in fact some bacteria are necessary for our survival and live in our intestine.¹ The human gastrointestinal tract (mainly the lower end known as the colon or large bowel) is the natural habitat for a large and diverse population of microorganisms (called "flora"), mainly bacteria. The intestine of an adult contains up to 500 different species of bacteria. This population is constantly changing. In normal healthy circumstances the relationship is mutually beneficial for both partners: bacteria and host (you!).^{2,3*}

Major functions of the intestinal flora include:^{2*}

- activities that result in the release of absorbable nutrients and substances that can be used for energy
- protection of the host against invasion by alien flora
- support of local immune function and systemic immune function via the immune-related tissues of the intestine such as the intestinal lymph tissue

A healthy lower gastrointestinal tract contributes to a healthy intestinal environment and helps maintain proper intestinal flora.*

The intestinal flora naturally contains healthy bacteria and unhealthy bacteria.³ If there is breakdown in the balance between healthy and unhealthy intestinal bacteria, the health of the individual may suffer. For example, fermentation taking place in the colon can generate gas. This can contribute to flatulence (or 'wind'). Other uncomfortable symptoms may occur such as bloating. The proper balance of intestinal flora also ensures that the body is not exposed to toxins produced by unhealthy intestinal bacteria.² The balance of gastrointestinal flora is affected by diet, stress and intake of prescription drugs.^{3*}

Supplement Facts		
Serving size:	1 capsule	
Servings per container:	40	
Amount per Serving		%DV
Calories	5	
Anise (<i>Pimpinella anisum</i>) fruit essential oil	125 mg	†
Andrographis herb 10:1 extract from <i>Andrographis paniculata</i> herb 1.0 g Containing andrographolide 10 mg	100 mg	†
Pau d'Arco stem 5:1 extract from <i>Tabebuia avellanedae</i> stem 500 mg	100 mg	†
Oregano (<i>Origanum vulgare</i>) leaf essential oil	75 mg	†

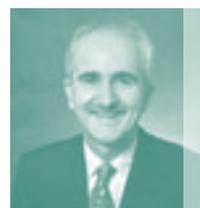
† Daily Value (DV) not established.

Other ingredients: Gelatin, rice bran oil, glycerol, enteric coating, beeswax, corn starch, purified water, lecithin, propylene glycol, emulsifiers and natural color.

Caution: Contraindicated in pregnancy and lactation. Contraindicated in patients taking anticoagulant drugs.

Product No	Content
M1318	40 capsules

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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."

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

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

How Gut Flora Complex Keeps You Healthy

Cleanses and promotes health in the lower gastrointestinal tract, encourages healthy intestinal environment to help maintain proper intestinal flora

Anise and Oregano essential oils have been traditionally ingested to promote health in the intestine. One of the ways these oils do this is to reduce flatulence ('wind').^{4,5} Oregano essential oil (orally), Pau d'Arco and Andrographis have been used traditionally to cleanse the lower gastrointestinal tract.⁵⁻⁷ Cleansing and promoting health in the lower gastrointestinal tract encourages proper intestinal flora.*

The cleansing effect of Oregano oil was demonstrated in an uncontrolled trial involving 14 adults whose stools showed a lack of balance in their intestinal flora. For 6 weeks patients took emulsified oil of Oregano (200 mg, three times per day) with meals. Intestinal health was improved by the end of treatment.^{8*}

Supports healthy immune response and promotes vitality

A healthy immune response also helps the body keep a healthy balance of intestinal flora. Andrographis has been used to support a healthy immune response.⁹ Andrographis and Pau d'Arco have a traditional history in many cultures for promoting vitality.^{10-12*}

What Makes Gut Flora Complex Unique

Gut Flora Complex is unique in the professional herbal products industry because:

- The label states exactly how much each capsule contains of the important plant constituents (andrographolide)
- MediHerb's testing ensures the andrographolide is retained in the product throughout manufacture
- It is enteric coated, which means the capsule survives intact in the stomach and disintegrates in the intestine

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

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- ⁴ Chandler RF, Hawkes D. *Can Pharm J* 1984; **117**: 28-28
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- ¹¹ Chopra RN, Chopra IC, Handa KL et al. *Chopra's Indigenous Drugs of India*, 2nd Edn, 1958, reprinted Academic Publishers, Calcutta, 1982.
- ¹² Jones K. *Pau d'Arco: Immune Power from the Rain Forest*. Healing Arts Press, Vermont, 1995.



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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