



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 fruit, Grape Seed and Japanese Knot Weed.

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}

Two population studies (in Vienna and France) involving elderly people, found that use of Ginkgo assisted healthy mental aging.^{9,10}

Japanese Knot Weed has been used traditionally to support healthy joints.^{4*}

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.¹¹ 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.¹² It is possible that Ginkgo may also help the body to respond well to stress, by modulating cortisol levels.^{13,14*}

Supports healthy circulation and healthy heart function

Support for healthy circulation has been demonstrated in clinical trials for Ginkgo, Korean Ginseng and for standardized Grape Seed extract.¹⁵⁻¹⁷ Resveratrol, an important constituent in Japanese Knot Weed, supported healthy heart function in two clinical trials involving middle aged and older volunteers (aged 40 to 80 years).^{18,19*}

Supplement Facts

Serving size:	1 tablet	
Servings per container:	40	
Amount per Serving		%DV
Calories	3	
Calcium	70 mg	7%
Japanese Knot Weed root 100:1 extract from <i>Polygonum cuspidatum</i> root 8.0 g Containing resveratrol 36 mg	80 mg	†
Milk Thistle fruit 70:1 extract from <i>Silybum marianum</i> fruit 4.2 g Containing flavanolignans calc. as silybin 48 mg	60 mg	†
Korean Ginseng root 5:1 extract from <i>Panax ginseng</i> root 250 mg Containing ginsenosides* 4.2 mg	50 mg	†
Grape Seed 120:1 extract from <i>Vitis vinifera</i> seed 4.8 g Containing procyanidins 38 mg	40 mg	†
Ginkgo leaf 50:1 extract from <i>Ginkgo biloba</i> leaf 1.5 g Containing ginkgo flavonglycosides 7.2 mg Containing ginkgolides and bilobalide 1.8 mg	30 mg	†

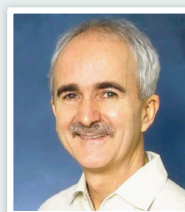
† Daily Value (DV) not established.

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

*Rb₂ to Rb₁ is NLT 0.4 by HPLC.

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



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.”

Supports healthy immune and liver function

In two placebo-controlled trials conducted in Italy, Korean Ginseng significantly improved immune system function in volunteers aged from 18 to 60 years.^{20,21}

Milk Thistle has been used traditionally to promote a healthy liver,²² and this effect has also been shown for the flavanolignans of Milk Thistle in two clinical trials.^{23,24*}

Provides antioxidant activity

Resveratrol, an important constituent in Japanese Knot Weed, provided antioxidant activity in healthy volunteers in a clinical trial.²⁵ Grape Seed extract also had this effect, although a dose of at least 85 mg/day of procyanidins was required.^{26,27*}

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, procyanidins, resveratrol, flavanolignans as silybin)
- MediHerb meets the requirements of the United States Pharmacopeia for Korean Ginseng (ratio of ginsenosides Rb₂ to Rb₁ is not less than 0.4 using high performance liquid chromatography)
- 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

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): S3-S5 ⁹ Blasko I, Jungwirth S, Jellinger K et al. *J Psychiatr Res* 2008; **42**(11): 946-955 ¹⁰ Amieva H, Meillon C, Helmer C et al. *PLoS One* 2013; **8**(1): e52755 ¹¹ British Herbal Medicine Association. *British Herbal Compendium*, Volume 1. BHMA, Bournemouth, 1992. ¹² Panossian A, Wagner H. *Phytother Res* 2005; **19**(10): 819-838 ¹³ Kudolo GB. *Clin Chem* 2007; **53**(6, Suppl S): A186 ¹⁴ Kudolo GB. *Food Nutr Sci* 2014; **5**: 1561-1567 ¹⁵ Santos RF, Galduroz JC, Barbieri A et al. *Pharmacopsychiatry* 2003; **36**(4): 127-333 ¹⁶ Quiroga H. *Orientacion Med* 1982; **31**(1281): 201-202 ¹⁷ Belcaro G, Ledda A, Hu S et al. *Evid Based Complement Alternat Med* 2013; **2013**: 313142 ¹⁸ Magyar K, Halmosi R, Palfi A et al. *Clin Hemorheol Microcirc* 2012; **50**(3): 179-187 ¹⁹ Wong RH, Berry NM, Coates AM et al. *J Hypertens* 2013; **31**(9): 1819-1827 ²⁰ Scaglione F, Ferrara F, Dugnani S et al. *Drugs Exp Clin Res* 1990; **16**(10): 537-542 ²¹ Scaglione F, Cattaneo G, Alessandria M et al. *Drugs Exp Clin Res* 1996; **22**(2): 65-72 ²² Grieve M. *A Modern Herbal*. First published 1931, reprinted Dover Publications, New York, 1971. ²³ Hajjaghahmohammadi AA, Ziaee A, Rafiei R. *Hep Mon* 2008; **8**(3): 191-195 ²⁴ Hajjaghahmohammadi AA, Ziaee A, Oveis S et al. *Hepat Mon* 2012; **12**(8): e6099 ²⁵ Ghanim H, Sia CL, Abuaysheh S et al. *J Clin Endocrinol Metab* 2010; **95**(9): E1-E8 ²⁶ Rodriguez J, Illnait J, Molina V et al. *Lat Am J Pharm* 2010; **29**(2): 255-262 ²⁷ Feng DJ, Xu GF, Zhao Y. *Food Drug (Chinese)* 2012; **1**: 32-34



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 of MediHerb®

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

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