

# Wild Yam Complex

M1470 / M1475

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

## Wild Yam Complex

Wild Yam Complex is a unique combination of Wild Yam root and rhizome, Shatavari root, St John's Wort herb with flowers, Sage herb, Black Cohosh root and Korean Ginseng root. Standardized extracts contain certain levels of important constituents. The St John's Wort and Korean Ginseng extracts used in Wild Yam Complex are standardized extracts.\*

## How Wild Yam Complex Keeps You Healthy

### Provides relief from discomfort associated with menopause

Wild Yam Complex contains Black Cohosh that has been extracted using water and ethanol. Clinical trials confirm that this type of Black Cohosh extract provides relief from the discomfort associated with menopause.<sup>1,2\*</sup>

Shatavari is an important herb from the Ayurvedic tradition in India. It has been traditionally used as a female tonic and particularly to provide relief from discomfort associated with menopause. For example, natural clinicians have used Shatavari (when taken orally) to soothe dry membranes of the sexual organs.<sup>3</sup> This means Shatavari may relieve dryness in the vagina often associated with menopause.\*

Sage has also been used traditionally to provide relief during menopause. One of the ways Sage does this is to support normal perspiration.<sup>4,5\*</sup>

### Promotes quality of life and well-being, calms the nerves and restores balance in temporary mood swings in mature women

St John's Wort has been used traditionally to support the nervous system during menopause.<sup>6</sup> The results of clinical trials confirm that standardized St John's Wort extract relieves temporary mood swings,<sup>7</sup> including those in menopausal women.<sup>8\*</sup>

In clinical trials, standardized Korean Ginseng promoted quality of life, well-being and favorable mood in women experiencing discomfort associated with menopause.<sup>9,10</sup> One of the ways Korean Ginseng may do this is by assisting the mature woman's body to return the level of stress-related hormones to normal.<sup>9\*</sup>

### Promotes a natural, healthy balance within the mature female endocrine system

Wild Yam has been used traditionally to promote a natural, healthy balance of hormones in during menopause.<sup>4\*</sup>

### 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 stated amount of important constituents and that the correct species of plant is used.\*

Although there are many species of *Dioscorea*, the Wild Yam used traditionally is *Dioscorea villosa*.<sup>6</sup> Research conducted by MediHerb has found that commercial Wild Yam extracts available for use as raw

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	40, 120	
Amount per Serving		%DV
Calories	2	
Calcium	19 mg	2%
Wild Yam root & rhizome 4:1 extract from <i>Dioscorea villosa</i> root & rhizome 400 mg	100 mg	†
Shatavari root 4:1 extract from <i>Asparagus racemosus</i> root 400 mg	100 mg	†
St John's Wort herb fl. top 6:1 extract from <i>hypericum perforatum</i> herb flowering top 600 mg Containing hypericins 300 mcg	100 mg	†
Sage herb 5:1 extract from <i>Salvia officinalis</i> herb 290 mg	58 mg	†
Black Cohosh root 5:1 extract from <i>Cimicifuga racemosa</i> root 100 mg	20 mg	†
Korean Ginseng root 5:1 extract from <i>Panax ginseng</i> root 75 mg Containing ginsenosides as Rg <sub>1</sub> & Rb <sub>1</sub> 1.3 mg	15 mg	†

† Daily Value (DV) not established.

Other ingredients: Cellulose, calcium acid phosphate, sodium starch glycolate, silica, hypromellose and magnesium stearate.

**Caution:** Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product. Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. Caution in patients with liver problems, who frequently use alcohol or take any medications.

Product No	Content
M1470	40 Tablets
M1475	120 Tablets

Wild Yam Complex M1470 / M1475



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."

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

materials may not be the correct species. This means they would contain different constituents and may produce different health outcomes.<sup>11\*</sup>

Products sold in the United States containing Black Cohosh may be adulterated with less expensive Asian species.<sup>12</sup> Unscrupulous herb traders have been known to adulterate the main root of Ginseng with other parts of the plant. The amount and ratio of ginsenoside Rb<sub>1</sub> and ginsenoside Rg<sub>1</sub> indicates good quality Korean Ginseng (*Panax ginseng*). Other species of Panax (such as American Ginseng, *Panax quinquefolium*) contain different amounts of these ginsenosides (Rg<sub>1</sub> and Rb<sub>1</sub>).<sup>8</sup>

The quality of products containing St John's Wort, Black Cohosh or 'ginseng' sold in the United States has been found to vary considerably. The levels of important constituents (hypericins, triterpene glycosides, ginsenosides) were different (usually lower) from what was claimed on the label.<sup>12-15\*</sup>

## What Makes Wild Yam Complex Unique

Wild Yam Complex is unique in the professional herbal products industry because:

- It states on the label exactly how much each tablet contains of the important plant constituents (hypericins, ginsenosides (Rb<sub>1</sub> and Rg<sub>1</sub>))
- MediHerb tests raw materials for the quantity of:
  - hypericins and flavonoid glycosides in St John's Wort
  - ginsenosides and the ratio of ginsenosides Rb<sub>1</sub> and Rg<sub>1</sub> in Korean Ginseng
  - steroidal saponins in Wild Yam
  - triterpene glycosides (as 27-deoxyactein) in Black Cohosh
  - essential oil in Sage
- Top quality organically grown plants are used in the manufacture of the Sage component on this tablet
- MediHerb co-developed the chemical analysis used to assess Wild Yam raw material (to ensure the correct plant species is used)
- MediHerb supports ongoing research and is working with leading scientists to define the steroidal saponins in Wild Yam (a world first!)

## 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
- Unique extraction method using cold percolation for the Sage, Black Cohosh, Shatavari and Wild Yam components of this tablet (this protects the delicate plant constituents, ensuring a full range of constituents)

## References

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- <sup>3</sup> Frawley D, Lad V. *The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine*, 2nd Edn. Lotus Press, Santa Fe, 1988.
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- <sup>6</sup> British Herbal Medicine Association's Scientific Committee. *British Herbal Pharmacopoeia*. BHMA, Bournemouth, 1983.
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- <sup>8</sup> Grube B, Walper A, Wheatley D. *Adv Ther* 1999; **16**(4): 177-186
- <sup>9</sup> Tode T, Kikuchi Y, Hirata J et al. *Int J Gynaecol Obstet* 1999; **67**(3): 169-174
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- <sup>11</sup> Lehmann R, Penman K. Information on file. MediHerb Research Laboratory, 3/85 Brandl Street, Eight Mile Plains, Queensland, 4113, Australia, 2005.
- <sup>12</sup> Jiang B, Kronenberg F, Nuntanakorn P et al. *J Agric Food Chem* 2006; **54**(9): 3242-3253
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- <sup>15</sup> Shah AK, Avery BA, Wyandt CM. *Drug Dev Ind Pharm* 2005; **31**(9): 907-916



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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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