

# Wormwood Complex

## M1490



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

## Wormwood Complex

Wormwood Complex is a unique combination of Wormwood herb, Black Walnut green hulls, Stemona root and Clove Bud 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.<sup>1</sup> 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. Scientists even think there may also be some species that have not yet been identified. In normal healthy circumstances the relationship is mutually beneficial for both partners: bacteria and host (you!).<sup>2\*</sup>

Major functions of the intestinal flora include:<sup>2\*</sup>

- 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

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

## How Wormwood Complex Keeps You Healthy

### Cleanses the lower gastrointestinal tract

In Western civilization, Wormwood has been known since ancient times to cleanse the lower gastrointestinal tract (especially the large intestine). References to this plant appear in the writings of the ancient Egyptians, in early Syrian texts and in the Bible. Early European texts refer to it for this purpose and as a tonic. (It is said to have been brought to central Europe from the south by the early Christian monks.) Wormwood was published in an official list of therapeutic plants in Canada in 1868, and in the United States in 1830. Wormwood is now used traditionally around the world.<sup>3-7\*</sup>

Stemona root and the green hull of Black Walnut fruit are used traditionally to help cleanse the lower gastrointestinal tract.<sup>8-10\*</sup>

### Supports healthy bowel function

Clove Bud essential oil has been used traditionally to support healthy bowel function. It may do this by helping produce regular peristaltic action. (Peristalsis is the process by which the contents of the gastrointestinal tract are pushed along (propelled). The muscular layers of the gastrointestinal tract do this by producing alternating contractions.) By making peristalsis more regular Clove Bud essential oil helps cleanse the bowel.<sup>11,12</sup> The normal propulsive action also helps to maintain proper intestinal flora.<sup>2\*</sup>

### Supplement Facts

Serving size:	1 tablet	
Servings per container:	120	
Amount per Serving		%DV
Calories	2	
Calcium	18 mg	2%
Stemona root 5:1 extract from <i>Stemona sessilifolia</i> root 1.0 g	200 mg	†
Black Walnut green hulls 4:1 extract from <i>Juglans nigra</i> green hulls 100 mg	25 mg	†
Wormwood herb 4:1 extract from <i>Artemisia absinthium</i> herb 100 mg	25 mg	†
Clove bud ( <i>Syzygium aromaticum</i> ) essential oil	20 mg	†

† Daily Value (DV) not established.

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

**Caution:** Contraindicated in pregnancy and lactation.

<b>Product No</b>	<b>Content</b>
M1490	120 Tablets

Wormwood Complex M1490



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.

The intestinal flora also break down undigested matter in the feces, which produces gases. This can contribute to flatulence (or “wind”).<sup>1</sup> Clove Bud essential oil has been used traditionally in this way to support healthy bowel function.<sup>10,12\*</sup>

Wormwood has been used to support healthy bowel function by promoting efficient gastrointestinal elimination.<sup>4\*</sup>

## Stimulates digestion

Wormwood is traditionally used to stimulate digestion and promote the healthy flow of digestive enzymes. The ability of Wormwood to do this also supports healthy bowel function and a healthy intestinal environment.<sup>4,5,13\*</sup>

## What Makes Wormwood Complex Unique

**Wormwood Complex is unique in the professional herbal products industry because:**

- Top quality organically grown Wormwood and wildcrafted Black Walnut Hulls are used in the manufacture of this tablet
- MediHerb tests the quantity of essential oil in Wormwood raw material
- The formula was prepared after research in 2002 in conjunction with Australian university and government scientists, who investigated how the individual ingredients and formula might benefit intestinal health and help maintain proper intestinal flora in sheep

## 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 Wormwood and Black Walnut Hulls components of this tablet (this protects the delicate plant constituents, ensuring a full range of constituents)

## References

- <sup>1</sup> Lazaroff M. *The Complete Idiot's Guide to Anatomy & Physiology*. Alpha, Indianapolis, 2004.
- <sup>2</sup> Guarner F. *Digestion* 2006; **73**(Suppl 1): 5-12
- <sup>3</sup> Quinlan MB, Quinlan RJ, Nolan JM. *J Ethnopharmacol* 2002; **80**(1): 75-83
- <sup>4</sup> Holmes P. *The Energetics of Western Herbs: Treatment Strategies Integrating Western and Oriental Herbal Medicine*, Volume 1, Revised 3rd Edn. Snow Lotus Press, Boulder, 1997.
- <sup>5</sup> British Herbal Medicine Association's Scientific Committee. *British Herbal Pharmacopoeia*. BHMA, Bournemouth, 1983.
- <sup>6</sup> Erichsen-Brown C. *Medicinal and Other Uses of North American Plants: A Historical Survey with Special Reference to the Eastern Indian Tribes*. First published 1979, reprinted Dover Publications, New York, 1989.
- <sup>7</sup> Boyle W. *Official Herbs: Botanical Substances in the United States Pharmacopoeias 1820-1990*. Buckeye Naturopathic Press, East Palestine, Ohio, 1991.
- <sup>8</sup> World Health Organization. *Medicinal Plants in Viet Nam*. WHO Regional Office for the Western Pacific, Manila, 1990.
- <sup>9</sup> Pei SJ. *J Ethnopharmacol* 1985; **13**(2): 121-137
- <sup>10</sup> Felter HW, Lloyd JU. *King's American Dispensatory*. 18th Edn, 3rd revision, Volume 1. First published 1905, reprinted Eclectic Medical Publications, Portland, 1983.
- <sup>11</sup> Brunton TL. *A Text-book of Pharmacology, Therapeutics, and Materia Medica*. Adapted to the United States Pharmacopoeia by FH Williams. MacMillan and Co, London, 1885.
- <sup>12</sup> Reynolds JEF (ed). *Martindale: The Extra Pharmacopoeia*, 26th Edn, The Pharmaceutical Press, London, 1973.
- <sup>13</sup> Mills S. *The Dictionary of Modern Herbalism*. Thorsons, London, 1989.



## 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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