



MEDI  HERB®

Formula Indications

AdrenoCo

- Adrenal depletion, to aid in the recovery of the adrenal cortex
 - To support adrenal cortex function in times of high stress
 - Fatigue, anxiety, sleeplessness or reduced immune function during periods of prolonged stress
 - Chronic illness
 - Chronic autoimmune diseases
 - Weaning off corticosteroids
 - Resets an abnormal cough reflex
 - Combine with Chaste Tree for hyperprolactinemia
-

Andrographis Complex

- Prevention and treatment of upper respiratory tract disorders, particularly for acute conditions
 - To boost immunity for any infection or disorder characterized by low immunity
 - As effective as Tylenol for myalgia and fever related to flu
 - Acute dosing is recommended, followed by 1 month of Astragalus Complex for full immune recuperation.
-

Astragalus Complex

- To assist in recovery from chronic infections and illnesses, post-viral syndromes, surgery, trauma, antibiotic therapy, radiation, and chemotherapy
- Stress, debility, chronic fatigue syndrome
- Night sweats due to debility
- Maintenance or improvement of general well-being
- Rhinorrhoea in children
- Increase sperm motility (specially washed sperm during ART treatment)

Bacopa Complex

- To improve mental function, memory, concentration and possibly learning
 - Relief of nervous tension, stress, and mild anxiety
 - Assists in the maintenance or improvement of mental or physical well-being
 - The ideal product for students to improve long term memory
 - Increases T4 production
 - Best taken with food to enhance absorption
 - ADHD
-

Bilberry

- To support peripheral circulation and vascular integrity
 - To ease the effects of occasional throbbing discomfort
 - Maintenance of healthy eyes; visual response improvement and night vision, supportive for retinopathies
 - Maintenance of healthy urinary tract function
 - Antioxidant protection (anthocyanosides)
 - Post-surgery edema
 - Combine with Horsechestnut Complex for varicose veins and hemorrhoid support
-

Boswellia Complex

- Relief of the pain and inflammation of arthritis, osteoarthritis, rheumatism, juvenile arthritis, and endometriosis
 - Assist in the treatment of leukotriene-mediated inflammation and hypersensitivity-based disorders such as asthma
 - Assist in treatment of chronic inflammatory disorders such as ulcerative colitis, Crohn's disease, psoriasis
 - Best taken with food to enhance absorption
-

Chaste Tree

- Premenstrual syndrome, especially premenstrual mastalgia, fluid retention and premenstrual aggravations (e.g., mouth ulcers, orofacial herpes)
- Menstrual disorders: amenorrhea, metrorrhagia, oligomenorrhea, polymenorrhea
- Endometriosis and fibroids
- Infertility due to decreased progesterone levels, luteal phase defect, or hyperprolactinemia
- Menopausal symptoms
- Combine with Echinacea Premium for acne (both men and women)
- Combine with AdrenoCo for hyperprolactinemia
- Combine with St. John's Wort or Nevaton Forte for PMDD

Digest Forte

- Poor digestion, lack of appetite, dyspepsia, flatulence, constipation
 - Cholecystitis, gallstones
 - Increases endogenous bile production
 - Combine with Livton Complex for digestion and improved bile production
 - Combine with Gymnema for reducing sugar cravings
 - Take 15 minutes before a meal to improve GERD and bloating
-

Echinacea Premium

- Use when strong immune modulating activity is required (e.g., autoimmune diseases, allergies)
 - Prophylaxis and treatment of infectious conditions such as influenza, colds, cystitis, shingles, septic processes, particularly those of a chronic or recurrent nature
 - Mild septicaemia, skin disorders such as psoriasis, acne, eczema
 - Temporary weakness of the body's defences; immune depletion caused by chemotherapy; weakened or suppressed immunity such as post-viral syndromes
 - Combine with Rehmannia Complex for autoimmune conditions
-

FemCo

- General female tonic and stress support particularly for those in their child bearing years
 - Irregular menstruation, dysmenorrhea
 - Delayed puberty
 - Androgen excess and PCOS
 - Reduced fertility and low libido
 - Any condition associated with elevated prolactin
 - Migraine headaches that have a hormonal component
 - Night sweats
 - Combine with AdrenoCo for PCOS
 - Best taken with food to prevent high saponin content aggravating or causing GERD
-

Garlic

- To assist in lowering blood lipid levels
- Treatment and prevention of coronary artery disease; atherosclerosis, mild hypertension
- Conditions requiring improved peripheral circulation
- Relief of respiratory tract congestion, such as symptoms of common cold and influenza
- To help modify bowel flora
- Supports Nrf2-ARE pathway for intracellular and intranuclear detoxification
- Combine with Golden Seal, Vitanox, and Slippery Elm to weed out pathogens and heal the gut

Ginkgo Forte

- Early stages of Alzheimer's disease; multi-infarct dementia; stroke of recent onset
 - Restricted cerebral blood flow and its related symptoms; peripheral arterial disease
 - Vertigo and tinnitus of vascular and involuntional origin; idiopathic sudden hearing loss; disorders due to reduced retinal blood flow
 - To enhance cognitive function, including short term memory
 - Effects of high altitude or hypoxia; antioxidant activity; anti-PAF activity, especially for asthma
 - Congestive dysmenorrhea
 - To enhance short-term memory
-

Golden Seal

- Mucous membrane tonifier
 - Catarrhal states of the mucous membranes when unaccompanied by acute inflammation (especially upper respiratory)
 - Intestinal dysbiosis
 - Disorders of the ear, nose, mouth, throat
 - Uterine and pelvic haemorrhagic conditions, genitourinary tract discharges
 - Acute infectious diarrhoea, gastritis, peptic ulcer, hepatic symptoms, skin disorders
 - To help modify bowel flora
 - Combine with Garlic Forte, Vitanox, and Slippery Elm to weed out pathogens and heal the gut
-

Gymnema

- Hyperglycemia, diabetes
 - Reactive hypoglycemia
 - To assist weight loss by suppression of appetite
 - Combine with Digest Forte to reduce sugar cravings
 - Best take before a meal to reduce caloric intake and blood sugar levels
-

Horsechestnut Complex

- Chronic venous insufficiency
- Aching legs and feet, edema of the lower limbs, varicose veins, hemorrhoids; lymphoedema, ascites, thrombophlebitis
- Tissue injury such as sprains and strains
- Poor peripheral circulation
- Disorders where local tissue edema may be involved, such as trigeminal neuralgia
- Restless leg syndrome of vascular origin
- Combine with Bilberry for varicose veins and hemorrhoids
- Best taken with food to prevent high saponin content aggravating or causing GERD

Kava Forte

- Anxiety disorders
 - Sleep disorders
 - Benzodiazepine withdrawal or taper
 - Spasm of the urinary tract, Bladder Pain Syndrome/Interstitial Cystitis
 - Hypertonic muscles
 - Combine with St. John's Wort for anxiety with depression
-

LivCo

- Enhances phase I and II liver detoxification
 - Toxin overload or poor hepatic detoxification function
 - Conditions associated with poor liver function such as headache, allergies, skin disorders, nausea, food intolerance, constipation
 - Overindulgence in alcohol or rich, fatty food
 - Exposure to environmental or chemical toxins
 - Combine with Garlic Forte and VitanoX for Nrf2/ARE pathway enhancement
 - Combine with Chaste Tree for fibroid reduction
 - Avoid taking with food if history of low iron
-

Livton Complex

- Insufficient gallbladder and liver function, dyspepsia
 - Gallbladder disorders and reduced bile production
 - Loss of appetite, flatulence, nausea, intestinal bloating, constipation
 - Skin and gastrointestinal disorders associated with reduced or disordered digestive liver function
 - Best taken before a fatty meal to increase digestion
-

Nevaton Forte

- Depression, nervous breakdown, fatigue, debility
 - Nervous tension, stress, mild anxiety, volatility
 - PMS - irritability and anger
 - PMDD
 - Macular degeneration
 - Combine with Chaste Tree for PMDD
-

Rehmannia Complex

- Chronic inflammation
 - Autoimmune diseases such as rheumatoid arthritis, systemic lupus erythematosus, ankylosing spondylitis, Graves' disease, Hashimoto's thyroiditis
 - Migraine or headache, especially where there is liver involvement
 - Bitter in nature so best taken before a meal
-

Rhodiola & Ginseng

- Fatigue, mental and/or physical exhaustion
 - Improves mental performance, concentration and memory, especially when under stress
 - Improves physical performance and endurance
 - Improves sexual function in men
 - Relieves menopausal symptoms
 - Improves mood in mild to moderate depression
 - Increases sperm count, motility, and morphology
-

Silymarin

- Hepatitis, non-alcoholic and alcoholic liver damage/disease, abnormal liver function, and fatty liver
 - Exposure to chemical pollutants, including orthodox drugs
 - Prophylaxis of conditions caused by oxidative stress
 - Dyspeptic complaints; preventing gallstone formation, gallbladder problems
 - Avoid taking with food if history of low iron
-

Sinus Forte

- Hay fever, sinusitis, middle ear problems, sore throat (upper respiratory)
 - Congestion in or inflammation of the respiratory tract, especially common cold, influenza, bronchitis, catarrhal stage of measles, conjunctivitis
 - Seasonal allergies
 - Combine with Golden Seal for increased mucous membrane tonification
-

Slippery Elm 400mg

- Inflammation of the gastrointestinal tract especially esophagitis, gastritis, colitis
- Ulceration of the upper gastrointestinal tract
- Constipation and conditions where a soft stool is required (e.g., hemorrhoids)
- Irritable bowel syndrome
- As an aid to encourage the growth of beneficial bowel flora
- Combine with Golden Seal, Garlic Forte, and Vitanox to weed out pathogens and heal the gut
- Take before a meal for peptic ulcer disease
- Take after a meal for GERD
- Always take with a large glass of water to prevent constipation
- Take 2 hours away from other medications

St John's Wort

- Viral infections, especially cold sores, chicken pox, shingles, glandular fever, herpes, hepatitis, cytomegalovirus, Ross River virus
 - Neuralgia
 - Depression (mild to moderate)
 - Mild anxiety, stress, insomnia
 - Anxiety and tension associated with menopause
 - Combine with Kava Forte for anxiety and depression
 - Combine with Chaste Tree for PMDD
 - Combine with Andrographis Complex for acute viral infections
-

Tribulus Forte

- Male infertility, impotence, lowered libido
 - Female infertility, menopause
 - PCOS
 - Improve physical performance
 - To restore or build vitality (especially during convalescence or after surgery)
 - Assist in responding to stress
 - Best taken with food to prevent high saponin content aggravating or causing GERD
-

Turmeric Forte

- Neuroinflammation: neurodegenerative diseases
 - Parkinson's, Alzheimer's Disease
 - Concussion recovery
 - Depression
 - To wean off antidepressants
-

Valerian Complex

- Insomnia, restlessness, irritability
- Mild anxiety
- Nervous tension, stress
- Muscle cramps
- Yin deficiency (e.g., night sweats, anxiety, palpitations, insomnia)

Vitanox

- THE herbal antioxidant (both lipid and aqueous)
 - Phase II liver detoxification
 - Prevention and treatment of cancer, cardiovascular disease and diseases associated with ageing
 - To help balance bowel flora
 - Hypercholesterolemia, lowered capillary resistance (e.g., in diabetes and hypertension), liver diseases, allergic and inflammatory conditions including asthma and rhinitis
 - To improve day and night vision, retinal damage, disease of the retina in diabetes
 - Venous insufficiency, varicose veins, edema
 - Supports Nrf2-ARE pathway for intracellular and intranuclear detoxification
 - Combine with Golden Seal, Garlic Forte, and Slippery Elm to weed out pathogens and heal the gut
 - Protects microcirculation by conserving intravascular collagen and elastin Treats/prevents vascular aging
 - Avoid taking with food if history of low iron (otherwise dose with food to enhance absorption)
-

Wild Yam Complex

- Menopausal conditions, including excessive perspiration, hot flashes, associated depression
 - PMS - as a backup treatment in conjunction with Chaste Tree tablets
 - Promotes ovulation in PCOS
 - Any condition of estrogen deficiency
 - Best taken with food to prevent high saponin content aggravating or causing GERD
-

Withania Complex

- A tonic formula that boosts energy
- Assists in the maintenance or improvement of general well-being and energy
- Helps relieve nervous tension, stress, and mild anxiety
- Helps increase endurance and stamina
- Aids convalescence
- Assists in improving appetite in children
- Improves sperm motility, count, and testosterone
- Increases T4 production
- Pregnancy and post-partum fatigue and stress