



Withania Complex

Calming and revitalizing in times of stress



Delivering Health Solutions That Work

MediHerb was co-founded in 1986 by world-renowned phytotherapist, Associate Professor Kerry Bone. In his words, "Our passion at MediHerb is to unlock the healing power of plants by combining the time-honored wisdom of traditional knowledge with sound clinical experience and the rigor of scientific research. This quest can only be attained by the total commitment to quality and continuous improvement which permeates every aspect of our endeavors."

In over 25 years of operation MediHerb has not only demonstrated an unwavering commitment to quality in herbal products, we have redefined it. We believe our unique approach to quality sets a standard for herbal products that is unsurpassed in the world today.

Kerry Bone and over 20 health care professionals work within MediHerb while still maintaining their own clinical practices. We know from our experience 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 you health solutions that work.



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Calming Support for Stress



Withania Complex



Withania Complex – Calming and Revitalizing in Times of Stress

No matter where we are or what we do, some level of stress is part of life. It might be the traffic in our daily commute, or pressure at work or school. Back at home, there are always things to take care of, from bills to cleaning, cooking and looking after the family. Even the thrill of a new job or relationship may cause a stress response.

Withania Complex provides complete support to help manage life's ups and downs. By helping to fortify both the nervous system and adrenal glands, it may assist our body's ability to combat temporary stress.*

Increase vitality, maintain well-being and support your natural defenses with Withania Complex.*

What is Withania Complex?

Withania Complex is a unique combination of four powerful herbs: *Withania somnifera* (Ashwaganda), Licorice, Skullcap and Korean Ginseng.

One of the most soothing herbs for stress, Ashwaganda has been used traditionally for more than 5,000 years. In Hindi, 'Ashwaganda' loosely translates as the 'strength of ten horses' – thanks to the plant's reputation as a natural energizer. Ashwaganda's rejuvenating effects may also help the body to settle and get to sleep.

Licorice can aid healthy adrenal function, gently helping the body to adapt when challenged by temporary stress. Skullcap is an effective tonic for the nervous system, especially during times of stress. The restorative benefits of Korean Ginseng make it easier to cope with stress and can help combat fatigue.

How is Withania Complex Unique?

Withania Complex is formulated by MediHerb's team of clinical experts to help protect against fatigue and burnout.*

The raw materials in Licorice, Korean Ginseng and Ashwaganda are carefully tested to determine the quantity of key constituents. We pay particular attention

to the ratio of ginsenosides (Rb₂ and Rb₁) in Korean Ginseng, to ensure it is the correct plant part, species and premium quality. The Korean Ginseng component is standardized to contain 1.68 mg of ginsenosides per tablet, calculated as Rb₂ and Rb₁.

The quality of Ashwaganda can vary greatly, depending on where it is grown and which part of the plant is used. MediHerb has conducted research to determine which compounds are the most important, to ensure we deliver you an optimal product.

Who Needs Withania Complex?

Because we can all feel stressed and overtired from time to time, everyone can benefit from Withania Complex.*

Busy mothers, hard-working executives, people in demanding jobs and anyone with a hectic schedule will often be worn out, but unable to switch off when the chance comes to relax. To help nurture general health and wellness, Withania Complex is the perfect solution. It's gentle enough to take every day, yet powerful enough to ease the effects of unavoidable stress.*



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Compelling Benefits

Withania Complex is a synergistic blend of Ashwaganda, Licorice, Skullcap and Korean Ginseng root. Together, these active compounds:

- Work as a tonic to benefit the entire body
- Help the body adapt to the changes of everyday life
- Maintain feelings of general well-being during temporary stress
- Promote healthy adrenal gland function
- Support nervous system health
- Promote relaxation
- Promote vitality and stamina in people of any age
- Support and maintain the body as it ages
- Support our natural defenses against emotional and environmental stressors*

Ask your health care professional today if Withania Complex is the right whole-body tonic for you. They will also be able to inform you of any cautions to be aware of when taking this product.

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

You Can Rely on Withania Complex