

Withania Complex

M1482 / M1488

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

Withania Complex: Adrenal & Nervous System Support

Withania Complex is a unique combination of Licorice root, Withania (Ashwaganda) root, Skullcap herb and Korean Ginseng root.*

Stress: rise to the challenge and adapt

The body has developed defense mechanisms to deal with life-threatening dangers. The stress response ('fight-or-flight' reaction) helps your body adapt. The body moves into 'high gear' by providing energy, speed and concentration to fight or to run. The body does this through nerve and hormonal signals, prompting the adrenal glands to release a surge of hormones.¹ The adrenal glands sit on top of the kidneys, and are made of two parts: the cortex and the medulla. An important group of hormones produced by the adrenal cortex are the glucocorticoids. Their functions include enhanced resistance to stress and support for your health.^{2*}

Modern life presents many challenges, which the body's natural defenses may struggle to deal with. If constantly activated, your body's response to stress may make you more vulnerable to difficulty sleeping, digestive upset or poor concentration. This is due to the continuing exposure to stress hormones, less reserve energy and a less healthy stress response.^{1,3*}

Withania Complex: packed full of tonics

A tonic is popularly thought of as something that makes you feel better, stronger or healthier. Natural clinicians use tonics to strengthen body systems (such as the nervous system), to replenish the body's vital reserves and to assist the body to adapt to stress. There are many different kinds of tonics, as shown below.*

| | |
|---|--------------------------------------|
| General body tonic | Examples: Ashwaganda, Korean Ginseng |
| A herbal substance that improves the tone, vigor and function of the whole body. ⁴ | |
| Nerve tonic – also known as nerve | Example: Skullcap |
| Herbs used by natural clinicians that nurture the nervous system. They help restore normal function to the nervous system when slightly out of balance. ⁵ In cases of nervousness and stress, nerve tonics may help the body to relax. | |
| Adrenal tonic | Example: Licorice |
| To Western natural clinicians an adrenal tonic supports the healthy functioning and tone of the adrenal glands, particularly the cortex. Improving the tone of the adrenal cortex supports the normal secretion of hormones from the gland and helps the body adapt when challenged by temporary stress. ⁶ | |
| Harmonizing tonic – also known as 'Harmony' remedy | Examples: Korean Ginseng, Licorice |
| From the Chinese tradition, these restorative tonics are used to help the body adapt and restore equilibrium when experiencing temporary stress. They also support the adrenal cortex. Licorice is considered to be gently nourishing, and Korean Ginseng supports vital energy. ⁶ | |
| Adaptogen | Examples: Ashwaganda, Korean Ginseng |

| Supplement Facts | | |
|---|----------|-----|
| Serving size: | 1 tablet | |
| Servings per container: | 40, 120 | |
| Amount per Serving | | %DV |
| Calories | 3 | |
| Calcium | 40 mg | 4% |
| Skullcap herb 4:1 extract from <i>Scutellaria lateriflora</i> herb 470 mg | 117.5 mg | † |
| Licorice root 7:1 extract from <i>Glycyrrhiza glabra</i> root 750 mg | 107 mg | † |
| Withania (Ashwaganda) root 10:1 extract from <i>Withania somnifera</i> root 950 mg | 95 mg | † |
| Korean Ginseng root 5:1 extract from <i>Panax ginseng</i> root 100 mg Containing ginsenosides as Rg ₁ and Rb ₁ 1.68 mg | 20 mg | † |
| † Daily Value (DV) not established. | | |

Other ingredients: Calcium acid phosphate, cellulose, silica, sodium starch glycollate, maltodextrin, hypromellose and magnesium stearate.

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Discontinue during an acute infection or fever.

| Product No | Content |
|------------|-------------|
| M1482 | 40 Tablets |
| M1488 | 120 Tablets |

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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."

Associate Professor Kerry Bone
MediHerb Co-Founder and
Director of Research and Development

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

Herbs used by natural clinicians to improve the body's resistance to stress and promote normal physiologic function.⁴

How Withania Complex Keeps You Healthy

Promotes vitality, cognitive function and nervous system health when experiencing temporary stress

Ashwaganda has been used in India as a general body tonic to provide normal energy during temporary stress, and to gently strengthen the nervous system.^{7,8} As a nerve tonic, natural clinicians have used Skullcap to support vitality, cognitive function and nervous system health, particularly during temporary stress.^{9,10*}

In the traditional Chinese system, Korean Ginseng is also used to support the nervous system.¹¹ The adaptogenic and harmonizing tonic action of Ashwaganda, Korean Ginseng and Licorice helps the body adapt when experiencing temporary stress.*

In uncontrolled clinical trials Ashwaganda:¹²⁻¹⁴

- demonstrated tonic activity in children
- improved vitality in healthy men over 50 years old
- eased occasional sleep difficulty, improved cognitive function and supported physical endurance in trainee mountaineers.*

Promotes healthy adrenal gland function

Licorice was found in clinical observations recorded in the 1950s to support the adrenal cortex.¹⁵ This is a good thing, but high doses of Licorice over a long period of time can cause an adverse effect. For this reason it is important to only take Licorice at the dosage recommended by your health care professional.*

What Makes Withania Complex Unique

Withania 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 (ginsenosides (Rg₁ and Rb₁))
- MediHerb tests the quantity of glycyrrhizin, ginsenosides (Rg₁ and Rb₁) and the major withanolides in Licorice, Korean Ginseng and Ashwaganda raw materials

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 stringent testing to guard against substitution of Skullcap (*Scutellaria lateriflora*) with other species of Scutellaria or replacement with the toxic herb Germander (*Teucrium* spp.)
- Use of the *correct* chemical standards to *accurately* quantify the withanolides in Ashwaganda raw materials

References

¹ Mayo Clinic Staff. Stress: *Unhealthy response to the pressures of life*. 12 September 2006. Available from www.mayoclinic.com/print/stress/SR00001/METHOD=print. Accessed May 2007. ² Guyton AC, Hall JE. *Textbook of Medical Physiology*, 10th Edn. W.B. Saunders, Philadelphia, 2000. ³ Wagner H, NorrH, Winterhoff H. *Phytomed* 1994; **1**(1): 63-76 ⁴ Bone K. *Clinical Guide to Blending Liquid Herbs. Herbal Formulations for the Individual Patient*. Churchill Livingstone, USA, 2003. ⁵ Mills S. *The Dictionary of Modern Herbalism*. Thorsons, London, 1989. ⁶ Mills SY. *The Essential Book of Herbal Medicine*. Penguin Arkana (Penguin), London, 1991. ⁷ American Herbal Pharmacopoeia. *Ashwagandha Root - Withania somnifera: Analytical, Quality Control, and Therapeutic Monograph*. American Herbal Pharmacopoeia, Santa Cruz, April 2000. ⁸ Kapoor LD. *CRC Handbook of Ayurvedic Medicinal Plants*. CRC Press, Boca Raton, 1990. ⁹ *British Herbal Pharmacopoeia*. BHMA, Bournemouth, 1983. ¹⁰ Holmes P. *The Energetics of Western Herbs: Treatment Strategies Integrating Western and Oriental Herbal Medicine*, Vol 2, Revised 3rd Edn. Snow Lotus Press, Boulder, 1998. ¹¹ Pharmacopoeia Commission of the People's Republic of China. *Pharmacopoeia of the People's Republic of China*, English Edn, Vol 1. Chemical Industry Press, Beijing, 1997. ¹² Venkataraghavan S, Seshadri C, Sundaresan TP et al. *J Res Ayu Sid* 1980; **1**: 370-385 ¹³ Kuppurajan K, Rajagopalan SS, Sitaraman R et al. *J Res Ayu Sid* 1980; **1**: 247-258 ¹⁴ Roy AS, Acharya SB, De AK et al. *International Seminar - Traditional Medicine*, Calcutta, Nov 7-9, 1992: p 161. ¹⁵ Kraus SD. *J Exp Med* 1958; **108**(3): 325-328



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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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