



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

Astragalus Complex: Sustaining Immune System Support

Astragalus Complex is a unique combination of Astragalus root, Eleuthero root and Echinacea root. Extracts of herbs may be ‘standardized’ – this means they must contain a certain amount of important constituents. Top quality Eleuthero extracts are standardized for syringaresinol diglucosides content.*

How Astragalus Complex Keeps You Healthy

Enhances immune system function & promotes healthy response to environmental stresses

Astragalus has been used traditionally to support immune system function.¹

The root of *Echinacea purpurea* was used by the Native Americans to enhance immune system function.² A placebo-controlled trial found that *Echinacea purpurea* root assists the body’s immune system response by helping with normal phagocytosis.³ This is a process involving certain white blood cells that engulf and digest foreign particles or cells that might challenge the body. A practical effect is that top quality Echinacea root helps the immune system response following stress or sudden changes in weather.

A small, uncontrolled clinical study confirmed that Astragalus enhanced immune system function in healthy volunteers.⁴ Many controlled clinical trials have shown that Eleuthero extract enhances immune system function in healthy participants.⁵ In an uncontrolled trial, Eleuthero helped restore normal immune system function by supporting the body’s production of white blood cells.⁶

In a randomized controlled clinical trial with healthy volunteers, Eleuthero reduced heart rate responses to a stressful mental task.^{7*}

Assists the body’s natural repair processes and maintains general well-being

Astragalus has been used traditionally to support stamina and endurance.¹ It is one of the main tonics used traditionally to enhance vitality in the Chinese herbal system.⁸ The tonic action of Astragalus is used by natural clinicians to assist the body in its natural repair process.⁸ (A tonic is popularly thought of as something that makes you feel better, stronger or healthier. Chinese tonics of the type to which Astragalus belongs, replenish the body’s vital reserves over the long term, support the constitution and aid the body’s natural regeneration and repair functions.⁹)

In a randomized controlled trial, Eleuthero extract improved the quality of life in elderly patients.¹⁰ Eleuthero is also recommended traditionally for assisting the body in its natural repair process.^{5*}

Supplement Facts

Serving size:	1 tablet	
Servings per container:	40, 120	
Amount per Serving		%DV
Calories	3	
Astragalus root 4:1 extract from <i>Astragalus membranaceus</i> root 850 mg	212.5 mg	†
Echinacea root 5:1 extract from <i>Echinacea purpurea</i> root 650 mg	130 mg	†
Eleuthero root 10:1 extract from <i>Eleutherococcus senticosus</i> root 750 mg Containing syringaresinol diglucosides 600 mcg	75 mg	†

† Daily Value (DV) not established.

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

Caution: Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

Product No	Content
M1123	40 Tablets
M1127	120 Tablets



Astragalus Complex M1123/M1127



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.”

Why use top quality Echinacea root?

The root of *Echinacea purpurea* was chewed by the Native Americans for therapeutic use.² In the late 19th Century, natural clinicians in the United States noted that “when chewed the root, if of good quality, imparts a persistent tingling sensation”.¹¹ We now know that this tingling sensation is caused by the presence of the plant constituents called alkylamides (pronounced al-kyl-a-mydes). Compared to the aerial parts (flower, leaves, stem), the roots contain the highest amounts of alkylamides.^{12,13}

Research conducted by international groups strongly suggests that the alkylamides:

- are very important for the immune system effects of Echinacea¹⁴⁻¹⁶
- are absorbed into the bloodstream^{17,18*}

What Makes Astragalus Complex Unique

Astragalus Complex is unique in the professional herbal products industry because:

- The label states exactly how much each tablet contains of the important plant constituents (syringaresinol diglucosides)
- MediHerb has worked with Echinacea growers to help produce superior quality plants (to ensure high levels of the tingling plant constituents)
- MediHerb helped develop some of the chemical analyses used to regularly test the quantity of alkylamides in Echinacea raw materials
- MediHerb tests the quantity of syringaresinol diglucosides in Eleuthero raw material
- MediHerb’s testing also ensures the syringaresinol diglucosides are retained in the product throughout manufacture
- MediHerb tests the level of pesticides in Echinacea raw material
- MediHerb supports ongoing research and is involved in clinical trials to investigate the effect of Echinacea on the body*

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 use of the latest and most relevant chemical analysis methods
- Unique extraction method using cold percolation for the Astragalus and Echinacea component of this tablet (this protects the delicate plant constituents, ensuring a full range of constituents)

References

¹ World Health Organization. *WHO Monographs on Selected Medicinal Plants*, Volume 1. WHO, Geneva, 1999. ² Moerman DE. *Native American Ethnobotany*. Timber Press, Portland, 1998. ³ Juric K, Melchart D, Holzmann M et al. *Z Phytother* 1989; **10**: 67-70 ⁴ Brush J, Mendenhall E, Guggenheim A et al. *Phytother Res* 2006; **20**(8): 687-695 ⁵ ESCOP Monographs: *The Scientific Foundation for Herbal Medicinal Products*, 2nd Edn. ESCOP, European Scientific Cooperative on Phytotherapy, Exeter, 2003. ⁶ Chang HM, But PP (eds). *Pharmacology and Applications of Chinese Materia Medica*. Volume 1. World Scientific, Singapore, 1987. ⁷ Facchinetti F, Neri I, Tarabusi M. *Stress Health* 2002; **18**(1): 11-17 ⁸ American Herbal Pharmacopoeia. *Astragalus Root – Astragalus membranaceus & Astragalus membranaceus var. mongolicus*: Analytical, Quality Control, and Therapeutic Monograph. American Herbal Pharmacopoeia, Santa Cruz, August 1999. ⁹ Mills SY. *The Essential Book of Herbal Medicine*. Penguin Arkana (Penguin), London, 1991. ¹⁰ Cicero AF, Derosa G, Brillante R et al. *Arch Gerontol Geriatr Suppl* 2004; **9**: 69-73 ¹¹ Felner HW, Lloyd JU. *King’s American Dispensatory*. 18th Edn, 3rd revision. First published 1905, reprinted Eclectic Medical Publications, Portland, 1983. British Herbal Medicine Association. *British Herbal Compendium*, Volume 2. BHMA, Bournemouth, 2006. ¹² American Herbal Pharmacopoeia. *Echinacea purpurea Root – Echinacea purpurea* (L) Moench.: Standards of Analysis, Quality Control, and Therapeutic Monograph. American Herbal Pharmacopoeia, Scotts Valley, 2004. ¹³ Agnew LL, Guffogg SP, Matthias A et al. *J Clin Pharm Ther* 2005; **30**(4): 363-369 ¹⁴ Woelkart K, Xu W, Pei Y et al. *Planta Med* 2005; **71**(8): 701-705 ¹⁵ Gertsch J, Schoop R, Kuenzle U et al. *FEBS Lett* 2004; **577**(3): 563-569 ¹⁶ Matthias A, Addison RS, Penman KG et al. *Life Sci* 2005; **77**(16): 2018-2029 ¹⁷ Woelkart K, Koidl C, Grisold A et al. *J Clin Pharmacol* 2005; **45**(6): 683-689



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



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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