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Herbal Therapy for Active People

Lee Carroll BSC, BHSc (WHM)

MediHerb Product Menu

- Gotu Kola Complex
- Boswellia Complex
- Nervagesic

- Kava Forte
- Bone Complex
- Echinacea Premium
- Vitanox[®]



Gotu Kola Complex



Gotu Kola herb 10:1 extract 250 mg
from *Centella asiatica* herb 2.5 g
Containing triterpenes 50 mg

Grape Seed 120:1 extract 30 mg
from *Vitis vinifera* seed 3.6 g
Containing procyanidins 25.5 mg

Ginkgo leaf 50:1 extract 20 mg
from *Ginkgo biloba* leaf 1.0 g
Containing ginkgo flavonglycosides 4.8 mg
Containing ginkgolides and bilobalide 1.2 mg

Suggested Use: 1 tablet 3-4 times per day

Gotu Kola



- This is the most extensively studied herb in the clinical management of the body's normal tissue repair processes
- The key constituents are the triterpenoids such as asiaticoside
- The science is supported by the use of the aerial parts of *Centella asiatica* in both TCM and Ayurveda

Bone K. *A Clinical Guide to Blending Liquid Herbs*. Churchill Livingstone, Edinburgh, 2003, pp. 254-260

Gotu Kola and Collagen



Gotu Kola supports collagen synthesis and maturation leading to optimized tissue strength

Vogel HG et al. *Acta Therapeut* 1990; **16**: 285

Suguna L et al. *Indian J Exp Biol* 1996; **34**(12): 1208-1211

Gotu Kola and Vein Health



- Supports the health of fibroblasts in the vein wall
- Supports the synthesis of collagen and collagen remodeling in blood vessel connective tissue
- May support normal endothelial cell health
- Supports normal microcirculation
- Supports normal healthy lymphatic drainage

Incandela L et al. *Angiology*, 2001; **52**(Suppl 2): S9-S13

Arpaia MR et al. *Int J Clin Pharmacol Res* 1990; **10**(4): 229-33

Montecchio GP et al. *Haematologica* 1991; **76**(3): 256-259

Ginkgo



- A single dose of standardized Ginkgo extract (112.5 mg) resulted in a significant increase in blood flow in nail capillaries in healthy volunteers¹
- Another study demonstrated increased blood flow to the forearms of volunteers²

1. Jung F et al. *Arzneimittelforschung* 1990; **40**(5): 589-593

2. Mehlsen J et al. *Clin Physiol Funct Imaging* 2002; **22**(6): 375-378

Grape Seed



- Grape Seed extract is obtained from the seeds of red or white grapes
- Contains a range of polyphenols, mostly oligomeric procyanidins (OPCs)
- OPCs have a number of key actions related to the body's normal tissue repair processes

Gabetta B et al. *Fitoterapia* 2000; **71**(2): 162-175

Grape Seed and Collagen



- *In vitro* and *in vivo* studies demonstrate that Grape seed extract:
 - Supports connective tissue, by supporting collagen and elastin within the microvessel wall¹
 - Stabilizes connective tissue by facilitating the formation of collagen microfibrils and collagen crosslinking²
 - Supports healthy vascular endothelium during challenges²

1. Robert AM et al. *Biomed Pharmacother* 2006; **60**(3): 113-120

2. Morgan M, Andrews C. *Nutri Pers* 2007; **26**: 1-3

Grape Seed and Capillaries



- Numerous clinical trials using doses between 100 and 150 mg/day of OPCs have demonstrated a beneficial effect on capillary resistance and capillary permeability
- 100 mg/day of OPCs was administered to elderly patients
 - Very good results were achieved in 67%
 - Good results in 17%
 - Moderate results in 13%

Morgan M, Andrews C. *Nutri Pers* 2007; **26**: 1-3

Grape Seed



- A recent animal study showed short-term grape seed polyphenols (5 days) supplementation was able to support normal muscle repair mechanisms
- Facilitated earlier recruitment of activated satellite cells
- Modulated immune system function

Kruger MJ, Smith C, Postcontusion polyphenol treatment alters inflammation and muscle regeneration. *Med Sci Sports Exerc.* 2012 May; **44**(5):872-80.

Gotu Kola Complex: Key Uses



- Promotes healthy skin and connective tissue
- Supports the body's normal tissue repair process
- Promotes normal development of connective and epithelial tissue, particularly during times of increased physical stress, e.g. athletic performance
- Promotes healthy blood vessels
- Provides antioxidant activity
- Promotes the body's natural tissue drainage process



Nervagesic



Serving size: 2 tablets

California Poppy herb flowering 4:1 ext 400 mg
from *Eschscholzia californica*
herb flowering 1.6 g

Jamaican Dogwood bark 4:1 extract 200 mg
from *Piscidia piscipula* bark 800 mg

Corydalis yanhusuo tuber 10:1 extract 160 mg
from *Corydalis yanhusuo* tuber 1.6 g

Suggested Use: 2 tablets twice daily

Nervagesic: Key Uses

- Eases nervous system discomfort
- Promotes relaxation in the nervous system and muscles
- Eases muscular discomfort such as caused by exercising
- Relieves muscular cramping
- Eases the effects of temporary or occasional nervous stress
- Provides relief from occasional sleeplessness
- Enhances the ability to relax during the night



Boswellia Complex



Boswellia gum oleoresin 7:1 extract	277 mg
from <i>Boswellia serrata</i> gum oleoresin 1.9 g	
Containing boswellic acids 180 mg	
Celery Seed fruit 6:1 extract	166.7 mg
from <i>Apium graveolens</i> fruit 1.0 g	
Ginger rhizome 5:1 extract	60 mg
from <i>Zingiber officinale</i> rhizome 300 mg	
Turmeric rhizome 25:1 extract	80 mg
from <i>Curcuma longa</i> rhizome 2.0 g	
Containing curcuminoids 70.4 mg	
Suggested Use: 1 tablet 2 to 4 times per day	

Boswellia Complex: Key Uses

- Maintains and supports healthy joints
- Supports the normal function of the kidneys to clear acidic waste products effectively
- Promotes the body's normal resistance function
- Supports healthy response to environmental stresses
- Supports healthy circulation
- Provides antioxidant activity



Kava Forte



Kava root 7:1 water extract
from *Piper methysticum* root 3.2 g
Containing kavalactones 50 mg

455 mg

Suggested Use: 1 tablet 2 to 3 times per day

Kava Forte: Key Uses



- Supports the relief of muscular tension
- Promotes relaxation and relieves anxious feelings
- Eases the effects of everyday tension and stress
- Calms the nerves
- Promotes sleep



Bone Complex



Epimedium herb top 12:1 extract Containing icariin 20 mg	200 mg
Red Clover herb flowering top 5:1 extract Containing isoflavones 8 mg	100 mg
Kudzu root 10:1 extract Containing puerariae isoflavones calc. as daidzin, puerarin, daidzein 28 mg	70 mg
Black Cohosh root 4:1 extract	20 mg

Suggested Use: 1 tablet 3 times daily

Bone Complex: Key Uses



- Bone support (particularly in postmenopausal women), in conjunction with:
 - Weight-bearing exercise
 - A healthy diet containing food sources of calcium and vitamin D
- Supports and maintains healthy bone density
- Beneficially influences normal bone remodeling



Echinacea Premium



Echinacea root 4:1 extract 150 mg
from *Echinacea angustifolia* root 600 mg
Containing alkylamides 2.0 mg

Echinacea root 6:1 extract 112.5 mg
from *Echinacea purpurea* root 675 mg
Containing alkylamides 2.1 mg

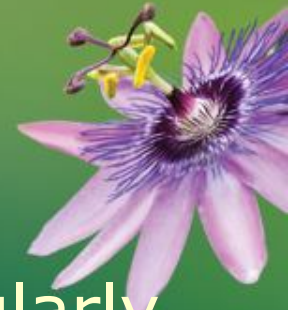
Suggested Use:

Long term: 1 tablet 2 times daily

Short term: 2 tablets 2 to 3 times daily



Echinacea Premium: Key Uses



- Enhances immune system function (particularly non-specific immune function)
- Supports and promotes healthy white blood cells
- Supports healthy immune system response following stress, sudden changes in weather or temperature
- Encourages healthy upper respiratory tissue
- Maintains healthy throat tissue
- Supports healthy lymphatic system function
- Stimulates the body's normal tissue support and renewal function

Vitanox



Rosemary leaf 5:1 extract from <i>Rosmarinus officinalis</i> leaf 1.0 g	200 mg
Green Tea leaf 25:1 extract from <i>Camellia sinensis</i> leaf 4.2 g Containing catechins 83.35 mg	166.7 mg
Turmeric rhizome 25:1 extract from <i>Curcuma longa</i> rhizome 2.0 g Containing curcuminoids 70.4 mg	80 mg
Grape seed 120:1 extract from <i>Vitis vinifera</i> seed 6.0 g Containing procyanidins 42.5 mg	50 mg
Suggested Use: 2 to 3 tablets per day	

Vitanox: Key Uses

- Provides strong antioxidant activity
- Supports healthy circulation and vascular integrity
- Maintains healthy connective tissue
- Supports and maintains cellular health



Standard Process® Synergists



- Ligaplex® I
- Ligaplex® II
- Glucosamine Synergy®
- Myo-Plus®
- Myotrophin PMG®
- Calcium Lactate Powder
- Ostrophin PMG®
- Calcifood® Powder or Calcifood® (Wafers)

Support for Regular Exercise



Core Support

Gotu Kola Complex tablets (3 per day)

Ligaplex II capsules (6 per day)

Additional Support (as required)

Vitanox tablets (2 per day)

Support for Strenuous Exercise Discomfort



Core Support

Gotu Kola Complex tablets (3 to 4 per day)

Ligaplex I capsules (6 to 9 per day)

Additional Support (as required)

Nervagesic tablets (2 to 4 per day)

Boswellia Complex tablets (2 to 4 per day)

Joint Support



Core Support

Boswellia Complex tablets (2 to 4 per day)

Ligaplex II capsules (6 per day)

Additional Support (as required)

Saligesic tablets (2 to 4 per day)

Glucosamine Synergy capsules (3 per day)

Muscle Support



Core Support

Kava Forte tablets (1 to 3 per day)

Myo-Plus tablets (6 per day)

Calcium Lactate Powder (1 tablespoon per day)

Myotrophin PMG tablets (3 per day)

Overtraining Syndrome Support



Gotu Kola Complex tablets (3 to 4 per day)

Ligaplex I capsules (3 to 9 per day)

Rhodiola & Ginseng Complex (2 to 4 per day)

Adrenal Complex tablets (2 to 3 per day)

Support for Bone Health



Bone Complex tablets (3 per day)

Gotu Kola Complex tablets (3 per day)

Ostrophin PMG tablets (3 to 6 per day)

Calcifood (6 to 12 wafers per day)

OR

Calcifood Powder (1 to 2 tablespoons per day)

Acknowledgements



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Questions

