



# Herbal Liquid Prescriber's Guide

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2025/2026



**"MediHerb® was born out of my desire for efficacious herbal products. This continues to underpin every aspect of MediHerb today from raw material sourcing, manufacturing, quality assurance and research through to world-class education programs."**

**Professor Kerry Bone**

MediHerb Co-Founder and Director of Research & Development

**MediHerb is committed to quality, a commitment which started with co-founder Professor Kerry Bone over 30 years ago. This governs all aspects of MediHerb from research and development, sourcing of superior ingredients, pharmaceutical-standard manufacturing through to world-class education.**

The dedicated team of herbalists, naturopaths, scientists, botanical experts and practitioners at MediHerb develop analytical methods and measures for quality, efficacy and pharmacognosy. Our unwavering commitment to applying modern science, the principles of evidence-based practice and pharmaceutical-quality standards to the rich tradition of herbal medicine is what sets MediHerb apart.

This means MediHerb is the natural medicine choice for many health care professionals around the globe including Australia, New Zealand, the United States and throughout Europe and the United Kingdom. MediHerb continually redefines quality in natural medicines. By choosing MediHerb you choose the best in natural medicine.



# Table of Contents

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- |           |   |            |  |
|-----------|---|------------|--|
| <b>4</b>  | Liquid Products List                                      | <b>17</b>  | Quality Assurance of Herbal Materials          |
| <b>6</b>  | The Birth of MediHerb®                                    | <b>18</b>  | MediHerb® Formulated Liquids                   |
| <b>7</b>  | MediHerb® Extraction Process                              | <b>22</b>  | MediHerb® Herbal Liquids                       |
| <b>8</b>  | The MediHerb® Quality Commitment                          | <b>113</b> | Children's Dosage Rules                        |
| <b>9</b>  | MediHerb® Quality Assurance                               | <b>114</b> | Pregnancy and Lactation<br>Herbal Safety Chart |
| <b>10</b> | MediHerb® Sustainability<br>Commitment                    | <b>117</b> | MediHerb® My First Dispensary                  |
| <b>12</b> | MediHerb® Herbal Liquid Production<br>and Quality Control | <b>118</b> | How to Make Topical Applications               |
| <b>13</b> | The MediHerb® 'Quantified Activity'<br>Program            | <b>122</b> | Liquid Formulations                            |
| <b>14</b> | The Art and Science of<br>Herbal Liquids                  | <b>124</b> | Dosage Index                                   |
| <b>16</b> | Herbal Liquid Production                                  | <b>129</b> | Herb Listing by Action                         |
|           |   | <b>133</b> | Glossary of Herbal Actions                     |



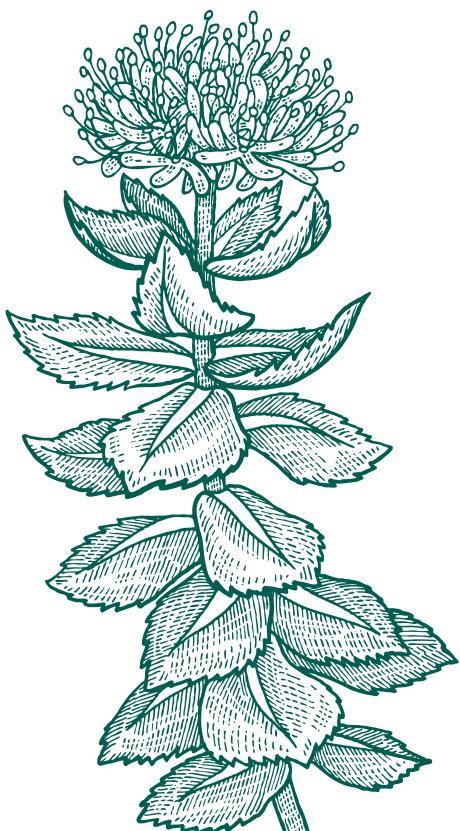
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# Liquid Products List

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<b>23</b>	Adhatoda 1:2	<b>39</b>	Chaste Tree 1:2	<b>54</b>	Feverfew 1:5
<b>23</b>	Albizia 1:2	<b>40</b>	Chen Pi 1:2	<b>55</b>	Flavouring Mixture
<b>24</b>	Andrographis 1:2	<b>40</b>	Cinnamon Quills 1:4	<b>55</b>	Fringe Tree 1:2
<b>24</b>	Arjuna 1:2	<b>41</b>	Clivers 1:2	<b>56</b>	Gentian 1:2
<b>25</b>	Astragalus 1:2	<b>41</b>	Codonopsis 1:2	<b>56</b>	Ginger 1:2
<b>25</b>	Bacopa 1:2	<b>42</b>	Coleus 1:1 <b>QA</b>	<b>57</b>	Ginkgo Biloba 2:1 <b>s</b>
<b>26</b>	Baical Skullcap 1:2	<b>42</b>	Corn Silk 1:1	<b>57</b>	Globe Artichoke 1:2
<b>26</b>	Baptisia 1:2	<b>43</b>	Corydalis 1:1	<b>58</b>	Goat's Rue 1:2
<b>27</b>	Barberry 1:2	<b>43</b>	Couch Grass 1:1	<b>58</b>	Golden Rod 1:2
<b>27</b>	Bearberry 1:2	<b>44</b>	Cramp Bark 1:2	<b>59</b>	Golden Seal 1:3 <b>QA</b>
<b>28</b>	Bilberry 3:1	<b>44</b>	Crataeva 1:2	<b>59</b>	Golden Seal 1:5
<b>29</b>	Black Cohosh 1:2 <b>QA</b>	<b>45</b>	Damiana 1:2	<b>60</b>	Gotu Kola 1:1 <b>s</b>
<b>30</b>	Black Walnut Hulls 1:10	<b>45</b>	Dan Shen 1:2	<b>61</b>	Greater Celandine 1:2
<b>30</b>	Bladderwrack 1:1	<b>46</b>	Dandelion Leaves 1:1	<b>62</b>	Grindelia 1:2
<b>31</b>	Blue Flag 1:2	<b>46</b>	Dandelion Root 1:2	<b>62</b>	Gymnema 1:1
<b>31</b>	Buchu 1:2	<b>47</b>	Devil's Claw 1:2	<b>63</b>	Gynostemma 1:1
<b>32</b>	Bugleweed 1:2	<b>47</b>	Dong Quai 1:2	<b>63</b>	Hawthorn Berries 1:2
<b>32</b>	Bupleurum 1:2	<b>48</b>	Echinacea Angustifolia 1:2 <b>QA</b>	<b>64</b>	Hawthorn Leaves 1:2
<b>33</b>	Burdock 1:2	<b>49</b>	Echinacea Premium 1:2 <b>QA</b>	<b>64</b>	Hemidesmus 1:2
<b>33</b>	Butcher's Broom 1:2	<b>50</b>	Echinacea Purpurea Glycetract 1:3	<b>65</b>	Hops 1:2
<b>34</b>	Calendula 1:2 (low alcohol)	<b>51</b>	Elder Flowers 1:2	<b>65</b>	Horsechestnut 1:2
<b>34</b>	Calendula 1:2	<b>51</b>	Elecampane 1:2	<b>66</b>	Horseradish 1:2
<b>35</b>	Californian Poppy 1:2	<b>52</b>	Epilobium (Willow Herb) 1:2	<b>67</b>	Iberis 1:5
<b>35</b>	Cascara 1:2	<b>52</b>	Euphorbia 1:2	<b>67</b>	Jamaica Dogwood 1:2
<b>36</b>	Cayenne 1:3	<b>53</b>	Eyebright 1:2	<b>68</b>	Kava 1:1 <b>s</b>
<b>37</b>	Celery Seed 1:2 <b>QA</b>	<b>53</b>	Fennel 1:2	<b>69</b>	Korean Ginseng 1:2 <b>s</b>
<b>38</b>	Chamomile 1:2	<b>54</b>	Fenugreek 1:2	<b>70</b>	Ladies Mantle 1:2

70	Lavender 1:2	86	Prickly Ash 1:2	103	Tongkat Ali 2:1 Glycetract
71	Lemon Balm 1:2	87	Propolis 1:5	104	Tribulus 2:1
72	Licorice High Grade 1:1 <b>QA</b>	88	Qing Hao 2:1	105	Turmeric 1:1 <b>s</b>
72	Licorice 1:1	88	Raspberry Leaves 1:2	106	Valerian 1:2
73	Lime Flowers 1:2	89	Red Clover 1:2	107	Vervain 1:2
73	Lion's Mane 1:2	89	Rehmannia 1:2	107	White Horehound 1:2
74	Marshmallow Root 1:5	90	Rhodiola 1:1 <b>s</b>	108	Wild Yam 1:2 <b>QA</b>
74	Marshmallow Root Glycetract 1:5	91	Ribwort 1:2	109	Willow Bark 1:2
75	Meadowsweet 1:2	92	Rosemary 1:2 <b>QA</b>	110	Withania 2:1 <b>s</b>
75	Mexican Valerian 1:2	92	Saffron 1:20	110	Withania Glycetract 2:1 <b>s</b>
76	Motherwort 1:2	93	Sage 1:2 <b>QA</b>	111	Wormwood 1:5 <b>QA</b>
76	Mullein 1:2	93	Sarsaparilla 1:2	111	Yarrow 1:2
77	Myrrh 1:5	94	Saw Palmetto 1:2	112	Yellow Dock 1:2
79	Nettle Leaf 1:2	94	Schisandra 1:2	112	Zizyphus 1:2
79	Nettle Root 1:2	96	Shatavari 1:2		
80	Nigella 1:2	96	Shepherd's Purse 1:2		
80	Oats Green 1:2	97	Siberian Ginseng 1:2 <b>s</b>		
81	Oats Seed 1:1	97	Skullcap 1:2		
81	Olive Leaves 1:2	98	St John's Wort High Grade 1:2 <b>QA</b>		
82	Oregon Grape 1:2	98	St John's Wort 1:2 <b>QA</b>		
82	Paeonia 1:2	100	St Mary's Thistle 2:1 <b>QA</b>		
83	Passionflower 1:2	100	St Mary's Thistle Glycetract 1:1 <b>QA</b>		
83	Pelargonium 1:5	101	Thuja 1:5		
84	Peppermint 1:2 <b>QA</b>	101	Thyme 1:2 <b>QA</b>		
84	Pleurisy Root 1:2	102	Tienchi Ginseng 1:2		
85	Poke Root 1:5	102	Tinospora 1:2		
86	Pomegranate 1:2				



# The Birth of MediHerb®

**MediHerb® was co-founded in 1986 by Professor Kerry Bone, an inspiring herbal practitioner, scientist and academic. Kerry's reputation is cemented by his significant world-wide contribution to education, research and advocacy of the profession.**

Kerry worked as a research scientist after graduating with first-class honours from Melbourne University and receiving the Masson Memorial Prize for Chemistry. He then started studying naturopathy at the Southern School of Natural Therapies before moving to the UK to commence in-depth study at the world-renowned School of Phytotherapy.

After completing the four-year Diploma in Phytotherapy, Kerry began practising in Australia. However, it became apparent that the extracts available at the time were of poor quality, preventing effective patient outcomes. Driven by the need for efficacious herbal products, he used his scientific knowledge and technical experience to develop a unique 1:2 Cold Percolation extraction method for herbal liquids.

This unique extraction process had sufficient strength to provide therapeutic doses while preserving the full phytochemical spectrum of the starting herb.

Word of the high quality herbal products spread and so MediHerb was born.



# MediHerb® Extraction Process

**The MediHerb® 1:2 Cold Percolation process was developed by Professor Kerry Bone to ensure high-quality, efficacious herbal liquids that retain the full spectrum of phytochemicals from the starting herbal material.**

When Kerry started producing his own herbal liquids he was faced with a problem. Theoretically, 1:1 liquid extracts provided a 'stronger' extract, however many herbal constituents were also lost due to the manufacturing process. A true, well-made 1:1 liquid extract is made using a concentration step where at least 2 L of percolate is produced for every 1 kg of herb and then concentrated back to 1 L. The unique herbal phytochemicals can be lost or changed during this process due to the biological nature and variability of herbs. Limiting the amount of solvent can also impact the quality of the extract due to the poor extraction of constituents.

1:3 and 1:5 tinctures solve this problem by providing a true full galenical extract that accurately reflects the chemistry of the original plant, however large volumes need to be consumed in order to achieve a therapeutic dose.

This led Kerry to develop 1:2 Cold Percolation extracts. This method did not use heat or concentration which could damage the delicate balance of the phytochemical spectrum of the original herb, and were sufficiently potent, thus improving volumes for therapeutic dosing.

MediHerb continues to use the Cold Percolation method for the production of herbal products.



# The MediHerb® Quality Commitment

**At MediHerb® we carefully source and rigorously test all raw materials in TGA-certified laboratories before production begins. The MediHerb precisely engineered manufacturing and extraction processes are revolutionary with the unique “Quantified Activity” (QA) program ensuring consistent quality extracts with active constituents guaranteed at minimum levels.**

All MediHerb therapeutic products are produced under strict pharmaceutical Good Manufacturing Practices (GMP). Production of herbal products under pharmaceutical GMP is technically challenging and requires specialised expertise as well as a total commitment to quality assurance.

Due to the complex nature of herbal medicine production, specialised knowledge and experience in phytochemistry, sourcing, testing, manufacturing and herbal medicine practice is required. Without this expertise there is a risk of misidentification of raw materials, variability, contamination or adulteration.

Kerry established strict scientific rigor for MediHerb Quality Assurance. MediHerb's expert staff continue to work under the guidance of Kerry to improve on these best-practice standards that are redefining global quality benchmarks.

## **MediHerb Herbal Sourcing**

Efficacious herbal medicine begins with sourcing quality herbs. Organically grown and wild-crafted herbs are sourced where possible. MediHerb optimises practices with growers and harvesters for sustainable and quality raw materials. This includes assisting with varietal selection, climatic and soil requirements, time and techniques of harvest, drying parameters and storage requirements.

Through testing MediHerb has uncovered a number of substitutions, highlighting the importance of correct herbal identification and sourcing. Adulteration and substitution has impacted a number of herbs including Bilberry, Echinacea and Golden Seal. Material that fails our strict quality standard is not used, and may result in product being 'out of stock'. You can therefore always be confident in an efficacious and quality product for your patients.



# MediHerb® Quality Assurance

MediHerb® extracts use both standardised and innovative technologies and processes before, during and post production to ensure the best possible product for your practice.



## 1. Sourcing

Quality raw material is an extremely important first step. MediHerb has established a collaborative relationship with cultivators, farmers and harvesters to ensure quality and sustainable sourcing.



## 2. Testing

All raw material is checked prior to production. A number of scientific tests are undertaken to check identity, levels of active constituents and to rule out substitution or adulteration of the raw material.



## 3. Pharmaceutical standard GMP production

Applies to all MediHerb therapeutic products. Strict controls are in place to prevent cross-contamination, including rigorous cleaning procedures, stainless steel extraction equipment and pharmaceutical-standard air filtration units.



## 4. MediHerb Quantified Activity (QA) Program

Is a unique program that ensures a quantified and consistent level of specific active constituents in herbal products.



## 5. Finished goods testing and monitoring

Continues once the final product is produced. This guarantees the quality and efficacy of the product until its expiry date.

# MediHerb® Sustainability Commitment

Working with growers, MediHerb® has supported cultivating endangered species such as Golden Seal. MediHerb actively gathers intelligence from multiple sources to act immediately on adulteration or endangerment concerns. When a wild-crafted herb is classified as 'threatened,' steps are immediately taken to find alternatives, to overcome or reduce the threat.

## MediHerb commitment to endangered and threatened herbs

1.

MediHerb does not source herbs from countries that they are deemed 'threatened' in.

2.

Cultivated herbal sources of 'threatened' herbs are used.

3.

Where no cultivated source is available, MediHerb seeks to establish cultivation in conjunction with growers.

4.

If the above is not possible, MediHerb works with harvesters to optimise wild-crafting and establish protocols.

5.

MediHerb educates on sustainable alternatives to endangered herbs.

6.

When a herb is listed in the CITES Appendix II and a cultivated source is not available, we cease to use that herb and delete the product from MediHerb.





# MediHerb® Herbal Liquid Production and Quality Control



# The MediHerb® ‘Quantified Activity’ Program

**The MediHerb® Quantified Activity (QA) program aims to establish meaningful quality guidelines for the manufacture of MediHerb herbal products.**

This program ensures the production of consistent-quality herbal liquids with guaranteed minimum levels of active constituents. The constituents chosen as ‘quality indicators’ are carefully selected and represent current scientific knowledge.

Once relevant active constituents are selected and the quantified activity levels are set, the main focus is to ensure the supply of consistent-quality raw material and the retention of the constituents throughout the manufacturing process.

The MediHerb Quantified Activity extracts retain the full and complex spectrum of active constituents from the raw herbal material.

More than 70 MediHerb herbal ingredients have undergone the Quantified Activity Program.

## ‘Quantified Activity’ versus standardisation

Standardised extracts have a specific measure of active constituent/s contained in that extract.

This means that the extract may need to be diluted to meet this level. MediHerb ‘Quantified Activity’ herbal products, however, are never diluted to meet minimum specifications. This means you can be assured you are always receiving the highest level of activity available. For more information contact MediHerb or view the article in the MediHerb Professional Library at [www.mediherb.com](http://www.mediherb.com).



Thyme  
*Thymus vulgaris*

# The Art and Science of Herbal Liquids

## Formulating Herbal Liquids

Herbal liquid formulating has a rich tradition and is based on holistic principles of providing personalised care. It also provides the practitioner with greater flexibility in addressing multiple body systems, and ability to adjust dosage.

## Considerations in Liquid Formulating

### Precipitation

Precipitation can occur in herbal liquids manufactured without heat. These extracts can develop a natural sediment over time – a feature of MediHerb® 1:2 Cold Percolation. Extracts made from woody plant parts, such as roots and bark, are prone to sedimentation.

If the sediment is fine and easily dispersed then the bottle should be shaken before dispensing. Directions to shake the bottle well before using will be clearly marked on the label of such liquids.

### Incompatibilities

Incompatibilities in liquid blending can occur.

Consider the following to avoid issues:

#### Tannin and alkaloid-rich herbs:

- Large amounts of tannin-rich herbs (e.g. Ladies Mantle) are best not mixed with alkaloid-rich herbs (e.g. Golden Seal, Barberry) as a precipitate may form.
- Tannins and alkaloids are best dispensed separately and taken at different times.
- Bladderwrack is also incompatible with tannin-rich herbs.

#### Percentage alcohol:

- Herbs extracted in a high percentage alcohol (e.g. Ginger, Myrrh, Propolis) often contain resins that precipitate when mixed with liquids of lower alcohol percentage (e.g. Nettle). To avoid this, include a small amount of Licorice (10%) in the formula. The Licorice saponins act as an emulsifying agent, keeping the sediment in suspension. The Licorice is best added first before adding the resinous liquid.
- Mix herbal liquids in ascending order in terms of their ethanol content.
- Mucilaginous herbs (e.g. Marshmallow Root) are not compatible with high-ethanol extracts and are best dispensed separately.

## Herbal Liquid Benefits

- **Customised formulations** for individual patient.
- **Better value**, as MediHerb liquids provide a potent dose in a concentrated form.
- **Versatile** as specific liquids can be also used in a variety of formats, including mouthwashes, nasal rinses, sprays and topical applications such as creams. The localised therapeutic effect is particularly desirable for some conditions, for example in throat irritation or skin conditions.
- **Flexible dosing** allowing for different conditions and patient requirements. Liquids are great for children and adults that have difficulty swallowing tablets.
- **Enhanced absorption** for some patients, especially patients with poor digestion.

## Herbal Liquid Compliance

Patient compliance is a common issue regardless of the medicine format. To help improve compliance, a number of considerations can be taken into account:

- **Explain the role of the taste and herbal formula:** help the patient understand the role of specific tastes, and the impact on their desired health outcomes.
- **Provide clear dosage instructions:** ensure the patient understands exactly how to use the herbal formula you have prescribed, and provide some tips on taking.
- **Patient taste preferences:** more palatable herbs that still perform the therapeutic actions desired can be utilised.
- **Be transparent on the taste:** ask the patient if they can cope with strong-tasting liquids, and adjust the formula and/or provide tips for taking.
- **Avoid over-dilution:** consider advising the patient to take the dose in no more than 10 mL of water or juice.
- **Follow up with some water:** concerned patients may wish to follow up with some water straight after taking the herbs.
- **Enhance palatability:** MediHerb Flavouring Mixture is a great-tasting liquid that can also be added to formulations.

## Calculating Dried Herb Equivalence

Herbal liquids are expressed as a **dried herb weight (g) to extract volume (mL) ratio** i.e. a 1:2 liquid extract equals 1 g of dried herb to 2 mL of solvent.

The 'strength' of herbal liquid extracts is expressed by the drug-extract ratio (DER) - the ratio between the raw material (expressed as a dried-herb weight unless expressly stated otherwise) and the amount of final extract.

For example, a 1:2 liquid extract requires one part dried herb to produce two parts of final liquid extract i.e. 1 kg of dried herb is extracted to produce 2 L of final extract. Such an extract contains the equivalent of 500 g dried herb per litre, or 500 mg per mL.

## Herbal Liquid Solvents

Herbs contain a complex range of active constituents, and liquid extracts are prepared by macerating or percolating the herb, most often with ethanol/water solutions.

Before the extraction process begins, a solvent must be chosen for its ability to dissolve the plant constituents.

Traditional solvents include:

- Water
- Alcohol (ethanol)
- Water and ethanol combinations (including wine)
- Glycerol (glycerine)
- Vinegar (acetic acid)
- Vegetable oils.

The water/ethanol combination is a highly efficient solvent because it extracts a wide variety of plant constituents and improves the stability of the herbal medicine. The optimal ratio of ethanol to water must be carefully determined to maximise the quality of each specific herbal liquid and will depend on the type of active constituents contained in the herb. It is important to note a higher ethanol percentage does not necessarily mean higher activity or extraction ability. For example:

- 55% ethanol is optimal for Chamomile flower (*Matricaria chamomilla*) to extract the essential oil and flavonoids.
- Approximately 60% ethanol is a suitable solvent to extract most saponins.
- Alkylamides, the important active constituent that produces the tingling sensation of good-quality Echinacea root, are best extracted at higher ethanol percentages.
- Ginger (*Zingiber officinale*) is best extracted with 90% ethanol, otherwise poor quality extracts containing low quantities of the pungent principles result.

These basic guidelines are recommended by Kerry Bone for the ethanol percentage to optimise the activity of the final liquid:

- 23%: water-soluble constituents such as mucilage, tannins, and some glycosides.
- 45-60%: essential oils, alkaloids, most saponins and some glycosides.
- 90%: resins and oleoresins.

Ethanol is not a suitable solvent for herbs containing highly water-soluble constituents such as mucilage. Slippery Elm and Psyllium are best administered in powder form and mixed in water.

## Safety of Ethanol in Herbal Liquids

The difference between a therapeutic and a toxic effect is usually only a question of dose. Ethanol is no exception to this rule. A 5 mL dose of herbal liquid usually only contains as much ethanol as about one-sixth of a glass of beer or wine. This small intake of ethanol is rapidly metabolised by the liver.

Liver overload leading to adverse affects generally occurs with a much higher intake of ethanol.

A small minority of patients are genuinely sensitive to alcohol or cannot consume it for medical or cultural reasons, and as such ethanolic herbal liquids may not be suitable for these patients.

## Herbal Glycetracts

A herbal glycetact is prepared using a glycerol and water solvent. Glycerol is typically a poor solvent for most plant constituents, and a poorer preservative than ethanol. A herbal glycetact is desired in some cases, for example Marshmallow (*Althaea officinalis*) root is often prescribed as a glycetact due to its high mucilage content. To produce a good-quality glycetact, specific manufacturing processes and quality checks should be followed.

Glycetact manufacturing process for products poorly extracted by glycerol-water:

1. Prepare herbal liquid extraction using ethanol as a solvent.
2. Remove the ethanol.
3. Complete the extraction process using glycerol and water.
4. Check and test levels of the active constituents.

Testing of the finished glycetact is critical. Glycetracts can contain low levels of active constituents due to poor extraction, or due to active constituents solubilised by ethanol that do not remain solubilised once the ethanol is removed. This is because they may form a precipitate in the final glycerol-water solution.

Therefore poor-quality product may result if specific tests and methods are not part of the process. High performance liquid chromatography (HPLC) is an example of suitable laboratory testing method applied to ensure final extract quality.

As glycerol is metabolised in a similar way to glucose, consideration should be given when administering to diabetics.

# Herbal Liquid Production

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## Ethanol as a Solvent

Most MediHerb® herbal liquids are extracted using ethanol which is sourced from Australian grown GMO free sugar cane alcohol.

Ethanol as a solvent in herbal liquid and tincture preparation is an essential and historical part of traditional herbal medicine. This is because ethanol has extractive and preservative actions superior to other solvents.

## Safety of Herbal Supplements

The safety of herbal supplements is constantly changing and evolving as new research is released on various herbal supplements.

This guide is updated yearly and any new safety information is added in, however for a full list of current safety data, including interactions with other herbs, nutrients or pharmaceutical medications, please contact our Clinical Support team at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).



St Mary's Thistle  
*Silybum marianum*

# Quality Assurance of Raw Herbs

Raw Herb is sourced from quality herb suppliers worldwide



Raw Herb pre-shipment sample sent to the MediHerb Laboratory for Quality Control testing.

## Identification

### Macroscopic/Microscopic

Mediherb meticulously examines macroscopic features of raw herb plant parts, comparing them to a botanically certified reference. Additionally, microscopic specimens are prepared and scrutinised under a microscope to enhance identification. If the sample meets acceptance criteria, it then proceeds to further chemical identification testing.

### Phytochemical Profiling

Phytochemical profiling serves as a crucial identification tool for herbs. It encompasses the use of diverse instruments and methods to create a chemical fingerprint specific to each herb. This fingerprint is then compared to a botanically certified reference. Additionally, along with macroscopic and microscopic testing, phytochemical profiling provides further assurance that the herb has been identified down to the species level.

### Ultra High Performance Liquid Chromatography (UHPLC) coupled with Photodiode Array (PDA) and Mass Spec (MS) detection

## Potency/Quality

### Physical Testing

Raw herb samples are examined under a dissecting microscope to detect any foreign matter, fungal or mould contamination, extraneous plant parts and any signs of insect contamination.

### Instrumental Analysis

MediHerb employs a combination of cutting-edge analytical instrumentation to assess the potency and quality of herbs used in their product manufacturing. A comprehensive array of instruments is used to ensure that only the highest quality herbs are accepted for production.

The potency of herbs can be verified using an UHPLC instrument. Samples are injected into a pressurised liquid phase, and the phytochemicals are separated using an UHPLC column. As these different compounds exit the column, they are detected and quantified using PDA and MS detectors.

### Gas Chromatography (GC) coupled with Flame Ionisation Detection (FID) and Mass Spec (MS) detection

Volatile components of herbs can be identified and quantitated using a GC instrument. Samples are vaporised and carried into a GC column by a carrier gas. As these compounds exit the column, they are detected and quantified using FID and MS detectors.

### High Performance Thin Layer Chromatography (HPTLC)

HPTLC rapidly separates phytochemical components in a mixture based on their affinities for solid or liquid phases. As the sample mixture travels with the liquid phase up the TLC plate by capillary action the compounds are deposited at distinct points on the plate. The resulting fingerprint reveals unique chemical markers, allowing rapid herbal identification. Additionally, HPTLC can detect any potential substitutions or adulterants in the herbal sample.

## Contamination

### Inductively Coupled Plasma Mass Spectrometry (ICP-MS)

Raw herbs undergo routine screening for heavy metal contamination using an ICP-MS instrument. Raw Herbs are acid digested to release any bound heavy metals from the herbal matrix. The heavy metals are then ionised in a plasma torch and are separated, then quantified based on their mass to charge ratio using an MS detector.

Order is placed **ONLY IF** all quality criteria have been met.

Order is quarantined on arrival.

## Quality Control Testing

Full Quality Control testing is repeated on the raw herb shipment with the addition of further contamination testing where appropriate. For example: Microbiological, Pesticide Residues and Aflatoxin testing.

## Quality Assurance - The MediHerb® Benchmark



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When, and only when, all aspects of quality control testing of the herb is met, will the manufacture of MediHerb® products begin. A herb is sent back if it does not comply to MediHerb's strict Quality Assurance Standards.



Reishi  
*Ganoderma lucidum*

## MediHerb® Formulated Liquids





# Broncafect Phytosynergist® Liquid

MHXBRON 200 mL VG

## Indications

- ✓ Echinacea root is traditionally used in Western herbal medicine to decrease the symptoms of common cold including sneezing, cough, runny nose and general malaise
- ✓ Pleurisy Root, Licorice, White Horehound and Thyme are expectorants traditionally used in Western herbal medicine to clear excess respiratory tract mucus
- ✓ Licorice root is used in traditional Western herbal medicine as a demulcent, antitussive and antispasmodic to relieve mild bronchial coughs
- ✓ Pleurisy Root and Ginger root are traditionally used in Western herbal medicine as diaphoretics

## Dosage and Administration

### Adults:

5 mL with water or juice 3 times daily. Shake well before use.

### Each 5 mL dose contains:

<i>Glycyrrhiza glabra</i> (Licorice) extract derived from root dry	1 mL 1 g
<i>Asclepias tuberosa</i> (Pleurisy Root) extract derived from root dry	1 mL 500 mg
<i>Echinacea angustifolia</i> (Echinacea) extract derived from root dry	1 mL 500 mg
<i>Thymus vulgaris</i> (Thyme) extract derived from leaf dry	1 mL 500 mg
<i>Marrubium vulgare</i> (White Horehound) extract derived from herb dry	500 µL 250 mg
<i>Zingiber officinale</i> (Ginger) extract derived from rhizome dry	500 µL 250 mg

## Allergen Information

No added: Gluten, soya bean, milk, lactose, peanuts, tree nuts, fish, crustacea, egg, corn, sesame seeds, artificial colours, sweeteners or flavours.

## Excipients

Ethanol, water.

## Warnings, Cautions and Contraindications

- Contains ethanol 48% v/v.
- Use with caution in pregnancy and lactation.
- Contraindicated in hypertension (including women prone to hypertension during pregnancy) and oedema.
- Children under two years of age should not be treated for symptoms of respiratory tract infections without medical advice.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).

If patient symptoms persist, seek additional professional advice.



# Mushroom Forte Liquid

MH5MUSH 500 mL VG

## Indications

- ✓ Contains fruiting body for quality source of fungal polysaccharides
- ✓ Fungal polysaccharides demonstrate immunomodulating properties to support healthy immune function
- ✓ Supports immune system to fight illness
- ✓ Reishi Mushroom is traditionally used in Chinese medicine:
  - to relieve weariness and fatigue
  - for the relief of coughing

## Dosage and Administration

### Adults:

7.5 mL, twice daily. Shake well and consume immediately.

### Each 7.5 mL dose contains:

Ganoderma lucidum (Reishi) extract derived from whole plant (mushroom fruiting body) dry	187.5 mg 3 g
Lentinula edodes (Shiitake) extract derived from whole plant (mushroom fruiting body) dry	750 mg 3 g
Grifola frondosa (Maitake) extract derived from whole plant (mushroom fruiting body) dry	622.5 mg 2.5 g

## Allergen Information

No added: Gluten, soya bean, milk, lactose, peanuts, tree nuts, fish, crustacea, corn, egg, sesame seeds, artificial sweeteners, colours or flavours.

## Excipients

Ethanol, purified water.

## Warnings, Cautions and Contraindications

- Do not take while on warfarin therapy without medical advice.
- Contains ethanol 20% v/v.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.
- Children under two years of age should not be treated for symptoms of respiratory tract infections without medical advice.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).

If patient symptoms persist, seek additional professional advice.





# ResCo Phytosynergist® Liquid

MHXRESC 200 mL VG

## Indications

- ✓ Licorice is traditionally used in Western herbal medicine:
  - for relief of symptoms of catarrh and relief of cough due to bronchial irritation by relieving mucous congestion and soothing bronchial airways
  - for the temporary relief of mild bronchial cough
- ✓ Licorice, Euphorbia and Grindelia are traditionally used in Western herbal medicine to support lung health

## Dosage and Administration

### Adults:

5 mL with juice or water 3 times daily. Stir well and consume immediately.

### Each 5 mL dose contains:

<i>Glycyrrhiza glabra</i> (Licorice) extract derived from root dry	1.0 mL 1.0 g
<i>Verbascum thapsus</i> (Mullein) extract derived from leaf dry	1.25 mL 625 mg
<i>Euphorbia hirta</i> (Euphorbia) extract derived from herb dry	745 µL 372.5 mg
<i>Grindelia camporum</i> (Grindelia) extract derived from herb dry	745 µL 372.5 mg
<i>Inula helenium</i> (Elecampane) extract derived from root dry	745 µL 372.5 mg
<i>Zingiber officinale</i> (Ginger) extract derived from rhizome dry	500 µL 250 mg
Fennel oil ( <i>Foeniculum vulgare</i> )	15 µL

## Allergen Information

No added: Gluten, soya bean, milk, lactose, peanuts, tree nuts, fish, crustacea, corn, egg, sesame seeds, artificial colours, sweeteners or flavours.

## Excipients

Ethanol, water.

## Warnings, Cautions and Contraindications

- Do not use if pregnant or likely to become pregnant.
- Contraindicated for use by breastfeeding and lactating women.
- Due to methyl chavicol in Fennel oil, use in children under 12 years of age is not recommended.
- Children under two years of age should not be treated for symptoms of respiratory tract infections without medical advice.
- Contains ethanol 46% v/v.
- Discontinue 7 days prior to general anaesthesia.
- If coughing persists seek additional professional advice.

For potential herb-drug interactions please contact Clinical Support at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).

If patient symptoms persist, seek additional professional advice.



# MediHerb® Herbal Liquids

## Product Key

VG	Vegan*	QA	Quantified Activity
VT	Vegetarian*	S	Standardised
GF	No Added Gluten*	NLT	No Less Than
DF	No Added Dairy*		

\*Indicates no gluten and/or dairy ingredients are added to the product. The finished product is not necessarily tested for the absence or presence of dairy and/or gluten.

#The product ingredients are suitable for vegans or vegetarians (as indicated); the final product is not tested.

\*#This information is based on documentation held by MediHerb® and is correct at the time of publication.





## Adhatoda 1:2



MH5ADHA 500 mL VG GF DF

**Botanical Names:** *Justicia adhatoda*

**Plant Part:** Leaf

**Ethanol content:** 45%

### Actions

**Primary:** expectorant, bronchodilator (mild), bronchospasmolytic.

**Secondary:** oxytocic.

### Major Indications

✓ Relief of mild bronchitis and cough.\*

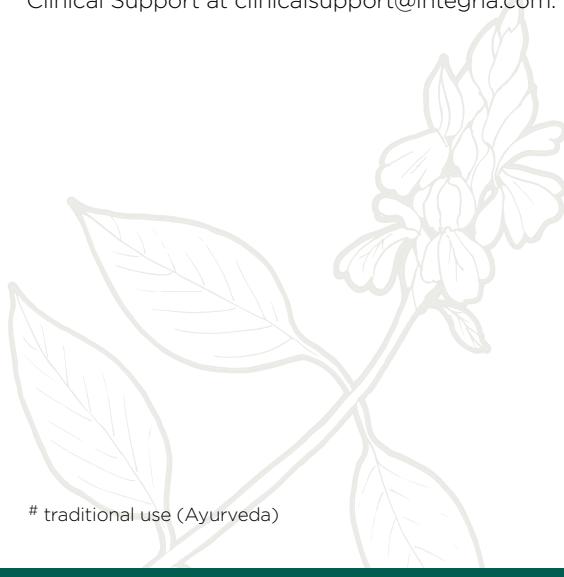
### Dosage and Administration

10–25 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated if trying to conceive.
- Contraindicated in pregnancy, except at birth under professional supervision.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



\* traditional use (Ayurveda)



## Albizia 1:2



MH5ALBI 500 mL VG GF DF

**Botanical Names:** *Albizia lebbeck*

**Plant Part:** Bark

**Ethanol content:** 23%

### Actions

**Primary:** antiallergic.

**Secondary:** hypocholesterolaemic, antimicrobial.

### Major Indications

- ✓ Relief of the symptoms of allergies.\*
- ✓ Skin conditions.\*

### Dosage and Administration

25–60 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy, use under professional supervision.
- Use with caution in lactation, monitor infant for GI symptoms.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Ayurveda)



## Andrographis 1:2



MH5ANDR 500 mL VG GF DF

**Botanical Names:** *Andrographis paniculata*

**Plant Part:** Herb **Ethanol content:** 45%

### Actions

- Primary:** bitter tonic, choleric, immune stimulating, hepatoprotective.
- Secondary:** antipyretic, anthelmintic, anti-inflammatory, antiplatelet, antioxidant.

### Major Indications

- ✓ Loss of appetite, sluggish liver, flatulence, indigestion, fatigue.<sup>#</sup>
- ✓ Relief of mild fever.<sup>#</sup>
- ✓ Relief of cold and flu, sore throat.<sup>^</sup>
- ✓ Relief of mild diarrhoea.<sup>#</sup>
- ✓ Often combined with aromatics or warming herbs, such as Ginger.<sup>#</sup>

### Dosage and Administration

20-40 mL/week

### Warnings, Cautions and Contraindications

- Andrographis may cause allergic reactions in some people. If you have a severe reaction (such as anaphylaxis) stop use and seek immediate medical attention.
- Use with caution in pregnancy, contraindicated in first trimester.
- Caution in lactation, use under professional supervision.
- Andrographis may cause taste disturbance including loss of taste. If you/your patient develops any adverse symptoms, stop use and advise medical assessment.
- Caution in peptic ulcer and hyperacidity.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

<sup>#</sup> traditional use (Ayurveda)

<sup>^</sup> traditional use (traditional Chinese medicine)



## Arjuna 1:2



MHARJX500 500 mL VG GF DF

**Botanical Names:** *Terminalia arjuna*

**Plant Part:** Bark

**Ethanol content:** 60%

### Actions

- Primary:** cardiotonic, cardioprotective, antioxidant, hypolipidaemic.
- Secondary:** astringent, hypotensive.

### Major Indications

- ✓ To support healthy heart function.<sup>#</sup>
- ✓ To support healthy liver function.<sup>#</sup>
- ✓ Fatigue.<sup>#</sup>
- ✓ Topically for minor wounds and skin inflammations.<sup>#</sup>

### Dosage and Administration

20-60 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in pregnancy and lactation. Not suitable for children.
- Caution in couples wanting to conceive.
- Monitor patients with low thyroid function.
- May not be suitable for patients on a strict low-oxalate diet.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

<sup>#</sup> traditional use (Ayurveda)



## Astragalus 1:2

MH5ASTR 500 mL VG GF DF



**Botanical Names:** *Astragalus membranaceus*

**Plant Part:** Root

**Ethanol content:** 23%

### Actions

**Primary:** immune stimulating, tonic, adaptogenic.  
**Secondary:** cardiotonic, hypotensive, diuretic, antioxidant.

### Major Indications

- ✓ Supports relief of colds and flu, and mild bronchitis.^
- ✓ Fatigue.^

### Dosage and Administration

30–60 mL/week

### Warnings, Cautions and Contraindications

- Not advisable in acute infections.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).



## Bacopa 1:2

MH5BACO 500 mL VG GF DF



**Botanical Names:** *Bacopa monnieri*

**Plant Part:** Herb

**Ethanol content:** 23%

### Actions

**Primary:** cognition enhancing, nervine tonic, sedative (mild).  
**Secondary:** anxiolytic (mild), adaptogenic, anti-inflammatory, thyroid stimulant.

### Major Indications

- ✓ As a tonic when run down or tired.#
- ✓ To support healthy cognitive function in children.†

### Dosage and Administration

35–90 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).



<sup>^</sup> traditional use (traditional Chinese medicine)

# traditional use (Ayurveda)

† clinical study/trial (controlled)



## Baical Skullcap 1:2



MH5SCUT 500 mL VG GF DF

**Botanical Names:** *Scutellaria baicalensis*

**Plant Part:** Root

**Ethanol content:** 60%

### Actions

**Primary:** antiallergic, antioxidant, anti-inflammatory.

**Secondary:** antiviral.

### Major Indications

- ✓ Relief of cough, mild fevers, respiratory catarrh.<sup>^</sup>
- ✓ Relief of mild diarrhoea.<sup>^</sup>
- ✓ Supports healthy liver function.<sup>^</sup>

### Dosage and Administration

30–60 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).



<sup>^</sup> traditional use (traditional Chinese medicine)



## Baptisia 1:2



MH5BAPT 500 mL VG GF DF

**Botanical Names:** *Baptisia tinctoria*

**Plant Part:** Root

**Ethanol content:** 60%

### Actions

**Primary:** lymphatic, antipyretic, immune enhancing.

**Secondary:** depurative.

### Major Indications

- ✓ Relief of upper respiratory tract infection, inflammations of the mouth or throat, mild mouth ulcers, sore gums, enlarged lymph glands.\*
- ✓ To support mild feverish conditions.\*

### Dosage and Administration

8–20 mL/week. Do not exceed 3 mL per day.

**Caution:** The daily dose of this liquid extract is low, the dosage range is narrow and/or adverse effects may occur if prescribed above the maximum daily dose. Accurate measurement of dose is vital to minimise the chance of adverse effects and/or toxicity.

### Warnings, Cautions and Contraindications

- Do not exceed 3 mL per day.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).

\* traditional use (Western herbal medicine)



## Barberry 1:2



MH5BARB 500 mL VG GF DF

**Botanical Names:** *Berberis vulgaris*

**Plant Part:** Bark

**Ethanol content:** 45%

### Actions

**Primary:** antimicrobial, cholagogue, choleric, antiparasitic, bitter tonic.

**Secondary:** antiemetic, laxative (mild).

### Major Indications

- ✓ Support healthy gallbladder function.\*
- ✓ Indigestion, sluggish liver.\*
- ✓ Topically to relieve skin eruptions and inflammations, including mild eczema.\*
- ✓ Topically as a gargle to relieve mild mouth ulcers.\*
- ✓ Topically as an eye tonic.\*

### Dosage and Administration

20-40 mL/week

Refer to page 118 for how to make topical preparations.

- To make a cream, use 5 mL in 45 grams of MediHerb® Vitamin E Cream.
- To make a gargle or eye bath, use 5 mL in 70-80 mL of saline.

### Warnings, Cautions and Contraindications

- Contraindicated during pregnancy, lactation and in neonatal jaundice.
- Caution may be warranted in patients with gallstones, due to the potential for impacted gallstones and obstructed bile ducts.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)



## Bearberry 1:2



MH5BEAR 500 mL VG GF DF

**Botanical Names:** *Arctostaphylos uva-ursi*

**Plant Part:** Leaf

**Ethanol content:** 45%

### Actions

**Primary:** urinary antiseptic, astringent, anti-inflammatory.

### Major Indications

- ✓ Relief of the pain and burning sensation associated with cystitis.\*
- ✓ Support for inflammations of the urinary tract.\*
- ✓ Support for healthy bladder tone.\*
- ✓ Support for kidney and bladder stones.\*

### Dosage and Administration

30-60 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in pregnancy, lactation and children under 12 years of age.
- Not suitable for prolonged use.
- Use cautiously in highly inflamed or ulcerated conditions of the gastrointestinal tract. Advise patients: if pain or irritation associated with cystitis persists for more than 48 hours, consult your doctor. The presence of blood in the urine warrants immediate medical attention.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)



# Bilberry 3:1

MH5BIL3 500 mL VG GF DF



**Botanical Names:** *Vaccinium myrtillus*

**Plant Part:** Fresh Fruit

**Ethanol content:** 23%

## Actions

**Primary:** vasoprotective, antioedema, antioxidant.

**Secondary:** anti-inflammatory.

## Major Indications

- ✓ Relief of mild diarrhoea.\*
- ✓ Support healthy vascular tissue.

## Dosage and Administration

20–40 mL/week

## Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).

## Bilberry Quality



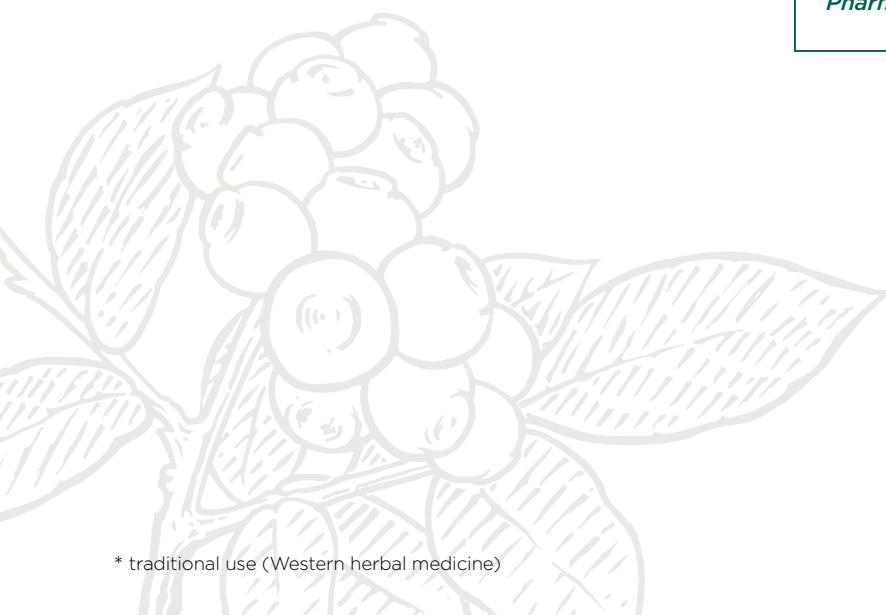
### MediHerb® leads global change in Bilberry validation testing.

The standard method of determining Bilberry anthocyanin content used to be spectrophotometric assay. Using this method MediHerb® scientists found anthocyanin levels of two extracts to be 25% as claimed by the manufacturer specifications. However when high-performance liquid chromatography (HPLC) was used one extract only contained 9% anthocyanin indicating it was an adulterated extract, not derived from *V. myrtillus* and containing an adulterant chemical.

The adulterant was subsequently identified as amaranth, a synthetic dark red dye (3-hydroxy-4-[ $(4$ -sulfo-1-naphthalenyl) azo]-2,7-naphthalenedisulfonic acid trisodium salts) determined by HPLC, mass spectroscopy, and nuclear magnetic resonance testing.

This discovery demonstrated that spectrophotometric assay is inadequate to accurately determine the levels of compounds such as anthocyanins. The standard method of analysis for Bilberry extracts is now more sophisticated (HPLC with photodiode array detection).

**The MediHerb discovery was published (*Journal of Agricultural Chemistry and Food Science* 2006; 54: 7378-7382) and subsequently led to global change in the way Bilberry was validated, including *British Pharmacopoeia* validation methods.**



\* traditional use (Western herbal medicine)



# Black Cohosh 1:2

MH5BKCO 500 mL   VG GF DF   QA



**Botanical Names:** *Actaea racemosa*

**Plant Part:** Root

**Ethanol content:** 60%

**Actives:** NLT 15 mg/ml of triterpene glycosides as 27-deoxyactein

## Actions

**Primary:** oestrogen modulating, antirheumatic, spasmolytic, uterine tonic.

**Secondary:** antioxidant.

## Major Indications

- ✓ Relief of menstrual, arthritic, muscular and nerve-related pain.\*
- ✓ To support normal menstruation and female reproductive function.\*
- ✓ Relief of menopausal symptoms.†

## Dosage and Administration

10–20 mL/week

**Caution:** The daily dose of this liquid extract is low, the dosage range is narrow and/or adverse effects may occur if prescribed above the maximum daily dose. Accurate measurement of dose is vital to minimise the chance of adverse effects and/or toxicity.

## Warnings, Cautions and Contraindications

- In very rare cases, Black Cohosh has been associated with liver failure – monitor for signs and symptoms. Advise patients: If you are experiencing yellowing of the skin or whites of the eyes, dark urine, nausea, vomiting, unusual tiredness, weakness, stomach or abdominal pain, and/or loss of appetite, you should stop using this product and see your doctor.
- Contraindicated during lactation, and in patients with pre-existing liver disease.
- Contraindicated during pregnancy except to assist birth.
- Caution in patients with oestrogen-sensitive malignant tumours, especially when using doses at the higher end of the range.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).

\* traditional use (Western herbal medicine)

† clinical trial (controlled)



## Black Walnut Hulls 1:10



MH5GWAL 500 mL VG GF DF

**Botanical Names:** *Juglans nigra*

**Plant Part:** Hull

**Ethanol content:** 60%

### Actions

**Primary:** anthelmintic, depurative.

**Secondary:** bitter tonic, laxative.

### Major Indications

- ✓ To support the elimination of parasitic worms from the gut.\*

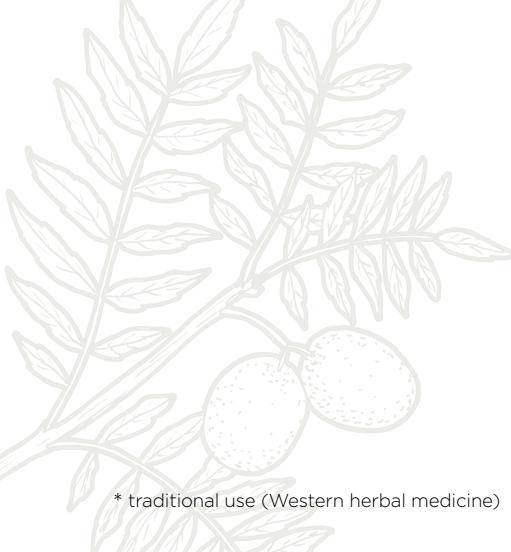
### Dosage and Administration

10–40 mL/week

### Warnings, Cautions and Contraindications

- Avoid long-term use of high doses.
- Contraindicated during pregnancy. Do not use if pregnant or likely to become pregnant.
- Use with caution in lactation, monitor infant due to active constituents in herb.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



\* traditional use (Western herbal medicine)



## Bladderwrack 1:1



MH5BLA1 500 mL VG GF DF

**Botanical Names:** *Fucus vesiculosus*

**Plant Part:** Whole plant

**Ethanol content:** 23%

### Actions

**Primary:** thyroid stimulant.

**Secondary:** antioesity.

### Major Indications

- ✓ Supports healthy thyroid function.\*

### Dosage and Administration

30–60 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in hyperthyroidism and related cardiac problems.
- Use under professional supervision during pregnancy and lactation, dose at the low end of range.
- Due to the presence of iodine, high or prolonged doses should be avoided during pregnancy and lactation.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)



## Blue Flag 1:2



MH5BLUE 500 mL VG GF DF

**Botanical Names:** *Iris versicolor*

**Plant Part:** Root

**Ethanol content:** 60%

### Actions

**Primary:** depurative, laxative (mild), lymphatic, cholagogue.

**Secondary:** diuretic.

### Major Indications

- ✓ Skin complaints, sluggish liver, poor gallbladder function.\*
- ✓ Relief of indigestion, headache or constipation, particularly when related to sluggish liver.\*
- ✓ Relief of enlarged lymph nodes.\*

### Dosage and Administration

20–40 mL/week

### Warnings, Cautions and Contraindications

- Monitor sensitive individuals and when prescribing at or exceeding the high end of the recommended therapeutic dosage (adverse reactions including gastrointestinal upset have been recorded).
- Caution may be warranted in patients with gallstones, due to the potential for impacted gallstones and obstructed bile ducts.
- Use under professional supervision during pregnancy and lactation, dose at the low end of range.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## Buchu 1:2



MH5BUCH 500 mL VG GF DF

**Botanical Names:** *Agathosma betulina*

**Plant Part:** Leaf

**Ethanol content:** 60%

### Actions

**Primary:** urinary antiseptic, diuretic (mild).

### Major Indications

- ✓ Relief of the pain and burning sensation associated with medically diagnosed cystitis.\*
- ✓ Support for inflammations of the urinary tract.\*
- ✓ Support for kidney and bladder stones.\*

### Dosage and Administration

15–30 mL/week

### Warnings, Cautions and Contraindications

- Use with caution during pregnancy and lactation, use sparingly.
- May occasionally cause gastrointestinal irritation if taken on an empty stomach.
- Advise patients: If pain or irritation associated with cystitis persists for more than 48 hours, consult your doctor.
- The presence of blood in the urine warrants immediate medical attention.
- Professional supervision is suggested during pregnancy.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)

\* traditional use (Western herbal medicine)



## Bugleweed 1:2



MH5BUGL 500 mL VG GF DF

**Botanical Names:** *Lycopus europaeus*

**Plant Part:** Herb

**Ethanol content:** 23%

### Actions

**Primary:** thyroid-stimulating hormone antagonist, antithyroid.

**Secondary:** sedative (mild).

### Major Indications

- ✓ Supports healthy thyroid function.\*

### Dosage and Administration

15–40 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated during pregnancy, lactation and in patients with an underactive thyroid.
- Caution is advised in women wishing to conceive.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



## Bupleurum 1:2



MH5BUPL 500 mL VG GF DF

**Botanical Names:** *Bupleurum falcatum*

**Plant Part:** Root

**Ethanol content:** 45%

### Actions

**Primary:** anti-inflammatory, hepatoprotective, neuroprotective.

**Secondary:** diaphoretic, antitussive, immune modulating.

### Major Indications

- ✓ Supports healthy gastrointestinal and liver function.^
- ✓ Relief of the symptoms of cold and flu.^

### Dosage and Administration

25–60 mL/week

### Warnings, Cautions and Contraindications

- Due to saponin content, may aggravate existing upper gastrointestinal tract irritation including pre-existing cholestasis.
- Use with caution in pregnancy, under professional supervision.
- Use with caution in lactation, monitor infant for GI symptoms.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

\* traditional use (Western herbal medicine)

^ traditional use (traditional Chinese medicine)



## Burdock 1:2



MH5BURD 500 mL VG GF DF

**Botanical Names:** *Arctium lappa*

**Plant Part:** Root

**Ethanol content:** 23%

### Actions

**Primary:** depurative, diuretic (mild), laxative (mild).

### Major Indications

- ✓ Skin complaints, especially mild eczema.\*
- ✓ Supports normal detoxification processes for healthy connective tissue, muscles and joints, including relief of gout.\*

### Dosage and Administration

10–25 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy, use under professional supervision. Use sparingly in lactation.
- Advise patient: If gout symptoms persist, worsen or episodes become more frequent, consult your doctor.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## Butcher's Broom 1:2



MH5BUTB 500 mL VG GF DF

**Botanical Names:** *Ruscus aculeatus*

**Plant Part:** Root

**Ethanol content:** 45%

### Actions

**Primary:** venotonic, antioedema, anti-inflammatory.

### Major Indications

- ✓ Conditions requiring improved circulation.\*
- ✓ Internally and topically for haemorrhoids.\*

### Dosage and Administration

25–50 mL/week

Refer to page 118 for how to make topical preparations.

To make a cream, use 5 mL in 45 grams of MediHerb® Vitamin E Cream.

### Warnings, Cautions and Contraindications

- Keep to a minimum in patients with pre-existing cholestasis.
- Do not apply to broken or ulcerated skin.
- No known cautions in pregnancy, use under professional supervision.
- Use with caution in lactation, monitor infant for GI symptoms.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



\* traditional use (Western herbal medicine)

\* traditional use (Western herbal medicine)



## Calendula 1:2 (low alcohol)

MH5CALO 500 mL VG GF DF



**Botanical Names:** *Calendula officinalis*

**Plant Part:** Flower

**Ethanol content:** 23% (MH5CALO), 90% (MH5CALE)

### Actions

**Primary:** vulnerary, lymphatic, anti-inflammatory.

**Secondary:** antimicrobial.

### Major Indications

- ✓ Relief of enlarged lymph nodes.\*
- ✓ To help relieve inflammatory conditions of the digestive system.\*
- ✓ Internally and topically to support healthy circulation, especially of the legs and to relieve haemorrhoids.\*
- ✓ Internally and topically for acne.\*
- ✓ Topically to support healthy wound healing.\*
- ✓ Topically for skin inflammations, including nappy rash and mild eczema.\*
- ✓ Topically for inflammation of the mouth and throat mucosa, including mild mouth ulcers.\*
- ✓ Topically for sprains and bruises.\*
- ✓ Topically as an eye bath to support healthy conjunctiva.\*
- ✓ Topically for infections of the skin, particularly fungal.\*

## Calendula 1:2

MH5CALE 500 mL VG GF DF



### Dosage and Administration

10–30 mL/week

*The British Herbal Pharmacopoeia 1983* lists a range of actions and uses applicable to infusion, low alcohol (23%), and high alcohol (90%) extractions. However the high alcohol extract may be a better choice for topical anti-inflammatory and antimicrobial actions. When using as an eye bath, the low alcohol extract is preferred.

Refer to page 118 for how to make topical preparations.

- ✓ To make a cream, use 5 mL of 23% ethanol 1:2 liquid extract in 45 grams of MediHerb® Vitamin E Cream. (High-alcohol extract [90% ethanol 1:2] can be used to make the cream, however, using the low-alcohol extract reduces the potential irritant effects of the alcohol.)
- ✓ To make an eye bath, use 5 mL of 23% ethanol 1:2 liquid extract in 70–80 mL of saline.

### Warnings, Cautions and Contraindications

- Contraindicated in known allergy to Calendula.
- Avoid topical application of Calendula in those with known sensitivity to other members of the Asteraceae family.
- No known cautions in pregnancy and lactation, use under professional supervision. Only low alcohol extract recommended.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).

\* traditional use (Western herbal medicine)



## Californian Poppy 1:2



MH5CPOP 500 mL VG GF DF

**Botanical Names:** *Eschscholzia californica*

**Plant Part:** Herb

**Ethanol content:** 45%

### Actions

**Primary:** anxiolytic, sedative (mild), analgesic, hypnotic.

### Major Indications

- ✓ Relief of sleeplessness.\*
- ✓ Relief of mild neuralgia.\*

### Dosage and Administration

20-40 mL/week

### Warnings, Cautions and Contraindications

- Use with caution in 1st trimester of pregnancy, under professional supervision.
- Use with caution in lactation, monitor infant for sedation.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



## Cascara 1:2



MH5CASC 500 mL VG GF DF

**Botanical Names:** *Frangula purshiana*

**Plant Part:** Bark

**Ethanol content:** 23%

### Actions

**Primary:** laxative.

### Major Indications

- ✓ Relief of constipation.\*
- ✓ Relief of indigestion or headache caused by constipation.\*
- ✓ Conditions in which soft faeces is desired, such as for relief of haemorrhoids.\*

### Dosage and Administration

20-55 mL/week

### Warnings, Cautions and Contraindications

- Not for prolonged use.
- Do not use in intestinal upsets, including irritation and inflammations.
- Not recommended for children under 12 years of age.
- Use with caution in pregnancy, dose low end of range. Contraindicated in 1st trimester.
- Use with caution in lactation, dose low end of range short term. Doses which cause a strong purgative effect should not be used during pregnancy or lactation.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



\* traditional use (Western herbal medicine)

\* traditional use (Western herbal medicine)



# Cayenne 1:3

MH5CAYE 500 mL   VG GF DF



**Botanical Names:** *Capsicum annuum*

**Plant Part:** Fruit

**Ethanol content:** 60%

## Actions

**Primary:** pungent, circulatory stimulant, carminative, diaphoretic.

**Secondary:** metabolic stimulant, spasmolytic.

## Major Indications

- ✓ Conditions requiring improved peripheral circulation.\*
- ✓ Indigestion, flatulence, colic.\*
- ✓ Part of a supportive regimen for fatigue.\*
- ✓ To support healthy immune function via mild fever management and provide relief of congestion.\*
- ✓ Add to formulations to promote the activity of the other herbs.\*
- ✓ Topically as a gargle to relieve sore or inflamed throat.\*
- ✓ Topically to relieve neuralgia, joint pain and muscle ache including in the lower back.\*

## Dosage and Administration

0.5–3 mL/week

**Caution:** The daily dose of this tincture is low, the dosage range is narrow and/or adverse effects may occur if prescribed above the maximum daily dose. Accurate measurement of dose is vital to minimise the chance of adverse effects and/or toxicity.

Refer to page 118 for how to make topical preparations.

- To make a gargle, use 1 mL in 200 mL of saline.
- To make a cream, use 2 mL in 48 grams of MediHerb® Vitamin E Cream.

## Warnings, Cautions and Contraindications

- Caution is advised in peptic ulcer and gastrointestinal reflux.
- Do not apply to broken skin.
- No known cautions in pregnancy, use under professional supervision.
- Use with caution in lactation, monitor infant for allergic response.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



\* traditional use (Western herbal medicine)



# Celery Seed 1:2

MH5CELE 500 mL   VG GF DF   QA

**Botanical Names:** *Apium graveolens*

**Plant Part:** Seed

**Ethanol content:** 60%

**Actives:** NLT 10 mg/mL of phthalides as butylphthalide and sedanenolide

## Actions

**Primary:** anti-inflammatory, diuretic, antirheumatic.

## Major Indications

- ✓ Supports normal detoxification processes for healthy connective tissue, muscles and joints, including relief of mild arthritis and gout.\*

## Dosage and Administration

30–60 mL/week

## Warnings, Cautions and Contraindications

- Caution is advised for patients with kidney disorders.
- Advise patients: If gout symptoms persist, worsen or episodes become more frequent, consult your doctor.
- Allergic reactions are known to occur with Celery.
- Use under professional supervision in pregnancy, dose low end of range.
- Use with caution in lactation, monitor infant.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



\* traditional use (Western herbal medicine)



# Chamomile 1:2

MH5CHMO 500 mL   VG GF DF

**Botanical Names:** *Matricaria chamomilla*

**Plant Part:** Flower

**Ethanol content:** 60%

## Actions

**Primary:** anti-inflammatory, spasmolytic, carminative, nervine tonic.

**Secondary:** sedative (mild), antiulcer, vulnerary, diaphoretic.

## Major Indications

- ✓ Indigestion characterised by flatulence or nervousness; colic.\*
- ✓ Relief of dysmenorrhoea.\*
- ✓ Restlessness or irritability in children, teething problems.\*
- ✓ Sleeplessness.\*
- ✓ Topically for relief of mild eczema (preparation contained known amounts of alpha-bisabolol).†
- ✓ Topically to support healthy wound healing.†
- ✓ Topically for inflammations and irritations of the skin and mucosa, including for example, haemorrhoids.\*
- ✓ Topically for relief of mild mouth ulcers.‡
- ✓ Topically as a mouthwash for relief of gum inflammation.‡
- ✓ Topically for the care of sensitive skin of infants and young children, particularly extracts high in alpha-bisabolol.\*
- ✓ Topically as a eye bath to support healthy conjunctiva.\*

## Dosage and Administration

20–40 mL/week

Refer to page 118 for how to make topical preparations.

- To make a cream, use 5 mL in 45 grams of MediHerb® Vitamin E Cream.
- To make a gargle, mouthwash or eye bath, use 5 mL in 70–80 mL of saline.

## Warnings, Cautions and Contraindications

- Avoid in cases of known allergy to Chamomile, and caution is advised in those with known sensitivity to plants in the Asteraceae family.
- Contact dermatitis has been reported, although is rare.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).



\* traditional use (Western herbal medicine)

† clinical trial (controlled)

‡ clinical trial (uncontrolled)



# Chaste Tree 1:2

MH5CHAS 500 mL VG GF DF



**Botanical Names:** *Vitex agnus-castus*

**Plant Part:** Fruit

**Ethanol content:** 60%

## Actions

**Primary:** prolactin inhibitor, dopaminergic agonist, progesterogenic (indirectly).

**Secondary:** galactagogue (dose dependent), anaphrodisiac (male).

## Major Indications

- ✓ Relief of premenstrual syndrome.\*
- ✓ Relief of symptoms caused by irregularities of the menstrual cycle.\*

## Dosage and Administration

6–30 mL/week

## Warnings, Cautions and Contraindications

- Use with caution in oestrogen-sensitive cancers, pituitary disorders and pituitary tumours.
- Can affect hormones in the body and may interact with prescription medicines such as oral contraceptives.
- Use with caution and under professional supervision in pregnancy, taper dose after 1st trimester.
- Use with caution and under professional supervision in lactation, dose not greater than 0.5 mL/day.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



\* traditional use (Western herbal medicine)



## Chen Pi 1:2



MH2CHEN 500 mL VG GF DF

**Botanical Names:** *Citrus reticulata*

**Plant Part:** Fruit peel

**Ethanol content:** 45%

### Actions

**Primary:** carminative, aromatic digestive, expectorant.

### Major Indications

- ✓ Digestive discomfort including indigestion, bloating, flatulence and nausea.<sup>^</sup>
- ✓ Relief of congested cough.<sup>^</sup>

### Dosage and Administration

25-50 mL/week

### Warnings, Cautions and Contraindications

- Use with caution in pregnancy, do not exceed recommended dose.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

<sup>^</sup> traditional use (traditional Chinese medicine)



## Cinnamon Quills 1:4



MHCINT45 500 mL VG GF DF

**Botanical Names:** *Cinnamomum verum*

**Plant Part:** Bark

**Ethanol content:** 70%

### Actions

**Primary:** aromatic digestive, astringent, carminative.

**Secondary:** spasmolytic, circulatory stimulant.

### Major Indications

- ✓ Indigestion, nausea, flatulence, colic, relief of mild diarrhoea.\*
- ✓ Common cold.\*
- ✓ Supports healthy circulation.<sup>^</sup>

### Dosage and Administration

30-60 mL/week

Sedimentation naturally occurs in liquid extracts and does not affect quality.

### Warnings, Cautions and Contraindications

- Contraindicated in allergy to Cinnamon or Peru Balsam.
- Contraindicated in pregnancy.
- No known cautions in lactation, note alcohol content and use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)

<sup>^</sup> traditional use (traditional Chinese medicine)



## Clivers 1:2



MH5CLI2 500 mL VG GF DF

**Botanical Names:** *Galium aparine*

**Plant Part:** Herb

**Ethanol content:** 23%

### Actions

**Primary:** depurative, lymphatic, diuretic.

### Major Indications

- ✓ Skin complaints.\*
- ✓ Relief of the burning sensation associated with medically diagnosed cystitis.\*
- ✓ Support for inflammations of the urinary tract.\*
- ✓ Relief of enlarged lymph nodes.\*

### Dosage and Administration

25-50 mL/week

### Warnings, Cautions and Contraindications

- Advise patients: If pain or irritation associated with cystitis persists for more than 48 hours, consult your doctor.
- The presence of blood in the urine warrants immediate medical attention.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## Codonopsis 1:2



MH5CODO 500 mL VG GF DF

**Botanical Names:** *Codonopsis pilosula*

**Plant Part:** Root

**Ethanol content:** 45%

### Actions

**Primary:** adaptogenic, tonic.

**Secondary:** immune stimulating.

### Major Indications

- ✓ Fatigue, particularly with pallor; poor appetite.^
- ✓ Used as a less expensive (and milder) substitute for Korean Ginseng in formulations.^

### Dosage and Administration

30-60 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



\* traditional use (Western herbal medicine)

^ traditional use (traditional Chinese medicine)



## Coleus 1:1



MH5COLE 500 mL   VG GF DF   QA

**Botanical Names:** *Plectranthus barbatus*  
(*Coleus forskohlii*)

**Plant Part:** Root

**Ethanol content:** 60%

**Actives:** NLT 2.5 mg/mL of forskolin

### Actions

**Primary:** hypotensive, antiplatelet, bronchospasmolytic, digestive stimulant, aromatic digestive, spasmolytic.

**Secondary:** cardiotonic, antiobesity.

### Major Indications

- ✓ Support for a healthy heart.‡

### Dosage and Administration

40-90 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in hypotension.
- Caution in patients with peptic ulceration and gastrointestinal reflux.
- Use with caution in 3rd trimester of pregnancy, under professional supervision.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

‡ clinical study (uncontrolled)



## Corn Silk 1:1



MH5CSLK 500 mL   VG GF DF

**Botanical Names:** *Zea mays*

**Plant Part:** Stigma and style

**Ethanol content:** 23%

### Actions

**Primary:** urinary demulcent, antilithic, diuretic (mild).

### Major Indications

- ✓ Relief of the pain and burning sensation associated with medically diagnosed cystitis.\*
- ✓ Support for inflammations of the urinary tract; bedwetting.\*
- ✓ Support for kidney and bladder stones.\*

### Dosage and Administration

15-40 mL/week

### Warnings, Cautions and Contraindications

- Advise patients: If pain or irritation associated with cystitis persists for more than 48 hours, consult your doctor.
- The presence of blood in the urine warrants immediate medical attention.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)



## Corydalis 1:1



MH5CORY1 500 mL   VG GF DF

**Botanical Names:** *Corydalis yanhusuo* (*Corydalis turtschaninovii*)

**Plant Part:** Tuber

**Ethanol content:** 45%

### Actions

**Primary:** sedative (mild), hypnotic, analgesic.

**Secondary:** antiarrhythmic, spasmolytic.

### Major Indications

- ✓ Part of a regimen to support pain relief.<sup>^</sup>
- ✓ Dysmenorrhoea.<sup>^</sup>
- ✓ Swelling, bruises.<sup>^</sup>

### Dosage and Administration

20–40 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated during pregnancy. Do not use if pregnant or likely to become pregnant.
- Use with caution during lactation. Not recommended on the basis that it contains alkaloids.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## Couch Grass 1:1



MH5COGR 500 mL   VG GF DF

**Botanical Names:** *Elymus repens*

**Plant Part:** Rhizome

**Ethanol content:** 23%

### Actions

**Primary:** soothing diuretic, urinary demulcent.

### Major Indications

- ✓ Relief of the pain and burning sensation associated with medically diagnosed cystitis.\*
- ✓ Support for inflammation of the urinary tract; bedwetting.\*
- ✓ Support for kidney and bladder stones.\*

### Dosage and Administration

20–40 mL/week

### Warnings, Cautions and Contraindications

- Advise patients: If pain or irritation associated with cystitis persists for more than 48 hours, consult your doctor.
- The presence of blood in the urine warrants immediate medical attention.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



<sup>^</sup> traditional use (traditional Chinese medicine)

\* traditional use (Western herbal medicine)



## Cramp Bark 1:2



MH5CRAM 500 mL VG GF DF

**Botanical Names:** *Viburnum opulus*

**Plant Part:** Bark

**Ethanol content:** 30%

### Actions

**Primary:** spasmolytic, hypotensive, peripheral vasodilator.

**Secondary:** sedative (mild), astringent.

### Major Indications

- ✓ Relief of dysmenorrhoea, ovarian pain and leg cramps.\*

### Dosage and Administration

5-30 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



\* traditional use (Western herbal medicine)



## Crataeva 1:2



MH5CRAT 500 mL VG GF DF

**Botanical Names:** *Crataeva magna*

**Plant Part:** Bark

**Ethanol content:** 23%

### Actions

**Primary:** antilithic, bladder tonic, anti-inflammatory.

### Major Indications

- ✓ Support for kidney and bladder stones.#
- ✓ Support for healthy bladder tone.‡
- ✓ Relief of inflammations of the urinary tract.‡

### Dosage and Administration

40-100 mL/week

### Warnings, Cautions and Contraindications

- Use with caution in pregnancy and lactation, dose low end of range under professional supervision.
- Advise patients: If pain or irritation associated with cystitis persists for more than 48 hours, consult your doctor.
- The presence of blood in the urine warrants immediate medical attention.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

# traditional use (Ayurveda)

‡ clinical trial (uncontrolled)



## Damiana 1:2



MH5DAMI 500 mL VG GF DF

**Botanical Names:** *Turnera diffusa*

**Plant Part:** Leaf

**Ethanol content:** 60%

### Actions

**Primary:** nervine tonic, general tonic.

**Secondary:** thymoleptic, anxiolytic, sexual tonic (male and female).

### Major Indications

- ✓ To support normal sexual function.\*
- ✓ Indigestion.\*
- ✓ Relief of anxiety, low mood.\*

### Dosage and Administration

20–40 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## Dan Shen 1:2



MH5DANS 500 mL VG GF DF

**Botanical Names:** *Salvia miltiorrhiza*

**Plant Part:** Root and rhizome

**Ethanol content:** 45%

### Actions

**Primary:** cardioprotective, hypotensive, anticoagulant, antiplatelet, hepatoprotective.

**Secondary:** vulnerary, antifibrotic.

### Major Indications

- ✓ Supports healthy blood flow and a healthy heart.^
- ✓ Relief of mild anxiety, sleeplessness.^

### Dosage and Administration

25–50 mL/week

### Warnings, Cautions and Contraindications

- Use with caution and under professional supervision in 3rd trimester of pregnancy.
- Caution advised in menorrhagia.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)

^ traditional use (traditional Chinese medicine)



## Dandelion Leaves 1:1



MH5DANL 500 mL VG GF DF

**Botanical Names:** *Taraxacum officinale*

**Plant Part:** Leaf

**Ethanol content:** 23%

### Actions

**Primary:** choleric, diuretic, laxative (mild).

**Secondary:** antirheumatic, bitter tonic.

### Major Indications

- ✓ Support healthy elimination via the kidneys.\*
- ✓ Indigestion, sluggish liver, poor gallbladder function.\*

### Dosage and Administration

40-80 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in known allergy to Dandelion.
- Caution may be warranted in patients with gallstones, due to the potential for impacted gallstones and obstructed bile ducts.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



\* traditional use (Western herbal medicine)

## Dandelion Root 1:2



MH5DANR 500 mL VG GF DF

**Botanical Names:** *Taraxacum officinale*

**Plant Part:** Root

**Ethanol content:** 23%

### Actions

**Primary:** bitter tonic, choleric, cholagogue.

**Secondary:** laxative (mild), diuretic (mild), antirheumatic.

### Major Indications

- ✓ Indigestion, sluggish liver.\*
- ✓ Support healthy gallbladder function.\*
- ✓ Relief of constipation, skin complaints.\*
- ✓ Supports normal detoxification processes for healthy connective tissue, muscles and joints.\*

### Dosage and Administration

20-40 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in known allergy to Dandelion.
- Caution may be warranted in patients with gallstones, due to the potential for impacted gallstones and obstructed bile ducts.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

\* traditional use (Western herbal medicine)



## Devil's Claw 1:2



MH5DEVL 500 mL VG GF DF

**Botanical Names:** *Harpagophytum spp.*

**Plant Part:** Root

**Ethanol content:** 23%

**Actives:** High harpagoside level

### Actions

**Primary:** anti-inflammatory, analgesic, antirheumatic.

**Secondary:** bitter.

### Major Indications

- ✓ Supports healthy connective tissue, muscles and joints, including relief of arthritic conditions, and muscular aches and pains.\*
- ✓ Loss of appetite, indigestion (lower doses).\*

### Dosage and Administration

40–80 mL/week for anti-inflammatory and analgesic applications

20 mL/week for gastrointestinal applications

### Warnings, Cautions and Contraindications

- Caution in peptic ulcer.
- No known cautions in pregnancy, dose low end of range under professional supervision.
- Use with caution in lactation, monitor infant for GI symptoms.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



## Dong Quai 1:2



MH5DONG 500 mL VG GF DF

**Botanical Names:** *Angelica polymorpha (Angelica sinensis)*

**Plant Part:** Root

**Ethanol content:** 45%

### Actions

**Primary:** antianaemic, antiplatelet, female tonic, spasmolytic, uterine tonic, antirheumatic.

**Secondary:** laxative (mild), antiarrhythmic, anti-inflammatory.

### Major Indications

- ✓ Relief of dysmenorrhoea.^
- ✓ Supports normal menstruation.^
- ✓ Fatigue with pallor.^
- ✓ Relief of constipation.^
- ✓ Relief of arthritic pain.^

### Dosage and Administration

30–60 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated during the first trimester of pregnancy, especially in higher doses.
- Exercise caution in severe menorrhagia.
- Caution in patients with diarrhoea.
- Use with caution in lactation, monitor due to hormonal effects.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

\* traditional use (Western herbal medicine)

^ traditional use (traditional Chinese medicine)



# Echinacea Angustifolia 1:2

MH5ECHA 500 mL   VG GF DF   QA



**Botanical Names:** *Echinacea angustifolia*

**Plant Part:** Root

**Ethanol content:** 60%

**Actives:** NLT 1.6 mg/mL of alkylamides

## Actions

**Primary:** immune modulating, anti-inflammatory, lymphatic, sialogogue, depurative.

**Secondary:** vulnerary, adaptogenic.

## Major Indications

- ✓ Relief of upper respiratory tract infections, including mild tonsillitis, pharyngitis, cold and flu.\*
- ✓ Relief of mild bronchitis.\*
- ✓ To support the body's resistance to infections of all kinds.\*
- ✓ Skin complaints, boils.\*
- ✓ Internally and topically to support healthy wound healing.\*
- ✓ Internally and topically for mild mouth ulcers.\*
- ✓ Topically as a gargle to relieve mild tonsillitis.\*
- ✓ Topically as a mouthwash to support healthy gums.\*
- ✓ Combines with Myrrh for topical applications.\*

## Dosage and Administration

20-40 mL/week

**Note:** Good quality liquid extracts, those containing substantial levels of alkylamides, will impart a persistent tingling and slight numbing sensation in the mouth after oral intake and when gargling.

Refer to page 118 for how to make topical preparations.

- To make a cream, use 5 mL in 45 grams of MediHerb® Vitamin E Cream.
- To make a gargle or mouthwash, use 5 mL in 70-80 mL of saline.

## Warnings, Cautions and Contraindications

- Use with caution in Echinacea-naïve patients due to potential allergic reaction.
- Caution in those with known allergy to members of the Asteraceae family.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).



\* traditional use (Western herbal medicine)



# Echinacea Premium 1:2

MH5ECB2 500 mL   VG GF DF   QA



**Botanical Names:** 60% *Echinacea purpurea* root 1:2 and 40% *Echinacea angustifolia* root 1:2

**Plant Part:** Root

**Ethanol content:** 60%

**Actives:** NLT 1.5 mg/mL of alkylamides

## Actions

**Primary:** immune modulating, anti-inflammatory, lymphatic, sialogogue, depurative.

**Secondary:** vulnerary, adaptogenic.

## Major Indications

- ✓ Relief of upper respiratory tract infections, including mild tonsillitis, pharyngitis, cold and flu.\*
- ✓ Relief of mild bronchitis.\*
- ✓ To support the body's resistance to infections of all kinds.\*
- ✓ Skin complaints, boils.\*
- ✓ Internally and topically to support healthy wound healing.\*
- ✓ Internally and topically for mild mouth ulcers.\*
- ✓ Topically as a gargle to relieve mild tonsillitis and throat conditions.\*
- ✓ Topically as a mouthwash to support healthy gums.\*

## Dosage and Administration

20-40 mL/week

**Note:** Good quality liquid extracts, those containing substantial levels of alkylamides, will impart a persistent tingling and slight numbing sensation in the mouth after oral intake and when gargling.

Refer to page 118 for how to make topical preparations.

- To make a cream, use 5 mL in 45 grams of MediHerb® Vitamin E Cream.
- To make a gargle or mouthwash, use 5 mL in 70-80 mL of saline.

## Warnings, Cautions and Contraindications

- Use with caution in Echinacea-naïve patients due to potential allergic reaction.
- Caution in those with known allergy to members of the Asteraceae family.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).

## Echinacea Premium Liquid Alkylamides



Alkylamides are the clinically proven active constituents of Echinacea and the major markers of quality and activity. 2-ene alkylamides occur in *E. angustifolia* but barely or not at all in *E. purpurea*. However, they are an important marker of quality. 2,4 diene alkylamides occur in both Echinacea species but are rapidly degraded by hepatic CYP enzymes unless protected by 2-ene alkylamides from *E. angustifolia*.

\* traditional use (Western herbal medicine)



# Echinacea Purpurea Glycetract 1:3

MH5ECPG 500 mL VG GF DF



**Botanical Names:** *Echinacea purpurea*

**Plant Part:** Root

**Ethanol content:** less than 5%

## Actions

**Primary:** immune modulating, anti-inflammatory, lymphatic, sialogogue, depurative.

**Secondary:** vulnerary, adaptogenic.

## Major Indications

- ✓ Relief of upper respiratory tract infections and catarrh, including mild tonsillitis, common cold.\*
- ✓ Relief of cough.<sup>o</sup>
- ✓ To support the body's resistance to infections generally.\*
- ✓ Boils.\*
- ✓ Topically to support healthy wound healing.\*
- ✓ Topically as a gargle to relieve throat conditions.\*
- ✓ Topically as a mouthwash to support healthy gums.\*

## Dosage and Administration

30–60 mL/week

As the glycetract contains less than 5% alcohol it may be suitable for immune support for those who need to restrict their intake of alcohol. As the glycetract tastes sweet, it may be useful alone or in liquid formulations for children – at a suitable dosage (see page 113).

Refer to page 118 for how to make topical preparations.

- To make a gargle or mouthwash, use 5 mL in 70–80 mL of saline.

## Warnings, Cautions and Contraindications

- Use with caution in Echinacea-naïve patients due to potential allergic reaction.
- Caution in those with known allergy to members of the Asteraceae family.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



\* traditional use (Western herbal medicine)

<sup>o</sup> traditional use (Native Americans)



## Elder Flowers 1:2



MH5ELDE 500 mL VG GF DF

**Botanical Names:** *Sambucus nigra*

**Plant Part:** Flower

**Ethanol content:** 23%

### Actions

**Primary:** diaphoretic, antitussive.

### Major Indications

- ✓ Relief of mild fever associated with common cold and flu.\*
- ✓ Relief of mild bronchitis, nasal catarrh, sinusitis, sore throat.\*

### Dosage and Administration

15–40 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



\* traditional use (Western herbal medicine)



## Elecampane 1:2



MH5ELEC 500 mL VG GF DF

**Botanical Names:** *Inula helenium*

**Plant Part:** Root

**Ethanol content:** 60%

### Actions

**Primary:** expectorant, bronchospasmolytic, diaphoretic.

**Secondary:** antibacterial, spasmolytic, antitussive, lung trophorestorative.

### Major Indications

- ✓ Relief of mild bronchitis and cough.\*

### Dosage and Administration

20–40 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in those allergic to plants in the Asteraceae family and other plants containing sesquiterpene lactones.
- No known cautions in pregnancy, use under professional supervision.
- Use with caution in lactation, monitor infant for allergic response.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

\* traditional use (Western herbal medicine)



## Epilobium (Willow Herb) 1:2



MH5WHER 500 mL VG GF DF

**Botanical Names:** *Epilobium parviflorum*

**Plant Part:** Herb

**Ethanol content:** 23%

### Actions

**Primary:** prostate tonic.

### Major Indications

- ✓ Conditions of the prostate that require tonic action.\*

### Dosage and Administration

20-40 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



## Euphorbia 1:2



MH5EUPH 500 mL VG GF DF

**Botanical Names:** *Euphorbia hirta*

**Plant Part:** Herb

**Ethanol content:** 60%

### Actions

**Primary:** expectorant, antiasthmatic, spasmolytic.

**Secondary:** antiprotozoal.

### Major Indications

- ✓ Relief of symptoms of mild bronchitis, upper respiratory catarrh and spasm.\*
- ✓ Relief of mild diarrhoea.\*

### Dosage and Administration

5-12 mL/week

**Caution:** The daily dose of this liquid extract is low, the dosage range is narrow and/or adverse effects may occur if prescribed above the maximum daily dose. Accurate measurement of dose is vital to minimise the chance of adverse effects and/or toxicity.

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

\* traditional use (Western herbal medicine)

\* traditional use (Western herbal medicine)



## Eyebright 1:2

MH5EYEB 500 mL VG GF DF

**Botanical Names:** *Euphrasia officinalis*

**Plant Part:** Herb

**Ethanol content:** 45%

### Actions

**Primary:** antitussive, astringent, mucous membrane tonic (respiratory), anti-inflammatory.

**Secondary:** antimicrobial.

### Major Indications

- ✓ Relief of upper respiratory catarrh, including common cold, sinusitis.\*
- ✓ Internally and topically to support healthy conjunctiva.\*

### Dosage and Administration

15–30 mL/week

Refer to page 118 for how to make topical preparations.

To make an eye bath, use 5 mL in 70–80 mL of saline.

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).



\* traditional use (Western herbal medicine)



## Fennel 1:2

MH5FENN 500 mL VG GF DF

**Botanical Names:** *Foeniculum vulgare*

**Plant Part:** Fruit

**Ethanol content:** 60%

### Actions

**Primary:** carminative, spasmolytic, expectorant.

**Secondary:** oestrogen modulating, antimicrobial.

### Major Indications

- ✓ Indigestion, lack of appetite, flatulence, colic (particularly in infants), cough.\*
- ✓ Add to formulations as a flavouring.\*

### Dosage and Administration

20–40 mL/week

### Warnings, Cautions and Contraindications

- Do not use if pregnant or likely to become pregnant.
- Contraindicated in breastfeeding and lactation.
- Caution is advised in those with known sensitivity to plants of the Umbelliferae.
- Prolonged intake should be avoided in children (potential oestrogenic effects).
- Use in children under 12 years of age is not recommended.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).

\* traditional use (Western herbal medicine)



## Fenugreek 1:2



MH5FGRK 500 mL VG GF DF

**Botanical Names:** *Trigonella foenum-graecum*

**Plant Part:** Seed

**Ethanol content:** 45%

### Actions

**Primary:** hypoglycaemic, hypocholesterolaemic, hypolipidaemic, orexigenic, galactagogue.  
**Secondary:** demulcent, anti-inflammatory.

### Major Indications

- ✓ Indigestion, loss of appetite.\*
- ✓ Support during convalescence or fatigue.\*

### Dosage and Administration

15–30 mL/week

### Warnings, Cautions and Contraindications

- The saponin content of this herb may reduce the absorption of fats/fat soluble vitamins and aggravate existing upper gastrointestinal tract irritation including reflux and pre-existing cholestasis.
- Use with caution in hypothyroidism.
- Use with caution in pregnancy, contraindicated in 1st trimester.
- Avoid where known spice allergies exist.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)



## Feverfew 1:5



MH5FEVE 500 mL VG GF DF

**Botanical Names:** *Tanacetum parthenium*

**Plant Part:** Leaf and stem

**Ethanol content:** 60%

### Actions

**Primary:** anti-inflammatory, emmenagogue (only in high doses), antiallergic, bitter tonic.  
**Secondary:** anthelmintic.

### Major Indications

- ✓ Temporary relief of migraine.†
- ✓ Tonic and for relief of mild anxiety.\*

### Dosage and Administration

7–14 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in known sensitivity to Feverfew, parthenolide or other members of the Asteraceae family.
- Use with caution in pregnancy, dose no greater than 1.5 mL/day and contraindicated in 1st trimester.
- Use with caution in lactation, monitor infant for allergic response.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



† clinical study (controlled)

\* traditional use (Western herbal medicine)



## Flavouring Mixture



MH5FLAV 500 mL VG GF DF

**Plant Part:** Equiv. Dried herb:

763 mg/mL Licorice (*Glycyrrhiza glabra*),  
74.2 mg/mL Fennel (*Foeniculum vulgare*),  
148.5 mg/mL Stevia (*Stevia rebaudiana*),  
0.5% essential oil of orange,  
0.5% essential oil of lemon

**Ethanol content:** 23%

### Major Indications

- ✓ Add to formulations as a flavouring.

### Dosage and Administration

5-20 mL/week



## Fringe Tree 1:2



MH5FRI2 500 mL VG GF DF

**Botanical Names:** *Chionanthus virginica*

**Plant Part:** Stem bark

**Ethanol content:** 45%

### Actions

**Primary:** chalagogue, choleric, antiemetic, depurative.

**Secondary:** laxative (mild).

### Major Indications

- ✓ Sluggish liver.\*
- ✓ Support healthy gallbladder function.\*

### Dosage and Administration

20-40 mL/week

### Warnings, Cautions and Contraindications

- Caution may be warranted in patients with gallstones, due to the potential for impacted gallstones and obstructed bile ducts.
- No known cautions in pregnancy, use under professional supervision.
- Use with caution in lactation, monitor infant for GI symptoms.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).

\* traditional use (Western herbal medicine)



## Gentian 1:2



MH5GEN2 500 mL VG GF DF

**Botanical Names:** *Gentiana lutea*

**Plant Part:** Root

**Ethanol content:** 45%

### Actions

**Primary:** bitter tonic, sialogogue, cholagogue.

### Major Indications

- ✓ Loss of appetite, indigestion, flatulence.\*
- ✓ Facilitate improved digestion during convalescence or fatigue, and after mild feverish conditions.\*
- ✓ Relief of mild diarrhoea.\*

### Dosage and Administration

5–15 mL/week

### Warnings, Cautions and Contraindications

- Caution in peptic ulcer and hyperacidity.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



\* traditional use (Western herbal medicine)



## Ginger 1:2



MH5GING 500 mL VG GF DF

**Botanical Names:** *Zingiber officinale*

**Plant Part:** Rhizome **Ethanol content:** 90%

### Actions

**Primary:** carminative, antiemetic, peripheral circulatory stimulant, digestive stimulant, anti-inflammatory, aromatic digestive, diaphoretic, pungent.

**Secondary:** spasmolytic, antiplatelet.

### Major Indications

- ✓ Indigestion, flatulence, colic.\*
- ✓ Lack of appetite, relief of mild bronchitis.\*
- ✓ Relief of nausea.\*
- ✓ Relief of dysmenorrhoea.\*
- ✓ Conditions requiring improved peripheral circulation.\*
- ✓ To support mild feverish conditions.\*
- ✓ Add to formulations to relieve griping.\*
- ✓ Add to formulations to promote activity of other herbs.\*

### Dosage and Administration

5–15 mL/week

**Caution:** The daily dose of this liquid extract is low, the dosage range is narrow and/or adverse effects may occur if prescribed above the maximum daily dose. Accurate measurement of dose is vital to minimise the chance of adverse effects and/or toxicity.

### Warnings, Cautions and Contraindications

- Caution in gallstones and peptic ulcers and gastroesophageal reflux disease.
- Use with caution in pregnancy, do not exceed recommended dose.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)



## Ginkgo Biloba 2:1



MH5GIN5 500 mL VG GF DF S

**Botanical Names:** *Ginkgo biloba*

**Plant Part:** Leaf

**Ethanol content:** 50%

**Actives:** NLT 9.6 mg/mL of ginkgo flavone glycosides

### Actions

**Primary:** anti-PAF activity, antioxidant, circulatory stimulant, cognition enhancing.

**Secondary:** neuroprotective, nephroprotective.

### Major Indications

- ✓ Support for healthy blood flow to the brain and periphery.<sup>†</sup>
- ✓ Support for healthy vision.<sup>†</sup>
- ✓ Support for improved concentration, memory, cognitive performance.<sup>†</sup>
- ✓ Support for healthy peripheral nerve function.<sup>†</sup>
- ✓ Support healthy tissue healing in minor wounds.<sup>†</sup>
- ✓ Relief of dysmenorrhoea.<sup>†</sup>
- ✓ Antioxidant protection.<sup>†</sup>

### Dosage and Administration

21-28 mL/week

### Warnings, Cautions and Contraindications

- Caution in bleeding disorders and epilepsy/seizures.
- Use with caution in last month of pregnancy.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

<sup>†</sup> clinical trial (controlled)



## Globe Artichoke 1:2



MH5ARTI 500 mL VG GF DF

**Botanical Names:** *Cynara scolymus*

**Plant Part:** Leaf

**Ethanol content:** 60%

### Actions

**Primary:** hepatoprotective, hepatic trophorestorative, choleretic, antiemetic, chalagogue.

**Secondary:** bitter tonic (mild), hypcholesterolaemic, depurative, diuretic.

### Major Indications

- ✓ Sluggish liver, loss of appetite.\*
- ✓ Indigestion.\*

### Dosage and Administration

20-55 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in known allergy to Globe Artichoke or to other plants of the Asteraceae family.
- No known cautions in pregnancy, use under professional supervision.
- Use with caution in lactation, monitor infant due to liver and depurative effects.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



\* traditional use (Western herbal medicine)



## Goat's Rue 1:2



MH5GRUE 500 mL   VG GF DF

**Botanical Names:** *Galega officinalis*

**Plant Part:** Herb

**Ethanol content:** 23%

### Actions

**Primary:** hypoglycaemic, galactagogue.

### Major Indications

- ✓ To support normal lactation.\*

### Dosage and Administration

30–60 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



## Golden Rod 1:2



MH5GROD 500 mL   VG GF DF

**Botanical Names:** *Solidago virgaurea*

**Plant Part:** Herb

**Ethanol content:** 45%

### Actions

**Primary:** anticatarrhal, anti-inflammatory, diuretic.

**Secondary:** diaphoretic, antimicrobial.

### Major Indications

- ✓ Relief of upper respiratory tract catarrh or inflammation.\*
- ✓ Indigestion; relief of the pain and burning sensation associated with medically diagnosed cystitis.\*
- ✓ Kidney and bladder stones (supportive).\*

### Dosage and Administration

20–40 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in known allergy to Golden Rod.
- Allergic reactions may occur in susceptible patients sensitised to plants from the Asteraceae family.
- Advise patients: If pain or irritation associated with cystitis persists for more than 48 hours, consult your doctor.
- The presence of blood in the urine warrants immediate medical attention.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

\* traditional use (Western herbal medicine)

\* traditional use (Western herbal medicine)



## Golden Seal 1:3

MH5GS13 500 mL

VG GF DF

QA



**Botanical Names:** *Hydrastis canadensis*

**Plant Part:** Root and rhizome

**Ethanol content:** 45%

**Actives(MH5GS13):** NLT 6.0 mg/mL of hydrastine and NLT 8.0 mg/mL of berberine

### Actions

**Primary:** anticatarrhal, mucous membrane trophorestorative, vulnerary, bitter tonic, antibacterial, antimicrobial.

**Secondary:** anti-inflammatory, depurative, choleretic, stomachic, reputed oxytocic, antihaemorrhagic.

### Major Indications

- ✓ Relief of upper respiratory catarrh.\*
- ✓ Indigestion, loss of appetite.\*
- ✓ To support normal menstruation; relief of dysmenorrhoea.\*
- ✓ Topically for inflammation of the mouth and throat.\*
- ✓ Topically as an eye bath to support healthy conjunctiva.\*
- ✓ Topically for relief of skin conditions.\*

## Golden Seal 1:5

MH5GS15 500 mL

VG GF DF



### Dosage and Administration

**Golden Seal 1:3:** 15–30 mL/week

**Golden Seal 1:5:** 25–50 mL/week

Refer to page 118 for how to make topical preparations.

- To make a gargle or eye bath, use 5 mL of 1:3 or 7 mL of 1:5 in 70–80 mL of saline.
- To make a cream, use 5 mL of 1:3 or 7 mL of 1:5 in 45 grams of MediHerb® Vitamin E Cream.

### Warnings, Cautions and Contraindications

- Contraindicated during pregnancy, lactation and in neonatal jaundice.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



\* traditional use (Western herbal medicine)



# Gotu Kola 1:1

MH5GKOL 500 mL   VG GF DF   S



**Botanical Names:** *Centella asiatica*

**Plant Part:** Leaf

**Ethanol content:** 45%

**Actives:** 20 mg/mL of triterpenes

## Actions

**Primary:** vulnerary, anti-inflammatory, antifibrotic, adaptogenic, nervine tonic, venotonic.

**Secondary:** connective tissue support.

## Major Indications

- ✓ Relief of skin conditions.<sup>#</sup>
- ✓ To support healthy memory function.<sup>#</sup>
- ✓ Reduce swelling and symptoms of traumatic injuries.<sup>^</sup>
- ✓ To support healthy connective tissue, muscles and joints.\*
- ✓ To support healthy peripheral circulation, and provide relief of heaviness and swelling in the legs.<sup>†</sup>
- ✓ To support vascular integrity.<sup>‡</sup>
- ✓ To help reduce inflammation during formation of scar tissue.<sup>‡</sup>
- ✓ Topically to support healthy wound healing.\*
- ✓ Topically to relieve symptoms of varicose veins.<sup>†</sup>

## Dosage and Administration

15–40 mL/week

Refer to page 118 for how to make topical preparations.

To make a cream, use 5 mL in 45 grams of MediHerb® Vitamin E Cream.

## Warnings, Cautions and Contraindications

- Caution due to potential fat malabsorption, and therefore deficiency in fat soluble vitamins A, D, E and K, coeliac disease, some upper digestive irritations and pre-existing cholestasis.
- Contraindicated in known allergy to Gotu Kola.
- Caution in pregnancy, use under professional supervision. Contraindicated in conception.
- Use with caution in lactation, monitor infant for GI symptoms.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).

<sup>#</sup> traditional use (Ayurveda)

<sup>^</sup> traditional use (traditional Chinese medicine)

<sup>\*</sup> traditional use (Western herbal medicine)

<sup>†</sup> clinical study/trial (controlled)

<sup>‡</sup> clinical study/trial (uncontrolled)



# Greater Celandine 1:2

MH5GRC2 500 mL   VG GF DF



**Botanical Names:** *Chelidonium majus*

**Plant Part:** Herb

**Ethanol content:** 45%

## Actions

**Primary:** choleric, cholagogue, spasmolytic.

**Secondary:** laxative (mild), anti-inflammatory.

## Major Indications

- ✓ Sluggish liver, and to support healthy gallbladder function.\*
- ✓ Indigestion.\*

## Dosage and Administration

7-15 mL/week

**Caution:** The daily dose of this liquid extract is low, the dosage range is narrow and/or adverse effects may occur if prescribed above the maximum daily dose. Accurate measurement of dose is vital to minimise the chance of adverse effects and/or toxicity.

## Warnings, Cautions and Contraindications

- Greater Celandine may harm the liver in some people. Use only under the supervision of a healthcare professional. Stop use and seek immediate medical attention if you have yellowing skin/eyes or unusual fatigue, nausea, appetite loss, abdominal pain or dark urine.
- Contraindicated in pre-existing liver disease/damage, and during pregnancy and lactation.
- Long-term use is associated with a low risk of a moderate idiosyncratic hepatotoxic reaction. Do not use for extended periods and discontinue use if evidence of liver damage arises (clinical outcome likely to be favourable after discontinuation).
- Use of this herb should not be combined with heavy alcohol consumption.
- Caution may be warranted in patients with gallstones, due to the potential for impacted gallstones and obstructed bile ducts.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)



## Grindelia 1:2



MH5GRIN 500 mL VG GF DF

**Botanical Names:** *Grindelia camporum*

**Plant Part:** Herb

**Ethanol content:** 60%

### Actions

**Primary:** expectorant, bronchospasmolytic.

### Major Indications

- ✓ Relief of mild bronchitis and cough.\*

### Dosage and Administration

10–20 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in those with a known allergy or hypersensitivity to the Asteraceae family.
- Use with caution in kidney disorders.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



\* traditional use (Western herbal medicine)



## Gymnema 1:1



MH5GYMN 500 mL VG GF DF

**Botanical Names:** *Gymnema sylvestre*

**Plant Part:** Leaf

**Ethanol content:** 23%

### Actions

**Primary:** hypoglycaemic, hypocholesterolaemic, hypolipidaemic.

**Secondary:** antiobesity.

### Major Indications

- ✓ To reduce the taste for sweet foods.#
- ✓ To reduce appetite and calorie intake.#

### Dosage and Administration

25–75 mL/week

To reduce the sweet taste (of foods and beverages), apply 1–2 mL of the extract directly to the tongue, add a small amount of water and swallow after one minute.

### Warnings, Cautions and Contraindications

- Use with caution and under professional supervision in 1st trimester of pregnancy.
- Use with caution in lactation, monitor infant for GI symptoms.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

# traditional use (Ayurveda)



## Gynostemma 1:1



MHGYNL500 500 mL    VG GF DF

**Botanical Names:** *Gynostemma pentaphyllum*

**Plant Part:** Leaf

**Ethanol content:** 60%

### Actions

**Primary:** tonic, adaptogenic, anti-inflammatory.

**Secondary:** hypoglycaemic.

### Major Indications

- ✓ As a tonic for fatigue.<sup>◊</sup>
- ✓ Relief of mild bronchitis.<sup>^</sup>
- ✓ May support a healthy stress response.<sup>+</sup>

### Dosage and Administration

21–42 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in pregnancy. Do not use if pregnant or likely to become pregnant.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



<sup>◊</sup> folk use

<sup>^</sup> traditional use (traditional Chinese medicine)

<sup>+</sup> animal study



## Hawthorn Berries 1:2



MH5HAWT 500 mL    VG GF DF

**Botanical Names:** *Crataegus monogyna*

**Plant Part:** Fruit

**Ethanol content:** 45%

### Actions

**Primary:** cardiotonic, cardioprotective, antioxidant, peripheral vasodilator.

**Secondary:** collagen stabilising, astringent (mild), hypotensive, antiarrhythmic.

### Major Indications

- ✓ To support healthy heart function and circulation.\*

### Dosage and Administration

10–50 mL/week

### Warnings, Cautions and Contraindications

- Use with caution in 1st trimester of pregnancy.
- Use with caution in lactation, monitor infant for GI symptoms.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)



## Hawthorn Leaves 1:2



MH5HLEA 500 mL VG GF DF

**Botanical Names:** *Crataegus monogyna*

**Plant Part:** Leaf and flower

**Ethanol content:** 45%

### Actions

**Primary:** cardiotonic, cardioprotective, antioxidant, peripheral vasodilator.

**Secondary:** collagen stabilising, astringent (mild), hypotensive, antiarrhythmic.

### Major Indications

- ✓ To support healthy heart function.<sup>†</sup>

### Dosage and Administration

10–30 mL/week

### Warnings, Cautions and Contraindications

- Use with caution in 1st trimester of pregnancy.
- Use with caution in lactation, monitor infant for GI symptoms.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



<sup>†</sup> clinical trial (controlled)



## Hemidesmus 1:2



MH5HEMI 500 mL VG GF DF

**Botanical Names:** *Hemidesmus indicus*

**Plant Part:** Root

**Ethanol content:** 45%

### Actions

**Primary:** depurative, diaphoretic, tonic, immune depressant.

### Major Indications

- ✓ Skin conditions, relief of cough, loss of appetite.<sup>#</sup>
- ✓ Support for mild feverish conditions.<sup>#</sup>

### Dosage and Administration

25–60 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

<sup>#</sup> traditional use (Ayurveda)



## Hops 1:2



MH5HOP2 500 mL VG GF DF

**Botanical Names:** *Humulus lupulus*

**Plant Part:** Strobile

**Ethanol content:** 60%

### Actions

**Primary:** hypnotic, sedative (mild), spasmolytic, oestrogen modulating.

**Secondary:** anaphrodisiac (male), bitter tonic.

### Major Indications

- ✓ Relief of sleeplessness (mild), mild anxiety, neuralgia, headache.\*
- ✓ Indigestion, lack of appetite.\*

### Dosage and Administration

10–20 mL/week

### Warnings, Cautions and Contraindications

- High doses are best avoided in oestrogen-sensitive breast cancer.
- Traditionally contraindicated in depression.
- No known cautions in pregnancy, use under professional supervision.
- Use with caution in lactation, monitor infant for sedation.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## Horsechestnut 1:2



MH5HORS 500 mL VG GF DF

**Botanical Names:** *Aesculus hippocastanum*

**Plant Part:** Seed

**Ethanol content:** 35%

### Actions

**Primary:** venotonic, antioedema, anti-inflammatory.

### Major Indications

- ✓ Internally and topically to support healthy circulation, especially of the legs and to relieve varicose veins and haemorrhoids.\*
- ✓ Topically for bruising.\*

### Dosage and Administration

15–35 mL/week

Refer to page 118 for how to make topical preparations.

To make a cream, use 5 mL in 45 grams of MediHerb® Vitamin E Cream.

### Warnings, Cautions and Contraindications

- Caution is advised in patients with pre-existing cholestasis.
- Do not apply to broken or ulcerated skin.
- No known cautions in pregnancy, use under professional supervision.
- Use with caution in lactation, monitor infant for GI symptoms.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)

\* traditional use (Western herbal medicine)



## Horseradish 1:2



MH5HRAD 500 mL VG GF DF

**Botanical Names:** *Armoracia rusticana*

**Plant Part:** Root

**Ethanol content:** 23%

### Actions

**Primary:** pungent, anticatarrhal.

**Secondary:** circulatory stimulant, metabolic stimulant.

### Major Indications

- ✓ Upper respiratory catarrh, sinusitis.\*
- ✓ To support a healthy urinary tract.\*
- ✓ To aid digestion.\*
- ✓ Hoarseness (as a syrup – see note in Dosage and Administration).\*

### Dosage and Administration

25–50 mL/week

**Note:** Instead of a syrup, consider using the liquid extract with Flavouring Mixture, and if necessary, dilute with sterilised water.

### Warnings, Cautions and Contraindications

- High doses are best avoided, in peptic ulcer and hypothyroidism.
- Use with caution in pregnancy and lactation, dose low end of range.
- Not advised in children under 4 years of age.
- Should not be taken in doses exceeding the maximum therapeutic range long term (due to constituents).
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## Horsetail 1:2



MH5HTAL 500 mL VG GF DF

**Botanical Names:** *Equisetum arvense*

**Plant Part:** Herb

**Ethanol content:** 23%

### Actions

**Primary:** diuretic (mild), astringent.

**Secondary:** antihaemorrhagic, connective tissue support.

### Major Indications

- ✓ Support healthy elimination via the kidneys.\*
- ✓ Relief of the pain and burning sensation associated with medically diagnosed cystitis.\*
- ✓ Support for inflammations of the urinary tract; bedwetting.\*

### Dosage and Administration

15–40 mL/week

### Warnings, Cautions and Contraindications

- Advise patients: If pain or irritation associated with cystitis persists for more than 48 hours, consult your doctor.
- The presence of blood in the urine warrants immediate medical attention.
- Use with caution in pregnancy and lactation, dose low end of range short term.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)

\* traditional use (Western herbal medicine)



## Iberis 1:5



MHIBE500 500 mL VG GF DF

**Botanical Names:** *Iberis amara*

**Plant Part:** Herb

**Ethanol content:** 23%

### Actions

**Primary:** bitter, increases intestinal tone.

### Major Indications

- ✓ As a simple: poor appetite, sluggish digestion, as a digestive.
- ✓ As a formulation: dyspepsia, gastrointestinal discomfort.

### Dosage and Administration

10–30 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- If symptoms persist, seek additional professional advice.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



## Jamaica Dogwood 1:2



MH5JAMD 500 mL VG GF DF

**Botanical Names:** *Piscidia piscipula*

**Plant Part:** Bark

**Ethanol content:** 60%

### Actions

**Primary:** analgesic, spasmolytic, sedative (mild).

### Major Indications

- ✓ Relief of neuralgia, headache, sleeplessness.\*
- ✓ Relief of nervous tension, anxiety.\*

### Dosage and Administration

20–40 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated during pregnancy, lactation and in bradycardia and cardiac insufficiency.
- Caution is advised for women wishing to conceive.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

\* traditional use (Western herbal medicine)



# Kava 1:1



MH5KAV1 500 mL   VG GF DF   S

**Botanical Names:** *Piper methysticum*

**Plant Part:** Root

**Ethanol content:** 0%

**Actives:** NLT 10 mg/mL of kavalactones

## Actions

**Primary:** analgesic (mild), anxiolytic, sedative (mild), skeletal muscle relaxant.

**Secondary:** anaesthetic (local).

## Major Indications

- ✓ Relief of nervous tension, sleeplessness.~
- ✓ Relief of stress.‡
- ✓ Relief of sore throat, headache, muscular tension.~

## Dosage and Administration

42–84 mL/week

## Warnings, Cautions and Contraindications

- Contraindicated in pre-existing liver damage or liver diseases.
- Due to possible dopamine antagonism, Kava should be used cautiously in elderly patients and in those with Parkinson's disease.
- Not for prolonged use.
- Contraindicated in pregnancy and lactation.
- In rare cases Kava has been linked to liver damage.
- Discontinue 7 days prior to general anaesthesia.
- May harm the liver. If symptoms persist, seek advice from a healthcare practitioner.

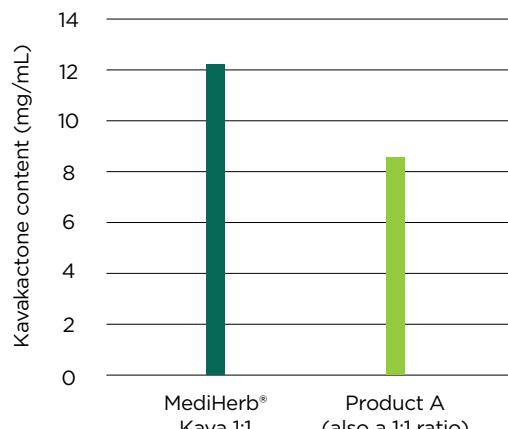
For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).

## Kava Quality



**MediHerb® Kava 1:1 liquid was shown to be 1.5 times as strong, when independently tested against a comparable product.**

Independent laboratory testing in 2017 showed MediHerb Kava 1:1 liquid had 1.5 times the kavalactone content than another comparable product in Australia. MediHerb Kava is manufactured using noble cultivars over 5 years old to ensure maximised kavalactone content.



~ traditional use (Pacific Islands)

‡ clinical study/trial (uncontrolled)





# Korean Ginseng 1:2

MH5KORE 500 mL   VG GF DF   S

**Botanical Names:** *Panax ginseng*

**Plant Part:** Main root

**Ethanol content:** 60%

**Actives:** NLT 10.5 mg/mL of ginsenosides with Rb2:Rb1 NLT 0.4 by HPLC

## Actions

**Primary:** adaptogenic, tonic, immune modulating, cardiotonic, cognition enhancing, male tonic.

## Major Indications

- ✓ Beneficial during times of stress.\*
- ✓ To relieve physical or mental exhaustion.\*
- ✓ To support healthy circulation.^
- ✓ Suboptimal mood.\*
- ✓ To support good health in the elderly.\*
- ✓ When combined with standardised Ginkgo extract, supports memory function in healthy people.†

## Dosage and Administration

7-40 mL/week

## Warnings, Cautions and Contraindications

- Do not use if pregnant or likely to become pregnant.
- Use with caution in lactation, monitor infant for hyperstimulation.
- Best not used during acute infections, or in combination with caffeine. Overstimulation may occur in susceptible individuals, especially at higher doses.
- Discontinue 7 days prior to general anaesthesia.

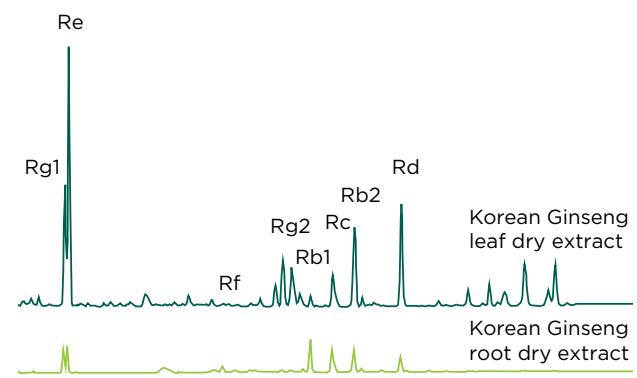
For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

## Korean Ginseng Quality



*Panax ginseng* is a widely used and misunderstood herb. Traditionally the main root of the plant has been preferred for therapeutic use.

The other parts of the plant such as the root hairs, leaves, leafstalks, etc are considered inferior. However, many herb traders will sell the other plant parts as they are substantially cheaper than the main root. The major marker compounds used to characterise *Panax ginseng* are the ginsenosides which occur in all parts of the plant and if you were to only consider total ginsenosides the main root is not the highest in content. The importance is in the ratio of specific ginsenosides. European clinical studies were undertaken on extracts manufactured from the main root of *Panax ginseng* which have a particular ratio of ginsenosides. To achieve the clinical results obtained traditionally and supported by clinical trials it is important to use raw material from the correct plant part and the correct species. Different ginseng preparations and their relative ginsenoside composition can readily be monitored by HPLC. (see below)



\* traditional use (Western herbal medicine)

^ traditional use (traditional Chinese medicine)

† clinical study/trial (controlled)



## Ladies Mantle 1:2



MH5LMAN 500 mL VG GF DF

**Botanical Names:** *Alchemilla vulgaris*

**Plant Part:** Herb

**Ethanol content:** 23%

### Actions

**Primary:** astringent, antihaemorrhagic, anti-inflammatory.

### Major Indications

- ✓ Relief of heavy menstruation, mild diarrhoea.\*
- ✓ Topically for relief of leucorrhoea.\*

### Dosage and Administration

25–50 mL/week

Refer to page 118 for how to make topical preparations.

To make a douche, use 5 mL in 70–80 mL of saline.

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



## Lavender 1:2



MH5LAVE 500 mL VG GF DF

**Botanical Names:** *Lavandula angustifolia*

**Plant Part:** Flower

**Ethanol content:** 60%

### Actions

**Primary:** carminative, spasmolytic, anxiolytic, low mood support.

### Major Indications

- ✓ Indigestion, flatulence, colic.\*
- ✓ Suboptimal mood, restlessness, relief of sleeplessness.\*
- ✓ Relief of headache.\*

### Dosage and Administration

15–30 mL/week

### Warnings, Cautions and Contraindications

- Use with caution in pregnancy, dose low end of range in 1st trimester.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

\* traditional use (Western herbal medicine)

\* traditional use (Western herbal medicine)



# Lemon Balm 1:2

MH5LEMB 500 mL   VG GF DF



**Botanical Names:** *Melissa officinalis*

**Plant Part:** Herb

**Ethanol content:** 45%

## Actions

**Primary:** carminative, spasmolytic, sedative (mild), nervine tonic.

**Secondary:** TSH antagonist, diaphoretic.

## Major Indications

- ✓ Indigestion, particularly if associated with nervousness; flatulence.\*
- ✓ Relief of anxiety, suboptimal mood.\*
- ✓ Sleeplessness, particularly if associated with nervousness.\*
- ✓ Combined with Valerian to improve sleep quality.†

## Dosage and Administration

20–40 mL/week

## Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).



\* traditional use (Western herbal medicine)

† clinical study/trial (controlled)



## Licorice High Grade 1:1



MH5LIHG 500 mL VG GF DF QA

**Botanical Names:** *Glycyrrhiza glabra*

**Plant Part:** Root

**Ethanol content:** 20%

**Actives(MH5LIHG):** NLT 30 mg/mL of glycyrrhizin

### Actions

**Primary:** anti-inflammatory, mucoprotective, adrenal tonic, antiviral, demulcent, expectorant, antitussive.

**Secondary:** laxative (mild), anticariogenic.

### Major Indications

- ✓ Relief of mild bronchitis and coughs.\*
- ✓ Short-term relief of indigestion.\*
- ✓ Supports healthy adrenal function.\*
- ✓ To support inflammations of the urinary tract.\*
- ✓ Topically to relieve sore throat.\*†
- ✓ Add to formulations as a flavouring.\*
- ✓ Add to formulations to promote the harmonious activity of other herbs.^

## Licorice 1:1



MH5LICO 500 mL VG GF DF

### Dosage and Administration

**Licorice High Grade 1:1:** 10–30 mL/week

**Licorice 1:1:** 15–40 mL/week

Refer to page 118 for how to make topical preparations.

To make a gargle, use 5 mL in 70–80 mL of saline.

### Warnings, Cautions and Contraindications

- Caution in patients with anorexia, hypertension, heart disease, kidney disease or patients with higher risk of hypokalaemia.
- Assessment of the patient's blood pressure and other medications is required before prescribing Licorice.
- Caution use with elderly patients.
- Patients who are prescribed Licorice that is high in glycyrrhizin other than for short periods should be placed on a high potassium and low sodium diet, and should be closely monitored for blood pressure increases and weight gain.
- High doses should not be taken for prolonged periods.
- Caution in pregnancy at doses greater than 3 mL/day of Licorice 1:1 and greater than 1.5 mL/day of Licorice High Grade 1:1. At doses lower than this Licorice liquid extracts are safe to use under professional supervision for short periods. Not advisable in women with or prone to hypertension during pregnancy.
- Use with caution in lactation, use only short-term in doses not exceeding 3 mL/day.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).

\* traditional use (Western herbal medicine)

† clinical study/trial (controlled)

^ traditional use (traditional Chinese medicine)



## Lime Flowers 1:2



MH5LIME 500 mL VG GF DF

**Botanical Names:** *Tilia cordata*

**Plant Part:** Flower

**Ethanol content:** 45%

### Actions

**Primary:** diaphoretic, spasmolytic, peripheral vasodilator.

**Secondary:** sedative (mild).

### Major Indications

- ✓ To support healthy heart function.\*
- ✓ Relief of mild fever associated with common cold.\*
- ✓ Relief of sleeplessness, restlessness, headache.\*

### Dosage and Administration

15–30 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in known allergy to Lime flowers.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).



## Lion's Mane 1:2



MHLM500 500 mL VG GF DF

**Botanical Names:** *Hericium erinaceus*

**Plant Part:** Fruiting Body

**Ethanol content:** 20%

### Actions

**Primary:** immunomodulatory, neuroprotective, tonic, neurotrophic, gastroprotective.

**Secondary:** anti-inflammatory.

### Major Indications

- ✓ As a tonic for fatigue and in those who are debilitated.
- ✓ Relieves indigestion and gastritis.
- ✓ Aids in the reduction of cognitive decline.
- ✓ Supports mood balance.
- ✓ Promotes and supports neurogenesis.

### Dosage and Administration

20–50 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).

\* traditional use (Western herbal medicine)



## Marshmallow Root 1:5

MH5MAR5 500 mL VG GF DF



**Botanical Names:** *Althaea officinalis*

**Plant Part:** Root

**Ethanol content:** 23% (MH5MAR5), 0% (MH5MARG)

### Actions

**Primary:** demulcent, reflex demulcent.

### Major Indications

- ✓ Relief of hoarseness, cough, respiratory catarrh, inflammations of the mouth and pharynx.\*
- ✓ To soothe mild gastrointestinal irritations.\*
- ✓ Relief of the pain and burning sensation associated with medically diagnosed cystitis.\*



\* traditional use (Western herbal medicine)

## Marshmallow Root Glycetract 1:5

MH5MARG 500 mL VG GF DF



### Dosage and Administration

20-40 mL/week

As the glycetract tastes sweet, it may be useful alone or in liquid formulations for children - at a suitable dosage (see page 113).

### Warnings, Cautions and Contraindications

- Advise patients: If pain or irritation associated with cystitis persists for more than 48 hours, consult your doctor.
- The presence of blood in the urine warrants immediate medical attention.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).



## Meadowsweet 1:2



MH5MEAD 500 mL VG GF DF

**Botanical Names:** *Filipendula ulmaria*

**Plant Part:** Herb

**Ethanol content:** 60%

### Actions

**Primary:** antiulcer, antacid, anti-inflammatory.

**Secondary:** urinary antiseptic (mild), astringent, mucoprotective.

### Major Indications

- ✓ Symptomatic relief of heartburn.\*
- ✓ Indigestion.\*
- ✓ Supports healthy connective tissue, muscles and joints, including relief of arthritic conditions.\*

### Dosage and Administration

20-40 mL/week

### Warnings, Cautions and Contraindications

- Avoid or use with caution in patients with salicylate sensitivity or glucose-6-phosphate dehydrogenase deficiency (in this condition salicylic acid can cause haemolytic anaemia).
- Contraindicated in pregnancy. Do not use if pregnant or likely to become pregnant.
- Use with caution in lactation, monitor infant for allergic response.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



## Mexican Valerian 1:2



MH5VMEX 500 mL VG GF DF

**Botanical Names:** *Valeriana edulis*

**Plant Part:** Root and rhizome

**Ethanol content:** 45%

### Actions

**Primary:** anxiolytic, mild sedative, hypnotic.

**Secondary:** spasmolytic.

### Major Indications

- ✓ Relief of insomnia.†
- ✓ Relief of mild anxiety.\*

### Dosage and Administration

10-30 mL/week

### Warnings, Cautions and Contraindications

- Caution is advised during lactation.
- Professional supervision is suggested during pregnancy.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

\* traditional use (Western herbal medicine)

† clinical study/trial (controlled)

\* traditional use (Western herbal medicine)



## Motherwort 1:2



**MH5MWOR** 500 mL **VG GF DF**

**Botanical Names:** *Leonurus cardiaca*

**Plant Part:** Herb

**Ethanol content:** 23%

### Actions

**Primary:** nervine tonic, cardiotonic, hypotensive, antiarrhythmic, anxiolytic.

**Secondary:** spasmolytic, emmenagogue.

### Major Indications

- ✓ Nervous tension.\*
- ✓ To support healthy heart function.\*
- ✓ To support normal menstruation and provide relief for dysmenorrhoea.\*

### Dosage and Administration

15–25 mL/week

### Warnings, Cautions and Contraindications

- Use with caution in pregnancy, contraindicated in 1st trimester.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## Mullein 1:2



**MH5MULL** 500 mL **VG GF DF**

**Botanical Names:** *Verbascum thapsus*

**Plant Part:** Leaf

**Ethanol content:** 23%

### Actions

**Primary:** expectorant, demulcent, antitussive.

**Secondary:** vulnerary.

### Major Indications

- ✓ Relief of mild bronchitis, cough, common cold.\*

### Dosage and Administration

30–60 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)

\* traditional use (Western herbal medicine)



# Myrrh 1:5

MH5MYRR 500 mL   VG GF DF



**Botanical Names:** *Commiphora myrrha*

**Plant Part:** Resin

**Ethanol content:** 90%

## Actions

**Primary:** astringent, antimicrobial, antibacterial, anthelmintic, vulnerary.

**Secondary:** anti-inflammatory, lymphatic.

## Major Indications

- ✓ Mild mouth ulcers, pharyngitis, respiratory catarrh, relief of common cold and mild bronchitis.\*
- ✓ Topically for mouth inflammation and ulcers, relief of mild tonsillitis; minor wounds, skin abrasions.\*

## Dosage and Administration

10–30 mL/week

Refer to page 118 for how to make topical preparations.

- To make a gargle, use 5 mL in 70–80 mL of saline.
- To make a cream, use 5 mL in 45 grams of MediHerb® Vitamin E Cream.

## Warnings, Cautions and Contraindications

- Contraindicated in pregnancy. External use only, under professional supervision.
- Do not use if pregnant or likely to become pregnant.
- Contraindicated in known allergy.
- Use with caution in lactation, monitor infant for allergic response.
- May cause contact allergy in certain individuals.
- Discontinue 7 days prior to general anaesthesia.
- Long-term use is best avoided

For potential herb-drug interactions please contact Clinical Support at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).



\* traditional use (Western herbal medicine)



# Support for Male Health

## Tongkat Ali Glycetract may help to:

- ❖ Support general wellbeing and vitality    ❖ Support normal testosterone production
- ❖ Maintain normal free testosterone levels    ❖ Support healthy sexual interest

*For practitioner dispensing only.*

Available to order at [MyIntegria.com](http://MyIntegria.com)



## Nettle Leaf 1:2



MH5NETT 500 mL VG GF DF

**Botanical Names:** *Urtica dioica*

**Plant Part:** Leaf

**Ethanol content:** 23%

### Actions

**Primary:** antirheumatic, antiallergic, depurative, anti-inflammatory, diuretic.

**Secondary:** nutritive.

### Major Indications

- ✓ Skin conditions, including mild eczema.\*
- ✓ To support normal detoxification processes for healthy connective tissue, muscles and joints.\*
- ✓ Relief of allergic rhinitis.†
- ✓ To support normal menstruation.\*

### Dosage and Administration

15–40 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## Nettle Root 1:2



MH5NROT 500 mL VG GF DF

**Botanical Names:** *Urtica dioica*

**Plant Part:** Root

**Ethanol content:** 23%

### Actions

**Primary:** antiprostatic.

### Major Indications

- ✓ Supports normal urination in men.†

### Dosage and Administration

30–60 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



\* traditional use (Western herbal medicine)

† clinical trial (controlled)

† clinical trial (controlled)



## Nigella 1:2



MH5NIGE 500 mL VG GF DF

**Botanical Names:** *Nigella sativa*

**Plant Part:** Seed

**Ethanol content:** 60%

### Actions

**Primary:** digestive (aromatic & bitter), carminative, hypolipidaemic, immune modulating, antiallergic, anthelmintic.

**Secondary:** anticoagulant, hypotensive, emmenagogue, galactagogue.

### Major Indications

- ✓ Indigestion, loss of appetite.<sup>#</sup>
- ✓ Support for mild feverish conditions.<sup>#</sup>
- ✓ Relief of allergic rhinitis.<sup>†</sup>
- ✓ To support the elimination of parasitic worms from the gut.<sup>†</sup>

### Dosage and Administration

28-84 mL/week

### Warnings, Cautions and Contraindications

- Caution in pregnancy, use under professional supervision.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## Oats Green 1:2



MH5OATG 500 mL VG DF

**Botanical Names:** *Avena sativa*

**Plant Part:** Herb

**Ethanol content:** 23%

### Actions

**Primary:** nervine tonic, anxiolytic.

**Secondary:** nutritive.

### Major Indications

- ✓ Relief of anxiety, nervousness.\*

### Dosage and Administration

20-40 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



<sup>#</sup> traditional use (Ayurveda)

<sup>†</sup> clinical study/trial (controlled)

\* traditional use (Western herbal medicine)



## Oats Seed 1:1



MH5OATS 500 mL VG DF

**Botanical Names:** *Avena sativa*

**Plant Part:** Seed

**Ethanol content:** 23%

### Actions

**Primary:** nervine tonic, tonic, thymoleptic.

**Secondary:** nutritive.

### Major Indications

- ✓ As a tonic to aid recovery in convalescence or for fatigue.\*
- ✓ Suboptimal mood, psychological aspects of menopause.\*

### Dosage and Administration

20-40 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## Olive Leaves 1:2



MH5OLIV 500 mL VG GF DF

**Botanical Names:** *Olea europaea*

**Plant Part:** Leaf

**Ethanol content:** 45%

### Actions

**Primary:** hypotensive, antioxidant, bitter tonic.

### Major Indications

- ✓ To support healthy heart function.\*
- ✓ To provide support for mild fevers.\*

### Dosage and Administration

25-50 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)

\* traditional use (Western herbal medicine)



## Oregon Grape 1:2



MH5OGRA 500 mL VG GF DF

**Botanical Names:** *Berberis aquifolium*

**Plant Part:** Root and rhizome

**Ethanol content:** 23%

### Actions

**Primary:** depurative, anti-inflammatory, antimicrobial.

### Major Indications

- ✓ Skin disorders, especially mild eczema; acne.\*
- ✓ Relief of gastritis and to support healthy gallbladder function.\*

### Dosage and Administration

25–50 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated during pregnancy and lactation.
- Caution may be warranted in patients with gallstones, due to the potential for impacted gallstones and obstructed bile ducts.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



## Paeonia 1:2



MH5PAEO 500 mL VG GF DF

**Botanical Names:** *Paeonia lactiflora*

**Plant Part:** Root

**Ethanol content:** 45%

### Actions

**Primary:** spasmolytic, oestrogen modulating.

**Secondary:** anti-inflammatory, skeletal muscle relaxant.

### Major Indications

- ✓ Menstrual disorders.^
- ✓ Relief of colic and muscular pain.^
- ✓ Excessive perspiration, night sweats.^
- ✓ Very commonly used for women's disorders.^

### Dosage and Administration

30–60 mL/week

### Warnings, Cautions and Contraindications

- Use with caution and under professional supervision in 1st trimester of pregnancy.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

\* traditional use (Western herbal medicine)

^ traditional use (traditional Chinese medicine)



## Passionflower 1:2



MH5PASS 500 mL VG GF DF

**Botanical Names:** *Passiflora incarnata*

**Plant Part:** Herb

**Ethanol content:** 45%

### Actions

**Primary:** anxiolytic, spasmolytic, sedative (mild), hypnotic.

### Major Indications

- ✓ Relief of sleeplessness.<sup>†</sup>
- ✓ Relief of restlessness, mild anxiety, headache, dysmenorrhoea, neuralgia.\*

### Dosage and Administration

15–40 mL/week

### Warnings, Cautions and Contraindications

- Use with caution and under professional supervision in 1st trimester of pregnancy.
- Use with caution in lactation, monitor infant for sedation.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## Pelargonium 1:5



MH5PELA 500 mL VG GF DF

**Botanical Names:** *Pelargonium sidoides*

**Plant Part:** Root

**Ethanol content:** 20%

### Actions

**Primary:** antibacterial, immune modulating, expectorant.

**Secondary:** antifungal.

### Major Indications

- ✓ Relief of mild bronchitis, common cold, sinusitis, mild tonsillitis.<sup>†</sup>

### Dosage and Administration

20–40 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

<sup>†</sup> clinical study/trial (controlled)

\* traditional use (Western herbal medicine)

<sup>†</sup> clinical study/trial (controlled)



## Peppermint 1:2

MH5PEPP 500 mL VG GF DF QA



**Botanical Names:** *Mentha x piperita*

**Plant Part:** Leaf

**Ethanol content:** 45%

**Actives:** NLT 1.2 mg/mL of menthol

### Actions

**Primary:** spasmolytic, carminative, diaphoretic, antiemetic, cholagogue.

**Secondary:** antitussive, antimicrobial, antiseptic (locally), sedative (mild).

### Major Indications

- ✓ Indigestion, colic.\*
- ✓ Relief of nausea.\*
- ✓ Relief of dysmenorrhoea, common cold.\*
- ✓ Add to formulations as a flavouring.\*

### Dosage and Administration

10–30 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in gastro-oesophageal reflux.
- Use with caution in lactation, avoid oil.
- No known cautions in pregnancy, use under professional supervision
- Do not exceed recommended dosage range.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## Pleurisy Root 1:2

MH5PLEU 500 mL VG GF DF



**Botanical Names:** *Asclepias tuberosa*

**Plant Part:** Root

**Ethanol content:** 45%

### Actions

**Primary:** diaphoretic, expectorant, antispasmodic.

### Major Indications

- ✓ Relief of mild bronchitis, common cold and flu.\*

### Dosage and Administration

10–20 mL/week

### Warnings, Cautions and Contraindications

- Use with caution in pregnancy, contraindicated in 1st trimester.
- Use with caution in lactation, avoid in heart murmurs.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



\* traditional use (Western herbal medicine)

\* traditional use (Western herbal medicine)



# Poke Root 1:5

MH2POKE 500 mL   VG GF DF

**Botanical Names:** *Phytolacca americana*

**Plant Part:** Root

**Ethanol content:** 45%

## Actions

**Primary:** anti-inflammatory, lymphatic, depurative, immune stimulating.

## Major Indications

- ✓ Conditions involving inflammation of the mouth, throat and lymph glands.\*
- ✓ To support healthy functioning of the female reproductive glands.\*
- ✓ To support healthy connective tissue, muscles and joints, including relief of arthritic conditions.\*
- ✓ Topically to provide relief for mastitis (see note in Dosage and Administration).\*



\* traditional use (Western herbal medicine)

## Dosage and Administration

1–5 mL/week

**Caution:** The daily dose of this tincture is low, the dosage range is narrow and/or adverse effects may occur if prescribed above the maximum daily dose. Accurate measurement of dose is vital to minimise the chance of adverse effects and/or toxicity.

**Note:** The preparation used for this indication was a poultice, instead, consider using Pokeroot in a cream. Wash off the breast before feeding.

Refer to page 118 for how to make topical preparations.

To make a cream, use 2 mL in 48 grams of MediHerb® Vitamin E Cream.

## Warnings, Cautions and Contraindications

- Do not exceed the recommended dose, as doing so may produce severe vomiting and mild diarrhoea in certain patients.
- Contraindicated during pregnancy, lactation and in those with gastrointestinal irritation.
- Do not use for longer than 6 months.
- Do not apply to broken or ulcerated skin.
- Contact with the eyes should be avoided.
- Discontinue 7 days prior to general anaesthesia.
- Do not use if pregnant or likely to become pregnant.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).



## Pomegranate 1:2



MHPGRX500 500 mL    VG GF DF

**Botanical Names:** *Punica granatum*

**Plant Part:** Peel (husk)

**Ethanol content:** 23%

### Actions

**Primary:** antimicrobial, astringent, antiparasitic, anthelmintic, antioxidant.

**Secondary:** hypolidipaemic.

### Major Indications

- ✓ To support the elimination of parasitic worms from the gut.<sup>^</sup>
- ✓ Relief of mild diarrhoea.<sup>^</sup>
- ✓ Topically to relieve sore throat.\*
- ✓ Topically for haemorrhoids.~

### Dosage and Administration

40-125 mL/week

Refer to page 118 for how to make topical preparations.

To make a gargle or mouthwash, use 5 mL in 70-80 mL of saline.

To make a cream, use 5 mL in 45 grams of MediHerb® vitamin E cream.

### Warnings, Cautions and Contraindications

- Contraindicated in pregnancy. Do not use if pregnant or likely to become pregnant.
- Use with caution in lactation, dose low end of range.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

<sup>^</sup> traditional use (traditional Chinese medicine)

\* traditional use (Western herbal medicine)

~ traditional use (Philippines)



## Prickly Ash 1:2



MH5PRIC 500 mL    VG GF DF

**Botanical Names:** *Zanthoxylum clava-herculis*

**Plant Part:** Bark

**Ethanol content:** 45%

### Actions

**Primary:** circulatory stimulant, diaphoretic, antirheumatic.

**Secondary:** sialogogue.

### Major Indications

- ✓ Supports healthy circulation, including to the hands and feet.\*
- ✓ Relief of respiratory catarrh.\*
- ✓ Supports healthy connective tissue and joints, and relieves cramps.\*
- ✓ Indigestion.\*

### Dosage and Administration

10-30 mL/week

### Warnings, Cautions and Contraindications

- Use with caution in 1st trimester of pregnancy.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)



# Propolis 1:5

MH5PROP 500 mL VG GF DF



**Botanical Names:** N/A

**Plant Part:** Resin

**Ethanol content:** 90%

## Actions

**Primary:** astringent, vulnerary, antibacterial, antifungal, antiparasitic, antiviral, immune modulating.

**Secondary:** antioxidant.

## Major Indications

- ✓ Relief of sore throat.‡
- ✓ Relief of mild mouth ulcers.†
- ✓ Internally for warts.†
- ✓ Topically as a mouthwash for healthy gums and minor mouth wounds.†
- ✓ Topically as a gargle to relieve sore throat, mouth and throat infections.\*
- ✓ Topically as a mouthwash to support oral health.‡
- ✓ Topically for supportive therapy of minor burns.†
- ✓ Topically to relieve symptoms of cold sores (see note in Dosage and Administration).†
- ✓ Topically for minor skin wounds (see note in Dosage and Administration).‡

## Dosage and Administration

10–40 mL/week

**Note:** The preparation used for this indication was an ointment, instead, consider using Propolis in a cream.

Refer to page 118 for how to make topical preparations.

- To make a mouthwash or gargle, use 5 mL in 70–80 mL of saline.
- To make a cream, use 5 mL in 45 grams of MediHerb® Vitamin E Cream.

## Warnings, Cautions and Contraindications

- Contraindicated in known allergy to Propolis or other bee products.
- Contact allergy may occur in those allergic to Peruvian Balsam or poplar bud extracts. Test before use.
- Use under professional supervision during pregnancy and lactation, dose at low end of range and note alcohol content.
- Discontinue 7 days prior to general anaesthesia.
- **WARNING:** Propolis may cause allergic reactions. If irritation or swelling of the mouth or throat occurs, discontinue use.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).

‡ clinical study/trial (uncontrolled)

† clinical study/trial (controlled)

\* traditional use (Western herbal medicine)





## Qing Hao 2:1



MH5QING 500 mL VG GF DF

**Botanical Names:** *Artemisia annua*

**Plant Part:** Herb

**Ethanol content:** 60%

### Actions

**Primary:** bitter tonic, febrifuge, antiparasitic.

### Major Indications

- ✓ Support for mild feverish conditions.<sup>^</sup>

### Dosage and Administration

10–25 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in pregnancy and lactation. Do not use if pregnant or likely to become pregnant.
- Contraindicated in those with hypersensitivity to the plant.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).

<sup>^</sup> traditional use (traditional Chinese medicine)



## Raspberry Leaves 1:2



MH5RASP 500 mL VG GF DF

**Botanical Names:** *Rubus idaeus*

**Plant Part:** Leaf

**Ethanol content:** 23%

### Actions

**Primary:** astringent, partus preparator, parturifacient, uterine tonic.

**Secondary:** antidiarrhoeal.

### Major Indications

- ✓ To support healthy uterine muscle function.\*
- ✓ Relief of mild diarrhoea.\*
- ✓ Relief of heavy menstruation.\*

### Dosage and Administration

30–100 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).



\* traditional use (Western herbal medicine)



## Red Clover 1:2



MH5REDC 500 mL VG GF DF

**Botanical Names:** *Trifolium pratense*

**Plant Part:** Flower

**Ethanol content:** 23%

### Actions

**Primary:** depurative.

### Major Indications

- ✓ Skin disorders, especially mild eczema.\*
- ✓ Relief of mild bronchitis and cough.\*

### Dosage and Administration

10–40 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy, use under professional supervision. Use with caution in lactation, monitor milk production.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



\* traditional use (Western herbal medicine)



## Rehmannia 1:2



MH5REHM 500 mL VG GF DF

**Botanical Names:** *Rehmannia glutinosa*

**Plant Part:** Root

**Ethanol content:** 23%

### Actions

**Primary:** antipyretic, adrenal trophorestorative, antihaemorrhagic, anti-inflammatory.

### Major Indications

- ✓ Relief of mild fever, sore throat.^
- ✓ Skin complaints.^
- ✓ To support normal menstruation.^

### Dosage and Administration

30–60 mL/week

### Warnings, Cautions and Contraindications

- Use with caution and under professional supervision in 1st trimester of pregnancy.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

^ traditional use (traditional Chinese medicine)



# Rhodiola 1:1

MH5RH500 500 mL   VG GF DF   S

**Botanical Names:** *Rhodiola rosea*

**Plant Part:** Root

**Ethanol content:** 45%

**Actives:** 3.5 mg/mL of rosavins and 1.0 mg/mL of salidroside

## Actions

**Primary:** adaptogenic, tonic, antioxidant, cognition enhancing, low mood support.

## Major Indications

- ✓ Beneficial during times of stress.\*
- ✓ Relief of mental fatigue.\*

## Dosage and Administration

20-40 mL/week

## Warnings, Cautions and Contraindications

- Use with caution in patients with bipolar or other mood disorders.
- No known cautions in pregnancy, use under professional supervision.
- Use with caution in lactation, monitor infant for hyperstimulation.
- Only for use in oral medicines.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).

## Rhodiola Quality

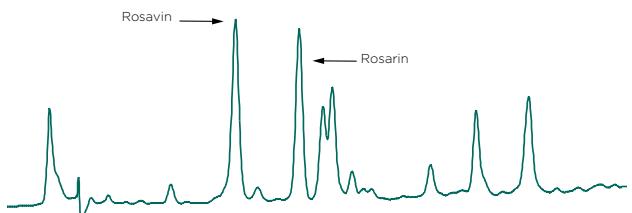


***Rhodiola rosea* is commonly referred to as Roseroot or Arctic Root and grows in dry sandy ground in high latitude or mountainous areas in the Northern Hemisphere.**

The freshly cut root has a rose-like odour that has given rise to both its botanic name and one of its common names. There are more than 90 species in the genus *Rhodiola* and several recent studies have shown that substitution (accidental or intentional) with other species is common. Of the many species of *Rhodiola*, *R. rosea* has been the subject of most of the medical and clinical research.

Most species of *Rhodiola* have been reported to contain the marker compound salidroside, and this was originally used to standardise extracts of *Rhodiola rosea*. After more than a decade of research, however, it became clear that the chemical composition of *Rhodiola rosea* is unique. Using newly developed analytical methods, it was shown that besides salidroside, *Rhodiola rosea* contains three phenylpropanoid glycosides (rosarin, rosavin and rosin), collectively known as 'rosavins'. Although rosavins may occur in some other *Rhodiola* species, rosavin is not found in the main adulterant species, *Rhodiola crenulata*.

## HPLC trace of *Rhodiola rosea*



\* traditional use (Western herbal medicine)



# Ribwort 1:2

MH5RIBW 500 mL VG GF DF



**Botanical Names:** *Plantago lanceolata*

**Plant Part:** Leaf

**Ethanol content:** 23%

## Actions

**Primary:** anticatarrhal, demulcent, astringent.

**Secondary:** vulnerary.

## Major Indications

- ✓ Respiratory catarrh; relief of cough, rhinitis, sinusitis, otitis media.\*
- ✓ Mild inflammation of the mouth and throat, internally and as a gargle or mouthwash.\*

## Dosage and Administration

20-40 mL/week

## Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.
- Use in children under 3 years of age is not recommended.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).



\* traditional use (Western herbal medicine)



## Rosemary 1:2



MH5ROSE 500 mL VG GF DF QA

**Botanical Names:** *Rosmarinus officinalis*

**Plant Part:** Leaf

**Ethanol content:** 60%

**Actives:** NMT 25 mg/mL Cineole & Camphor

### Actions

**Primary:** antioxidant, circulatory stimulant, hepatoprotective, cognition enhancing, carminative.

**Secondary:** spasmolytic, antimicrobial.

### Major Indications

- ✓ Indigestion, poor appetite, suboptimal mood.\*
- ✓ Supports healthy memory function.†
- ✓ Relief of headache.\*

### Dosage and Administration

15–30 mL/week

### Warnings, Cautions and Contraindications

- Use with caution in pregnancy, dose low end of range.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



\* traditional use (Western herbal medicine)

† clinical study/trial (controlled)



## Saffron 1:20



MH5SAFF 500 mL VG GF DF

**Botanical Names:** *Crocus sativus*

**Plant Part:** Stigma

**Ethanol content:** 60%

### Actions

**Primary:** nervine tonic, spasmolytic, diaphoretic (mild), cognition enhancing, antioxidant.

**Secondary:** stomachic, emmenagogue.

### Major Indications

- ✓ Suboptimal mood.#
- ✓ Relief of dysmenorrhoea.\*
- ✓ To support normal menstruation.\*^#
- ✓ Relief of mild fever, cough.#
- ✓ Restlessness.\*
- ✓ To support healthy retinal function.†

### Dosage and Administration

10–25 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in pregnancy. Do not use if pregnant or likely to become pregnant.
- Use with caution in lactation, monitor milk production.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

# traditional use (Ayurveda)

\* traditional use (Western herbal medicine)

^ traditional use (traditional Chinese medicine)

† clinical study/trial (controlled)



## Sage 1:2



MH5SAGE 500 mL   VG GF DF   QA

**Botanical Names:** *Salvia officinalis*

**Plant Part:** Leaf

**Ethanol content:** 60%

**Actives:** NLT 0.64 mg/mL of essential oil as cineol and thujone

### Actions

**Primary:** spasmolytic, antioxidant, astringent, antihyperhidrotic, antimicrobial.

### Major Indications

- ✓ Excessive sweating.\*
- ✓ Topically as a gargle or mouthwash to relieve inflammations of the mouth and throat.\*

### Dosage and Administration

15–30 mL/week

Refer to page 118 for how to make topical preparations.

To make a gargle or mouthwash, use 5 mL in 70–80 mL of saline.

### Warnings, Cautions and Contraindications

- Contraindicated in pregnancy. Do not use if pregnant or likely to become pregnant.
- Contraindicated during lactation, except to stop milk flow.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## Sarsaparilla 1:2



MH5SARS 500 mL   VG GF DF

**Botanical Names:** *Smilax ornata*

**Plant Part:** Root and rhizome

**Ethanol content:** 45%

### Actions

**Primary:** depurative, anti-inflammatory, antirheumatic.

### Major Indications

- ✓ Skin conditions.\*
- ✓ Supports normal detoxification processes for healthy connective tissue, muscles and joints.\*

### Dosage and Administration

20–40 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy, use under professional supervision.
- Use with caution in lactation, monitor infant due to depurative effects of herb.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)

\* traditional use (Western herbal medicine)



## Saw Palmetto 1:2



MH5SAW2 500 mL VG GF DF

**Botanical Names:** *Serenoa repens*

**Plant Part:** Fruit

**Ethanol content:** 45%

### Actions

**Primary:** anti-inflammatory, male tonic, antiprostatic, spasmolytic.

**Secondary:** possibly antiandrogenic.

### Major Indications

- ✓ Conditions of the prostate and urinary tract (particularly of men) that require tonic and antispasmodic action.\*
- ✓ Relief of the pain and burning sensation associated with medically diagnosed cystitis.\*
- ✓ Conditions requiring a tonic action to the reproductive organs (both sexes).\*

### Dosage and Administration

15–30 mL/week

### Warnings, Cautions and Contraindications

- Advise patients: If pain or irritation associated with cystitis persists for more than 48 hours, consult your doctor.
- The presence of blood in the urine warrants immediate medical attention.
- Contraindicated in pregnancy.
- Use with caution in lactation, monitor milk production and infant for GI symptoms.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## Schisandra 1:2



MH5SCHI 500 mL VG GF DF

**Botanical Names:** *Schisandra chinensis*

**Plant Part:** Fruit

**Ethanol content:** 60%

### Actions

**Primary:** hepatoprotective, antioxidant, adaptogenic, cognition enhancing, nervine tonic.

**Secondary:** antitussive, oxytocic, low mood support.

### Major Indications

- ✓ Fatigue.^
- ✓ Insomnia, irritability, poor memory.^
- ✓ Excessive perspiration, night sweats.^
- ✓ Support for healthy liver function.‡
- ✓ Used in cough formulations.^

### Dosage and Administration

25–60 mL/week

### Warnings, Cautions and Contraindications

- Traditionally contraindicated in the early stages of cough or rash.
- No known cautions in pregnancy, use under professional supervision.
- Use with caution in lactation, monitor infant due to liver action of herb.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)

^ traditional use (traditional Chinese medicine)

‡ clinical study/trial (uncontrolled)

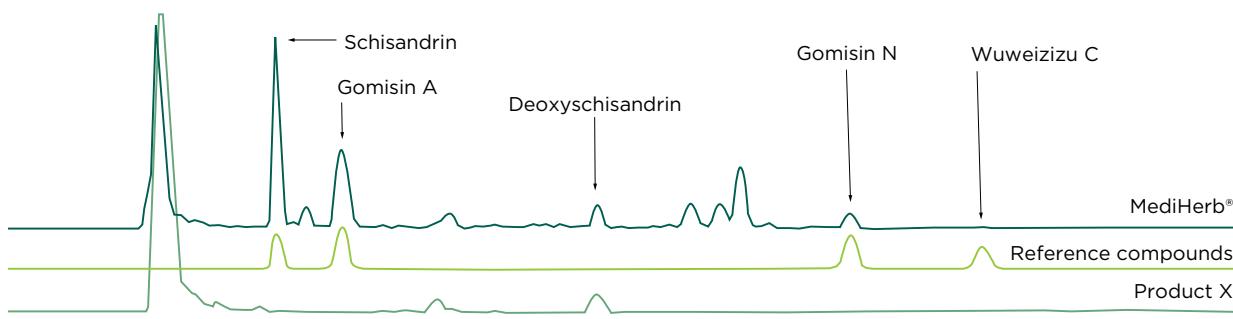


## Schisandra Quality

**Schisandra is a well known Chinese herb, however it is not well known that two species of Schisandra are used in TCM, the phytochemical profile of each being very different.**

*Schisandra chinensis* (Northern Schisandra) is the preferred species in TCM and by Western health care professionals. It contains compounds called schisandrins (schisandrin, gomisin A, deoxyschisandrin, gomisin N and wuweizizu C) which are believed to be responsible for the therapeutic effects. Southern Schisandra, *Schisandra sphenanthera*, (see *Product X in the trace*) is considered inferior due to lower levels of schisandrins, however it is often used interchangeably with *Schisandra chinensis*. Manufacturers therefore need to be very careful to avoid substitution with *Schisandra sphenanthera*. The species are readily distinguishable morphologically and by HPLC.

### Schisandra HPLC comparison





## Shatavari 1:2



MH5SHAT 500 mL VG GF DF

**Botanical Names:** *Asparagus racemosus*

**Plant Part:** Root

**Ethanol content:** 45%

### Actions

**Primary:** female sexual tonic, galactagogue, tonic, adaptogenic.

**Secondary:** spasmolytic, antidiarrhoeal, diuretic.

### Major Indications

- ✓ Support well-being in women.\*#
- ✓ Support normal lactation.#

### Dosage and Administration

30–60 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).



## Shepherd's Purse 1:2



MH5SPUR 500 mL VG GF DF

**Botanical Names:** *Capsella bursa-pastoris*

**Plant Part:** Herb

**Ethanol content:** 23%

### Actions

**Primary:** uterine antihaemorrhagic, urinary antiseptic, styptic.

### Major Indications

- ✓ Relief of heavy menstruation.\*

### Dosage and Administration

20–40 mL/week

### Warnings, Cautions and Contraindications

- Use with caution in pregnancy, contraindicated in 1st trimester.
- Use with caution in lactation, dose low end of range.
- Should not be taken in doses exceeding the maximum therapeutic range in the long term (due to constituents).
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).

\* traditional use (Ayurveda)

\* traditional use (Western herbal medicine)



## Siberian Ginseng 1:2



MH5SIBE 500 mL VG GF DF S

**Botanical Names:** *Eleutherococcus senticosus*

**Plant Part:** Root and rhizome

**Ethanol content:** 45%

**Actives:** NLT 0.5 mg/mL of eleutheroside E

### Actions

**Primary:** adaptogenic, immune modulating, tonic, cognition enhancing.

### Major Indications

- ✓ Relief of fatigue.\*
- ✓ Support mental and/or physical performance.\*

### Dosage and Administration

15–55 mL/week

### Warnings, Cautions and Contraindications

- It is advisable to discontinue use of high doses during acute infections, unless used in conjunction with powerful antimicrobial therapy or in a formulation with proven efficacy.
- Caution is advised in hypertension when used at the higher end of the dosage range.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## Skullcap 1:2



MH5SKUL 500 mL VG GF DF

**Botanical Names:** *Scutellaria lateriflora*

**Plant Part:** Herb top

**Ethanol content:** 45%

### Actions

**Primary:** nervine tonic, sedative (mild), spasmolytic.

### Major Indications

- ✓ Relief of restlessness, sleeplessness, headache, neuralgia.\*
- ✓ Suboptimal mood.\*

### Dosage and Administration

15–30 mL/week

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)

\* traditional use (Western herbal medicine)



## St John's Wort High Grade 1:2



MH5STJH 500 mL VG GF DF QA

**Botanical Names:** *Hypericum perforatum*

**Plant Part:** Flowering herb top

### St John's Wort High Grade 1:2

Ethanol content: 60%

Actives: 0.4 mg/mL of hypericin

### St John's Wort 1:2

Ethanol content: 45%

Actives: NLT 0.16mg/mL of Hypericin

### Actions

**Primary:** nervine, antiviral, vulnerary, low mood support.

**Secondary:** antiseptic.

### Major Indications

- ✓ Relief of anxiety and neuralgia.\*
- ✓ Relief of symptoms of menopause.\*
- ✓ Fatigue, especially if due to nervous tension.\*
- ✓ Suboptimal mood.\*†
- ✓ Relief of sleeplessness.\*
- ✓ To support healthy bladder function in children.\*
- ✓ Topically for minor wounds.\*
- ✓ Topically for relief of symptoms of mild psoriasis (see note in Dosage and Administration).†

## St John's Wort 1:2



MH5STJW 500 mL VG GF DF QA

### Dosage and Administration

15–40 mL/week

**Caution:** Clinicians should avoid dispensing the sediment from St John's Wort liquid extracts.

**Note:** The preparation used for this indication was an ointment, instead, consider using St John's Wort in a cream (which will be more a more comfortable application – less heating).

Refer to page 118 for how to make topical preparations.

To make a cream, use 5 mL in 45 grams of MediHerb® Vitamin E Cream.

### Warnings, Cautions and Contraindications

- Avoid in patients with known sensitivity to St John's Wort.
- Patients taking high doses are advised to avoid excessive exposure to sunlight or artificial UVA light.
- St John's Wort should be used cautiously in patients with known photosensitivity or in patients taking photosensitising agents.
- St John's Wort is not suited for the treatment of serious depression with psychotic symptoms, suicidal risk or signs and symptoms that are so severe that they do not allow the patient's family or work involvements to continue. However, in these cases, St John's Wort may be a valuable adjunct to other therapy such as drug therapy and psychotherapy.
- St John's Wort affects the way many prescription medicines work, including the oral contraceptive pill. Ensure patient speaks with their doctor about contraceptive requirements.
- Use with caution in lactation, monitor infant for sedation.
- No known cautions in pregnancy, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).

\* traditional use (Western herbal medicine)

† clinical study/trial (controlled)

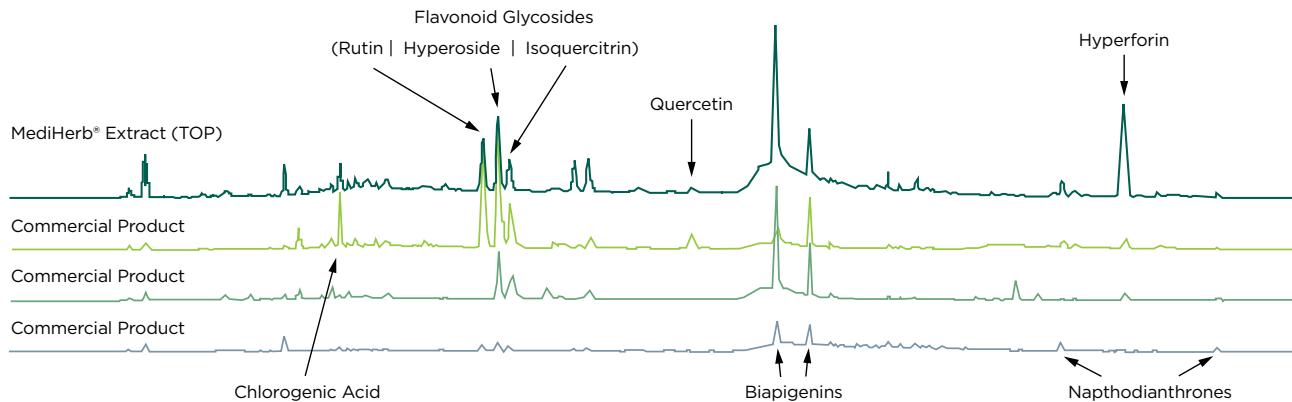


## St John's Wort Quality

The phytochemical complexity of St John's Wort has confounded attempts to isolate its active constituents. Hypericin and pseudohypericin are characteristic and an animal study has shown that when administered with flavonoid glycosides, the bioavailability of hypericin increases.

On the other hand, St John's Wort without hypericin and hyperforin but containing the flavonoid glycosides has been active pharmacologically in model systems. Extracts with and without hyperforin have both been effective in clinical trials.

The graph below compares HPLC analysis of MediHerb® St John Wort extract with three others – all had the same level of hypericins but there was wide variation for all the other phytochemicals. Some had very low levels of all the constituents you would expect in a good-quality extract, however MediHerb tests its extracts for levels of these phytochemicals, particularly the polyphenols and flavonoids.





## St Mary's Thistle 2:1



MH5STMA 500 mL VG GF DF QA

**Botanical Names:** *Silybum marianum*

**Plant Part:** Seed

### St Mary's Thistle 2:1

Ethanol content: 69%

Actives: NLT 10 mg/mL of silymarin

### St Mary's Thistle Glycetract 1:1

Ethanol content: 0%

Actives: 25 mg/mL of silymarin

### Actions

**Primary:** hepatoprotective, hepatic trophorestorative, antioxidant, choleric.

### Major Indications

- ✓ To support healthy liver and gallbladder function.\*
- ✓ Indigestion.\*



\* traditional use (Western herbal medicine)

## St Mary's Thistle Glycetract 1:1



MH5STMG 500 mL VG GF DF QA

### Dosage and Administration

30-60 mL/week

As the glycetract does not contain alcohol it may be suitable as a liver tonic for those who need to restrict their intake of alcohol. As the glycetract tastes sweet, it may be useful alone or in liquid formulations for children - at a suitable dosage (see page 113).

### Warnings, Cautions and Contraindications

- Contraindicated in known allergy to St Mary's Thistle, caution in patients with known sensitivity to other plants in the Asteraceae family.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).



## Thuja 1:5



MH5THUJ 500 mL VG GF DF

**Botanical Names:** *Thuja occidentalis*

**Plant Part:** Leaf

**Ethanol content:** 60%

### Actions

**Primary:** antimicrobial, depurative, antiviral, antifungal.

### Major Indications

- ✓ Internally and topically for warts.\*
- ✓ Relief of mild bronchitis.\*
- ✓ As part of a regimen to support general health, particularly of the female reproductive tract.\*
- ✓ Topically for fungal infections of skin.\*

### Dosage and Administration

10–20 mL/week

**Caution:** The daily dose of this tincture is low, the dosage range is narrow and/or adverse effects may occur if prescribed above the maximum daily dose. Accurate measurement of dose is vital to minimise the chance of adverse effects and/or toxicity.

Refer to page 118 for how to make topical preparations.

To make a cream, use 5 mL in 45 grams of MediHerb® Vitamin E Cream.

### Warnings, Cautions and Contraindications

- Contraindicated during pregnancy and lactation.
- Best avoided in epilepsy and acute hepatic porphyria.
- Avoid long-term use of high doses, do not exceed recommended dose.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)



## Thyme 1:2



MH5THYM 500 mL VG GF DF QA

**Botanical Names:** *Thymus vulgaris*

**Plant Part:** Leaf

**Ethanol content:** 60%

**Actives:** NLT 2.4 mg/mL of thymol/carvacrol

### Actions

**Primary:** expectorant, spasmolytic, antibacterial, antifungal, antioxidant, anti-inflammatory, antimicrobial, antiviral.

**Secondary:** rubefacient, antiparasitic (external).

### Major Indications

- ✓ Respiratory catarrh, relief of mild bronchitis.\*
- ✓ Indigestion.\*
- ✓ As a flavouring in cough preparations.\*
- ✓ Topically for inflammations of the mouth and throat.\*

### Dosage and Administration

15–40 mL/week

Refer to page 118 for how to make topical preparations.

To make a gargle or mouthwash, use 5 mL in 70–80 mL of saline.

### Warnings, Cautions and Contraindications

- No known cautions in pregnancy or lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



\* traditional use (Western herbal medicine)



## Tienchi Ginseng 1:2

MH5TIEN 500 mL VG GF DF

**Botanical Names:** *Panax notoginseng*

**Plant Part:** Root

**Ethanol content:** 45%

### Actions

**Primary:** antihaemorrhagic, cardioprotective, anti-inflammatory, antiarrhythmic, hypocholesterolaemic.

### Major Indications

- ✓ Relief of heavy menstruation.<sup>^</sup>
- ✓ Swelling and pain due to sprains and bruising.<sup>^</sup>
- ✓ Improves physical performance during exercise.<sup>†</sup>
- ✓ Supports healthy heart function.<sup>‡</sup>

### Dosage and Administration

25–60 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in pregnancy. Do not use if pregnant or likely to become pregnant.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).



## Tinospora 1:2

MHTINX500 500 mL VG GF DF

**Botanical Names:** *Tinospora cordifolia*

**Plant Part:** Stem

**Ethanol content:** 60%

### Actions

**Primary:** tonic, immunomodulator, adaptogen.

**Secondary:** anti-inflammatory, antioxidant, cytoprotective, hepatoprotective, hypoglycemic.

### Major Indications

- ✓ To expand your options for stress management.
- ✓ As an immunomodulator with adaptogen and tonic properties.
- ✓ To support patients with fatigue or lethargy.
- ✓ Traditionally used for indigestion and to support healthy liver function.<sup>#</sup>

### Dosage and Administration

42–84 mL/week

### Warnings, Cautions and Contraindications

- High doses should be used with caution in men wanting to conceive a child.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).



<sup>^</sup> traditional use (traditional Chinese medicine)

<sup>†</sup> clinical trial (controlled)

<sup>‡</sup> clinical trial (uncontrolled)

<sup>#</sup> traditional use (Ayurveda)



# Tongkat Ali 2:1 Glycetract

MH5TONG 500 mL   VG GF DF



**Botanical Names:** *Eurycoma longifolia*

**Plant Part:** Root

**Ethanol content:** 0%

## Actions

**Primary:** Aphrodisiac (male), sexual tonic (male), testosterone modulator.

## Major Indications

- ✓ Helps to support healthy sexual interest.
- ✓ Helps to support normal testosterone production/synthesis.
- ✓ Helps to maintain normal free testosterone levels.
- ✓ Help support general wellbeing and vitality.

## Dosage and Administration

35-70 mL/week

## Warnings, Cautions and Contraindications

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).





# Tribulus 2:1

MH5TRIB 500 mL VG GF DF



**Botanical Names:** *Tribulus terrestris*

**Plant Part:** Herb (aerial parts)

**Ethanol content:** 60%

## Actions

**Primary:** tonic & male aphrodisiac, oestrogenic in females (indirectly) androgenic in males (indirectly).

**Secondary:** fertility agent.

## Major Indications

- ✓ To balance and support normal male physiology and function.‡
- ✓ To promote general well-being in men and women.‡

## Dosage and Administration

50-100 mL/week

## Warnings, Cautions and Contraindications

- Contraindicated in the first trimester of pregnancy, then use under professional supervision.
- No known cautions in lactation, use under professional supervision.
- Contains saponins that may reduce the absorption of fats and fat soluble vitamins and aggravate existing upper gastrointestinal tract irritation including reflux, and pre-existing cholestasis.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincialsupport@integria.com](mailto:clincialsupport@integria.com).

## Tribulus Quality



The phytochemical makeup of *Tribulus terrestris* varies according to its plant part and geographical origin.

The herb can be found through the Mediterranean, India, China, South Africa, Australia, Bulgaria and Slovakia. Tribulus contains protodioscin, an important indicator of quality and efficacy. Protodioscin content is much higher in the leaf than other parts such as the fruit, which is higher in protogracillin.

‡ clinical study/trial (uncontrolled)



# Turmeric 1:1

MH5TURM 500 mL   VG GF DF   S



**Botanical Names:** *Curcuma longa*

**Plant Part:** Rhizome

**Ethanol content:** 69%

**Actives:** NLT 2 mg/mL of curcuminoids

## Actions

**Primary:** anti-inflammatory, antioxidant, hypolipidaemic, antiplatelet, choleric, cholagogue, carminative, neuroprotective.

**Secondary:** antimicrobial, depurative, radioprotective, hepatoprotective, nephroprotective, cardioprotective, vasoprotective.

## Major Indications

- ✓ Indigestion.\*
- ✓ Relief of skin conditions#
- ✓ To support healthy liver function.\*#
- ✓ To support healthy bowel function.†

## Dosage and Administration

35–100 mL/week

## Warnings, Cautions and Contraindications

- Contraindicated if allergic or hypersensitive to Turmeric or curcuminoids.
- Avoid in patients with gallstones, biliary tract obstruction and kidney stones.
- Use with caution and under professional supervision in pregnancy, dose no greater than 30 mL/day.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.
- In very rare cases, Curcuma species may harm the liver. Stop use and see a doctor if you have yellowing skin/eyes or unusual: fatigue, nausea, appetite loss, abdominal pain, dark urine, or itching.
- Not permitted for use in children aged below 2 years.

For potential herb-drug interactions please contact Clinical Support at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).



\* traditional use (Western herbal medicine)

# traditional use (Ayurveda)

† clinical trial (controlled)



# Valerian 1:2

MH5VALE 500 mL VG GF DF



**Botanical Names:** *Valeriana officinalis*

**Plant Part:** Root

**Ethanol content:** 45%

## Actions

**Primary:** anxiolytic, sedative (mild), hypnotic.

**Secondary:** spasmolytic.

## Major Indications

- ✓ Relief of insomnia and nervousness.\*
- ✓ Combined with Lemon Balm to improve sleep quality.†
- ✓ Relief of headache, muscle cramps, dysmenorrhoea.\*

## Dosage and Administration

15–40 mL/week

## Warnings, Cautions and Contraindications

- No known cautions in pregnancy, use under professional supervision.
- Use with caution in lactation, monitor infant for sedation.
- Discontinue 7 days prior to general anaesthesia.
- In rare cases, Valerian may harm the liver. Stop use and see a doctor if you have yellowing skin/eyes or unusual: fatigue, nausea, appetite loss, abdominal pain, dark urine or itching.

For potential herb-drug interactions please contact Clinical Support at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).

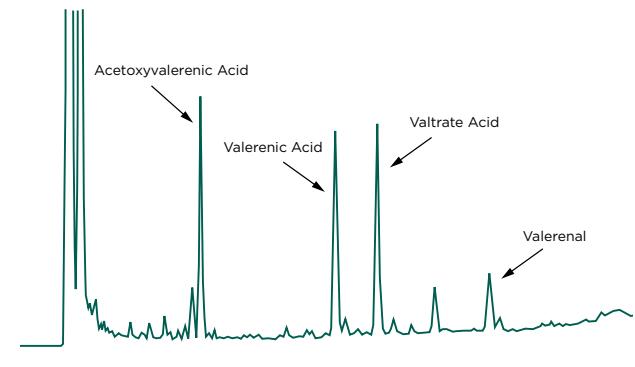
## Valerian Quality



**Valerian (*Valeriana officinalis*)** contains valerenic acids (predominantly acetoxyvalerenic and valerenic acids and low levels of hydroxyvalerenic acid) and valepotriates (valtrate and isovaltrate).

While other common medicinal species of *Valeriana* may contain the valepotriates they contain little valerenic acids. MediHerb® has developed a HPLC analytical method to quantify the levels of active constituents in Valerian. This method can also determine the level of the baldrinols that are an indicator of poor quality herb. By using this analytical method on Valerian 1:2 liquid extract, MediHerb assures that this product contains high levels of valerenic acids and valepotriates, with no baldrinols.

## MediHerb Valerian - HPLC determines the levels of active constituents



\* traditional use (Western herbal medicine)

† clinical study/trial (controlled)



## Vervain 1:2



MH5VERV 500 mL VG GF DF

**Botanical Names:** *Verbena officinalis*

**Plant Part:** Herb

**Ethanol content:** 23%

### Actions

**Primary:** nervine tonic, diaphoretic, astringent, thymoleptic, galactagogue.

### Major Indications

- ✓ Relief of nervous tension, anxiety and suboptimal mood.\*
- ✓ Provide support for mild feverish conditions.\*
- ✓ Supports healthy liver function, appetite and digestion.\*

### Dosage and Administration

20–40 mL/week

### Warnings, Cautions and Contraindications

- Use with caution and under professional supervision in pregnancy, contraindicated in 1st trimester.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



## White Horehound 1:2



MH5WHOR 500 mL VG GF DF

**Botanical Names:** *Marrubium vulgare*

**Plant Part:** Herb

**Ethanol content:** 23%

### Actions

**Primary:** expectorant, spasmolytic, bitter tonic.

### Major Indications

- ✓ Relief of mild bronchitis, common cold, cough.\*
- ✓ Indigestion.\*

### Dosage and Administration

15–40 mL/week

### Warnings, Cautions and Contraindications

- Contraindicated in pregnancy.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).



\* traditional use (Western herbal medicine)

\* traditional use (Western herbal medicine)



# Wild Yam 1:2

MH5WILD 500 mL   VG GF DF   QA

**Botanical Names:** *Dioscorea villosa*

**Plant Part:** Root and rhizome

**Ethanol content:** 60%

**Actives:** NLT 15 mg/mL of steroidal saponins as dioscin

## Actions

**Primary:** spasmolytic, anti-inflammatory, oestrogen-modulating.

**Secondary:** antirheumatic.

## Major Indications

- ✓ Gastrointestinal spasm, including colic; poor gallbladder function.\*
- ✓ Dysmenorrhoea, ovarian pain.\*
- ✓ Relief of arthritic complaints and muscular cramps.\*
- ✓ Internally to relieve menopausal symptoms.\*

## Dosage and Administration

20–40 mL/week

## Warnings, Cautions and Contraindications

- Wild Yam contains saponins, which may reduce the absorption of fats/fat soluble vitamins and aggravate existing upper gastrointestinal tract irritation.
- No known cautions in pregnancy and lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

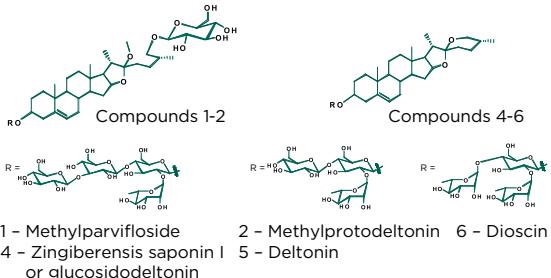
## Wild Yam Quality



*Dioscorea villosa*, also known as Colic Root or Wild Yam, is one of 600 species of Yam in the genus *Dioscorea*.

The roots initially taste starchy, but soon after are bitter and acrid, nothing like the taste of Yam or Sweet Potato grown for the dinner table. Commercial Wild Yam raw materials are often not *Dioscorea villosa* but instead *Dioscorea opposita* (Chinese Yam Root) which has a different phytochemical profile. It is widely misconstrued that *Dioscorea villosa* contains diosgenin and many products have this as a statement on their labels. However it does not contain diosgenin, but rather the diosgenin precursors. Traditionally *Dioscorea villosa* was believed to contain predominantly dioscin, however, the origin of this assignment is unclear (dioscin is a steroidal glycoside precursor of diosgenin). The phytochemical profile of Wild Yam is poorly-defined and based on scientific literature from the 1940s. MediHerb® undertook a project in conjunction with Professor James De Voss, School of Chemistry and Molecular Biosciences, University of Queensland to investigate the phytochemistry of *Dioscorea villosa* roots. It was found that these roots contained only very small amounts of dioscin, not the predominance as previously thought. The major saponin found in the autumn harvested roots were in fact the furostanol-based saponins, methylparvifloside and methylprotodeltonin, while the spirostanol-based saponins, zingiberensis saponin I and deltonin were the major saponins for samples harvested in summer. The two main compounds found in commercial material – harvested in autumn – are significantly different from dioscin by having an extra one or two glucose residues in methylprotodeltonin and methylparvifloside respectively. (See diagram below).

## Major Saponins of *Dioscorea villosa*



\* traditional use (Western herbal medicine)



# Willow Bark 1:2

MH5WBAR 500 mL   VG GF DF



**Botanical Names:** *Salix spp.*

**Plant Part:** Bark

**Ethanol content:** 45%

## Actions

**Primary:** anti-inflammatory, analgesic, antirheumatic, antipyretic.

## Major Indications

- ✓ Supports healthy connective tissue, muscles and joints, including relief of arthritic conditions.\*
- ✓ Support for mild feverish conditions including common cold and flu.\*
- ✓ Relief of mild headache.\*

## Dosage and Administration

25–50 mL/week

## Warnings, Cautions and Contraindications

- Contraindicated in those with known allergy or sensitivity to salicylates or glucose-6-phosphate dehydrogenase deficiency (in this condition salicylic acid can cause haemolytic anaemia).
- Caution in pregnancy and lactation, best avoided.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

\* traditional use (Western herbal medicine)





## Withania 2:1

MH5WIT2 500 mL VG GF DF S



**Botanical Names:** *Withania somnifera*

**Plant Part:** Root

**Ethanol content:** 45% (MH5WIT2), 0% (MH5WITG)

**Actives:** NLT 4 mg/mL of withanolides

### Actions

- **Primary:** tonic, adaptogenic, anxiolytic, cognition enhancing, sedative (mild), immune modulating.
- **Secondary:** anti-inflammatory, male tonic, neuroprotective, antianaemic.

### Major Indications

- ✓ General well-being, particularly in children and the elderly.<sup>#</sup>
- ✓ Fatigue, relief of sleeplessness.<sup>#</sup>
- ✓ To support healthy stress response and normal male reproductive function.<sup>‡</sup>
- ✓ To support healthy cognitive function.<sup>#</sup>

## Withania Glycetract 2:1

MH5WITG 500 mL VG GF DF S



### Dosage and Administration

10–30 mL/week

### Warnings, Cautions and Contraindications

- Withania is a genus of flowering plants in the Solanaceae family, therefore should be avoided or used with caution in those with Solanaceae/nightshade sensitivity.
- Use with caution in gastrointestinal disorders and thyroid conditions.
- Use with caution in pregnancy, under professional supervision and monitor for GI symptoms.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinicalsupport@integria.com](mailto:clinicalsupport@integria.com).



<sup>#</sup> traditional use (Ayurveda)

<sup>‡</sup> clinical study/trial (uncontrolled)



## Wormwood 1:5



MH5WORM 500 mL   VG GF DF   QA

**Botanical Names:** *Artemisia absinthium*

**Plant Part:** Herb

**Ethanol content:** 45%

**Actives:** NMT 4% Thujone

### Actions

**Primary:** bitter tonic, anthelmintic, antiparasitic.

### Major Indications

- ✓ Lack of appetite, indigestion, flatulence.\*
- ✓ To support the elimination of parasitic worms from the gut.\*

### Dosage and Administration

5-20 mL/week

**Caution:** The daily dose of this tincture is low, the dosage range is narrow and/or adverse effects may occur if prescribed above the maximum daily. Accurate measurement of dose is vital to minimise the chance of adverse effects and/or toxicity.

### Warnings, Cautions and Contraindications

- Contraindicated in gastric or duodenal ulcers.
- Caution in bile duct obstruction, cholangitis, gallstones and any biliary disorders, as well as hyperacidity and reflux.
- Contraindicated in pregnancy. Do not use if pregnant or likely to become pregnant.
- Contraindicated during lactation.
- Caution is advised in known sensitivity to Wormwood or other plants of the Asteraceae family.
- Do not exceed the recommended dosage range.
- Not for long-term use.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)



## Yarrow 1:2



MH5YARR 500 mL   VG GF DF

**Botanical Names:** *Achillea millefolium*

**Plant Part:** Herb

**Ethanol content:** 23%

**Actives:** NMT 25ppm Arbutin

### Actions

**Primary:** diaphoretic, antipyretic, styptic, antimicrobial, antihaemorrhagic.

**Secondary:** anti-inflammatory, spasmolytic, bitter tonic, vulnerary, peripheral vasodilator.

### Major Indications

- ✓ Relief of mild fever associated with common cold and flu.\*
- ✓ To support healthy circulation.\*
- ✓ Indigestion, poor appetite.\*
- ✓ To support normal menstruation.\*

### Dosage and Administration

15-40 mL/week

### Warnings, Cautions and Contraindications

- Do not use if pregnant or likely to become pregnant.
- Contraindicated during pregnancy, in known allergy to Yarrow, and caution is advised in known sensitivity to other plants of the Asteraceae family.
- Use with caution during lactation - dose low end of range.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com).

\* traditional use (Western herbal medicine)



## Yellow Dock 1:2



MH5YDOC 500 mL VG GF DF

**Botanical Names:** *Rumex crispus*

**Plant Part:** Root

**Ethanol content:** 23%

### Actions

**Primary:** laxative (mild), cholagogue, depurative.

### Major Indications

- ✓ Relief of constipation.\*
- ✓ Indigestion, flatulence, sluggish liver.\*
- ✓ Relief of skin conditions.\*

### Dosage and Administration

15-30 mL/week

### Warnings, Cautions and Contraindications

- Use with caution and under professional supervision in pregnancy, dose low end of range short term.
- Use with caution in lactation, dose low end of range short term. Doses which cause a strong purgative effect should not be used during lactation.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).



## Zizyphus 1:2



MH5ZIZI 500 mL VG GF DF

**Botanical Names:** *Zizyphus jujuba var. spinosa*

**Plant Part:** Seed

**Ethanol content:** 23%

### Actions

**Primary:** hypnotic, sedative (mild), anxiolytic.

**Secondary:** hypotensive.

### Major Indications

- ✓ Relief of sleeplessness.^
- ✓ Relief of anxiety, irritability.^
- ✓ Excessive perspiration, night sweats.^

### Dosage and Administration

40-80 mL/week

### Warnings, Cautions and Contraindications

- Use with caution and under professional supervision in pregnancy, contraindicated in 1st trimester.
- No known cautions in lactation, use under professional supervision.
- Discontinue 7 days prior to general anaesthesia.

For potential herb-drug interactions please contact Clinical Support at [clincalsupport@integria.com](mailto:clincalsupport@integria.com).

\* traditional use (Western herbal medicine)

^ traditional use (traditional Chinese medicine)

# Children's Dosage Rules

**When calculating doses for children, a number of methods can be used.**

These values are only approximate due to the complex metabolic changes that occur during growth and maturation.<sup>1</sup> MediHerb® and Kerry Bone recommends Salisbury Rule or Augsburger's Rule for children over 2 years of age. Fried's Rule is recommended for children under 2 years.

## Salisbury Rule

### Children over 2 years – adjusted for BSA (body surface area)

**Weight (kgs) x 2 (if weight <30 kg) = percentage of adult dose for child**

**Weight (kgs) + 30 (if weight >30 kg) = percentage of adult dose for child**

For example:

20 kg child:  $20 \times 2 = 40\%$  of 5 mL\* = 2 mL

40 kg child:  $40 + 30 = 70\%$  of 5 mL\* = 3.5 mL

## Augsberger's Rule (Children over 2 years)

**(1.5 x weight in kgs) + 10 = percentage of adult dose for child**

For example:

20 kg child:  $(1.5 \times 20) = 30 + 10 = 40\%$  of 5 mL\* = 2 mL

## Fried's Rule (Children under 2 years)

**Age in months x adult dose = child's dose**

**150**

For example:

18 month old child:  $(18 \div 150) = 0.12 \times 5 \text{ mL}^* = 0.6 \text{ mL}^{\#}$

\*based on 5 mL being a standard adult dose

#20 drops = 1 mL

1. Bone K, Mills S. *Principles and Practice of Phytotherapy: Modern Herbal Medicine*. 2<sup>nd</sup> ed. Edinburgh: Churchill Livingstone Elsevier; 2013. Append D. p. 997-998.



Chamomile

*Matricaria chamomilla*

# Pregnancy and Lactation Herbal Safety Chart

Euphorbia  
*Euphorbia hirta*

MediHerb® herbal safety information is regularly reviewed and evolving, based on the balance of credible evidence. As a result, some safety warnings have changed compared to the last edition due to: new information and new assessment of the existing information.

Please see additional safety information below:

- No known cautions - use under professional supervision       Use with caution
- Contraindicated and not recommended for use

\*For additional information please contact Clinical Support on 1300 654 336 (option #2)

Herb	Pregnancy	Lactation	Herb	Pregnancy	Lactation
Adhatoda 1:2	Except at birth		Calendula 1:2	Only low alcohol extract recommended	Only low alcohol extract recommended
Albizia 1:2		Monitor infant for GI symptoms	California Poppy 1:2	Caution in 1st trimester	Monitor infant for sedation
Andrographis 1:2	Contraindicated in 1st trimester		Cascara 1:2	Contraindicated in 1st trimester. Dose: low end of range	Dose: low end of range, short term
Arjuna 1:2			Cayenne 1:3		Monitor infant for allergic response
Astragalus 1:2			Celery Seed 1:2	Dose: low end of range	Use cautiously & monitor
Bacopa 1:2			Chamomile 1:2		
Baical Skullcap 1:2			Chaste Tree 1:2	1st trimester only. Then taper dose	< 0.5 mL/day
Baptisia 1:2			Chen Pi 1:2	Do not exceed recommended dose	
Barberry 1:2			Cinnamon Quills 1:4		Note alcohol content
Bearberry 1:2			Clivers 1:2		
Bilberry 3:1			Codonopsis 1:2		
Black Cohosh 1:2	Except at birth		Coleus 1:1	Caution in 3rd trimester	
Black Walnut Hulls 1:10		Monitor infant due to active constituents in herb	Corn Silk 1:1		
Bladderwrack 1:1	Dose: low end of range	Dose: low end of range	Corydalis 1:1		Not recommended
Blue Flag 1:2	Dose: low end of range	Dose: low end of range	Couch Grass 1:1		
Buchu 1:2	Use sparingly	Use sparingly	Cramp Bark 1:2		
Bugleweed 1:2			Crataeva 1:2	Dose: Low end of range	Dose: Low end of range
Bupleurum 1:2	Caution in 1st trimester	Monitor infant for GI symptoms	Damiana 1:2		
Burdock 1:2		Use sparingly			
Butcher's Broom 1:2		Monitor infant for GI symptoms			

Herb	Pregnancy	Lactation
Dan Shen 1:2	Caution in 3rd trimester	
Dandelion Leaves 1:1		
Dandelion Root 1:2		
Devil's Claw 1:2		Monitor infant for GI symptoms
Dong Quai 1:2	Contraindicated in 1st trimester	Monitor due to hormonal effects
Echinacea Angustifolia 1:2		
Echinacea Premium 1:2		
Echinacea Purpurea Glycetract 1:3		
Elder Flowers 1:2		
Elecampane 1:2		Monitor infant for allergic response
Epilobium (Willow Herb) 1:2		
Euphorbia 1:2		
Eyebright 1:2		
Fennel 1:2		
Fenugreek 1:2	Contraindicated in 1st trimester	
Feverfew 1:5	Contraindicated in 1st trimester. Dose: low end of range	Monitor infant for allergic response
Fringe Tree 1:2		Monitor infant for GI symptoms
Gentian 1:2		
Ginger 1:2	Do not exceed recommended dose	
Ginkgo Biloba 2:1	Caution in last month	
Globe Artichoke 1:2		Monitor infant - due to liver and depurative effects of herb
Goat's Rue 1:2		
Golden Rod 1:2		
Golden Seal 1:3		
Golden Seal 1:5		
Gotu Kola 1:1	Contraindicated in conception	Monitor infant for GI symptoms
Greater Celandine 1:2		
Grindelia 1:2		
Gymnema 1:1	Caution in 1st trimester	Monitor infant for GI symptoms
Gynostemma 1:1		

Herb	Pregnancy	Lactation
Hawthorn Berries 1:2	Caution in 1st trimester	Monitor infant for GI symptoms
Hawthorn Leaves 1:2	Caution in 1st trimester	Monitor infant for GI symptoms
Hemidesmus 1:2		
Hops 1:2		Monitor infant for sedation
Horsechestnut 1:2		Monitor infant for GI symptoms
Horseradish 1:2	Dose: Low end of range	Dose: Low end of range
Horsetail 1:2	Dose: low end of range, short term	Dose: low end of range, short term
Iberis 1:5		
Jamaica Dogwood 1:2		
Kava 1:1		
Korean Ginseng 1:2		Monitor infant for hyperstimulation
Ladies Mantle 1:2		
Lavender 1:2	Dose: low end of range in 1st trimester	
Lemon Balm 1:2		
Licorice 1:1	Caution at doses >3 mL/day	Do not exceed 3 mL / day - short term
Licorice High Grade 1:1	Caution at doses >1.5 mL/day	Do not exceed 3 mL / day - short term
Lime Flowers 1:2		
Lion's Mane 1:2		
Marshmallow Root 1:5		
Marshmallow Root Glycetract 1:5		
Meadowsweet 1:2		Monitor infant for allergic response
Motherwort 1:2	Contraindicated in 1st trimester	
Mullein 1:2		
Myrrh 1:5	External use only	Monitor infant for allergic response
Nettle Leaf 1:2		
Nettle Root 1:2		
Nigella 1:2	Caution use under professional supervision	Monitor infant for allergic response
Oats Green 1:2		
Oats Seed 1:1		
Olive Leaves 1:2		

Herb	Pregnancy	Lactation
Oregon Grape 1:2		
Paeonia 1:2	Caution in 1st trimester	
Passionflower 1:2	Caution in 1st trimester	Monitor infant for sedation
Pelargonium 1:5		
Peppermint 1:2		Avoid oil
Pleurisy Root 1:2	Contraindicated in 1st trimester	Avoid in heart murmurs
Poke Root 1:5		
Pomegranate 1:2		Dose: Low end of range
Prickly Ash 1:2	Caution in 1st trimester	
Propolis 1:5	Note: Alcohol content	Note alcohol content. Dose: low end of range
Qing Hao 2:1		
Raspberry Leaves 1:2		
Red Clover Flowers 1:2		Monitor milk production
Rehmannia 1:2	Caution in 1st trimester	
Rhodiola 1:1		Monitor infant for hyperstimulation
Ribwort 1:2		
Rosemary 1:2	Dose: Low end of range	
Saffron 1:20		Monitor milk production
Sage 1:2		Except as galactafuge
Sarsaparilla 1:2		Monitor infant - due to depurative effects of herb
Saw Palmetto 1:2		Monitor milk production & infant for GI symptoms
Schisandra 1:2		Monitor infant - due to liver action of herb
Shatavari 1:2		

Herb	Pregnancy	Lactation
Shepherd's Purse 1:2	Contraindicated in 1st trimester	Dose: Low end of range
Siberian Ginseng 1:2		
Skullcap 1:2		
St John's Wort High Grade 1:2		Monitor infant for sedation
St John's Wort 1:2		Monitor infant for sedation
St Mary's Thistle 2:1		
St Mary's Thistle Glycetract 1:1		
Thuja 1:5		
Thyme 1:2	Do not exceed recommended dose	
Tienchi Ginseng 1:2		
Tinospora 1:2		
Tribulus 2:1		
Turmeric 1:1	<30 mL/day	
Valerian 1:2		Monitor infant for sedation
Vervain 1:2	Contraindicated in 1st trimester	
White Horehound 1:2	Contraindicated in 1st trimester	
Wild Yam 1:2		
Willow Bark 1:2	Caution - best avoided	Caution - best avoided
Withania (root) 2:1		
Wormwood 1:5		
Yarrow 1:2		Dose: Low end of range
Yellow Dock 1:2	Dose: low end of range, short term	Dose: low end of range, short term
Zizyphus 1:2	Contraindicated in 1st trimester	

Abbreviations: > greater than; < less than.

For further safety information please contact Clinical Support at [clinalsupport@integria.com](mailto:clinalsupport@integria.com)

# MediHerb® My First Dispensary

MediHerb® has supported Australian practitioners for over 30 years, providing responsibly sourced herbal extracts. Using the latest technological advances to ensure identity, purity and efficacy, MediHerb are internationally renowned for quality extracts and superior clinical results.

The MediHerb First Dispensary kit is designed to help you establish your first clinic with confidence, providing quality herbal liquids, exclusive education and clinical support from our qualified naturopaths.

## Customise your dispensary

Choose 25 MediHerb liquid extracts from a list of commonly prescribed herbs.



## MediHerb® My First Dispensary includes:

### 25 x 500 mL liquid extracts

#### Plus

- ✓ 1 x Vitamin E Cream Base
- ✓ 1 x Glass Measuring Cylinder
- ✓ 1 x Bottle Gripper / Jar Opener
- ✓ 20 x 200 mL empty bottles
- ✓ 1 x roll of 200 dispensing labels
- ✓ 1 x Prescription Pad
- ✓ Access to all past events\*
- ✓ **20% OFF any additional MediHerb®, Eagle Clinical® or Eagle® products\***

#### Ordering is easy!

Simply follow the steps below to order your MediHerb First Dispensary.

**Step 1:** Choose 25 MediHerb liquid extracts from a list of commonly prescribed herbs.

**Step 2:** Choose your additional MediHerb, Eagle Clinical or Eagle products for a 20% discount.\*

**Step 3:** Place your order via your Integria Healthcare Account Manager.

Contact Customer Care on:

**1300 654 336** or [orders@integria.com](mailto:orders@integria.com) for further information.

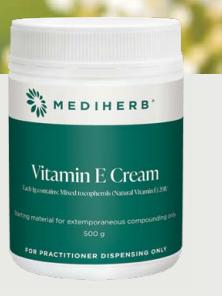
Please allow 2 business days for order processing.\*Discount only valid on MediHerb®, Eagle Clinical® or Eagle® products ordered with My First Dispensary. Not available through myintegria.com. The MediHerb First Dispensary is only available for purchase in Australia and New Zealand to final year students and new practitioners in field. Only one kit per person is permitted.

# How to Make Topical Applications

Throughout this guide several liquid extracts have been mentioned as useful topical preparations for a variety of conditions. In this section the methods of preparation are described. Generally the quantities given refer to 1:2 liquid extracts. Consideration should be given to any potential contraindications, such as allergy in susceptible patients.



Yarrow  
*Achillea millefolium*



## Vitamin E Cream Base

MHZ0008 500 g VG GF DF

### Major Indications

- ✓ Primarily consists of almond oil.
- ✓ No petroleum, lanolin, beeswax or paraffin.
- ✓ High capacity to absorb liquid herbal extracts.

### Contains

2% vitamin E. The base primarily consists of almond oil, copha, glycerol and various waxes (no petroleum, lanolin, beeswax or paraffin).

### Indications

Excellent emulsifying base with a high capacity to absorb liquid herbal extracts to make a variety of herbal creams.

# Creams and Ointments

The topical use of herbs in creams and ointments can be very effective, however, the available range of prepared creams and ointments is quite limited.

Practitioners who wish to use a wider range can manufacture their own herbal creams by using a suitable neutral base.

## How to Make Herbal Creams using MediHerb® Vitamin E Cream

The MediHerb® Vitamin E Cream is a high quality, non-irritant, neutral cream base that is capable of incorporating herbal extracts, volatile and infused oils without losing its emulsion. The vitamin E acts mainly as an antioxidant and preservative, but will also contribute to the therapeutic effect.

### Equipment

- Glass or stainless steel mixing bowl. If using glass make sure there are no cracks or chips, which could harbour contaminants.
- Stainless steel whisk.
- Stainless steel spatula.
- Gram scales.

All equipment used to prepare creams must be sterilised immediately before use (boiling in water or soaking in antibacterial type solutions are very effective). All equipment should be used exclusively for cream making and stored in a clean, dry place after use.

It is important when making the cream to use aseptic techniques, so the following is advised:

- Choose a preparation area free from open windows and doors, and ensure the working surface is clean.
- Wash hands with soap and water and dry thoroughly before handling the cream.
- Use a sterile instrument to take the cream from the mixing container and transfer to a sterile container.
- Store the cream below 30°C and away from direct sunlight.
- Replace the lid firmly to ensure the contents are sealed.
- Advise patients not to remove cream from jar with their finger, but use a clean stainless steel implement.

### Method

Combine the herb extracts and MediHerb Vitamin E Cream. Stir thoroughly until a smooth consistency is obtained and put immediately into sterilised jars.

Volatile oils can also be used. Stir thoroughly until the oil is incorporated into the cream and put immediately into sterilised jars.

## Calendula Plus Cream

MediHerb Vitamin E Cream	100 g
Propolis 1:5	5 mL
Myrrh 1:5	5 mL
Calendula 1:2 (low alcohol 23%)	5 mL

**Indication:** Antiseptic support for skin abrasions.

Note: As the tinctures and extracts are incorporated without the removal of alcohol, the resultant cream will sting if applied to broken skin.

## Horsechestnut Cream

MediHerb Vitamin E Cream	100 g
Horsechestnut 1:2	7 mL
Yarrow 1:2	8 mL

**Indication:** Relief of haemorrhoids and varicose veins.

Note: Because of the irritant effect of the saponins, Horsechestnut should not be applied to broken or ulcerated skin.

## Skin Healing Cream

MediHerb Vitamin E Cream	100 g
Gotu Kola 1:1	7 mL
Calendula 1:2 (low alcohol 23%)	7 mL
St John's Wort 1:2	7 mL

**Indication:** Minor wounds and abrasions.

## Poke Root Cream

MediHerb Vitamin E Cream	100 g
Poke Root 1:5	2.5 mL

**Indication:** Relief of mastitis.

Note: The cream must be washed free of the breast before breastfeeding.

## Tea Tree Cream

MediHerb Vitamin E Cream	100 g
Tea Tree Oil (100%, volatile oil)	5 mL

**Indication:** Superficial fungal skin infections.

## Tea Tree Cream Plus

MediHerb Vitamin E Cream	90 g
Tea Tree Oil (100%, volatile oil)	5 mL
Rosemary Oil (100%, volatile oil)	5 mL

**Indication:** Superficial fungal skin infections.

# Ointments

Ointments are a little more challenging to prepare than creams – ointment bases are fat soluble and will only incorporate small percentages of liquid extracts which are poorly fat soluble.

A basic ointment contains:

- 14% beeswax
- 10% cocoa butter
- 76% vegetable oil (olive, almond, jojoba etc)

This base will only incorporate a maximum of 5% of liquid extracts.

## Method

Melt the beeswax and cocoa butter with the vegetable oil over a water bath in a suitable vessel. Once melted, remove from the water bath carefully. It will be hot so allow it to sit for several minutes before adding the herbal extracts. Stir the mixture constantly until it is obvious that the mixture is homogenous. Whilst still warm and slightly liquid pour into sterilised jars. The following formula will make approximately 16 x 30 g jars.

## Antiseptic Ointment

Beeswax	55 g
Cocoa butter	39 g
Vegetable oil	325 mL
Golden Seal 1:3	6.5 mL
Echinacea Premium 1:2	13 mL
Myrrh 1:5	13 mL

**Indication:** Antiseptic support for skin abrasions, where a sustained action is required.

# Eyebaths

Eyebaths can be used to relieve the discomfort of tired, irritated or dry eyes, as well as to support healthy conjunctiva. The mixture should be blended before pouring into an eyebath.

Add 5 to 6 drops of a herbal extract, or a combination of herbal extracts that doesn't exceed 5 to 6 drops, to an eyebath. Fill the eyebath with saline solution or recently boiled water. Allow to cool and use immediately. If bathing both eyes there should be a separate eyebath for each eye in order to avoid cross contamination in the case of infections.

For eyebaths of larger volumes, 5 mL of herbal extract or a combination of extracts can be blended with 70 to 80 mL of saline solution or recently

# Nasal Sprays

Nasal sprays are an excellent way for patients to relieve the nasal congestion associated with sinusitis. Patients can make up a nasal spray by firstly buying a saline nasal spray from the pharmacy (make sure the cap is removable) and removing approximately 25% of the saline solution. They then refill the bottle with the 'nasal spray' herbal formula you have prescribed.

## Catarrh Spray

Eyebright 1:2	30 mL
Golden Seal 1:3	30 mL
Thyme 1:2	20 mL
Licorice High Grade 1:1	20 mL

**Indication:** Relief of upper respiratory catarrh.

## Allergies Spray

Eyebright 1:2	30 mL
Golden Seal 1:3	20 mL
Albizia 1:2	30 mL
Licorice High Grade 1:1	20 mL

**Indication:** Relief of the symptoms of allergies.

## Nasal Tissue Spray

Gotu Kola 1:1	30 mL
Golden Seal 1:3	25 mL
Calendula 1:2 (low alcohol 23%)	25 mL
Licorice High Grade 1:1	20 mL

**Indication:** To support healing of nasal tissue.

boiled water. Place in an eyebath and bathe the eye/s as required. Making larger volumes than this is not recommended – due to dilution, the alcohol may no longer be antimicrobial, thereby increasing the chance of bacterial growth.

## Eye Bath

Barberry 1:2	40 mL
Eyebright 1:2	40 mL
Calendula 1:2 (low alcohol 23%)	20 mL

**Indication:** To support healthy conjunctiva as well as tired, irritated or dry eyes.

# Gargles and Mouthwashes

Gargles are recommended for conditions affecting the throat whilst mouthwashes are indicated for conditions involving the oral cavity. The method of preparation is identical for each formulation.

## Method

Simply add 5 mL of an extract or a combination of extracts that does not exceed 5 mL to 70 to 80 mL of water or saline solution and gargle or rinse in mouth. Once the gargling or mouthwashing has been performed the patient should expel the mixture – not swallow it. Any unused herbal water/saline mix should be discarded.

Although a single herbal extract or tincture can be used, it is often more effective to combine a number of herbs. The following formulations can be prescribed for either mouthwashes or throat gargles depending on the symptoms.

## Eradication of *H. pylori* in oral cavity reservoirs

### Triphasic oral treatment:

1. Ayurvedic oil pulling with coconut or sesame oil
2. Clean teeth
3. Use herbal mouth rinse (twice a day)

Herbal mouth rinse made with equal parts of:  
Propolis 1:5, Myrrh 1:5, Calendula 1:2 OR

### Equal parts of:

Echinacea Premium 1:2, Sage 1:2, Thyme 1:2

Take 2.5 mL in 25 mL of water, swill around the mouth, tongue and gums for 60 seconds (can swallow for anti *H. pylori* effect in the stomach).

## Upper Respiratory Infection Formula

Myrrh 1:5 or Propolis 1:5	35 mL
Echinacea Premium 1:2	30 mL
Licorice High Grade 1:1	25 mL
<b>Total</b>	<b>90 mL</b>

## Mouth and Throat Formula

Golden Seal 1:3	30 mL
Gotu Kola 1:1	45 mL
Licorice High Grade 1:1	25 mL
<b>Total</b>	<b>100 mL</b>

## Antiseptic Healing Formula

Echinacea Premium 1:2	30 mL
Sage 1:2	30 mL
Myrrh 1:5	30 mL
Licorice High Grade 1:1	10 mL
<b>Total</b>	<b>100 mL</b>

## Mouth Ulcer Relief

Calendula 1:2	30 mL
Myrrh 1:5	30 mL
Propolis 1:5	40 mL
<b>Total</b>	<b>100 mL</b>

Formula is quite resinous. When painted on the ulcer the alcohol dries and the resin fixes the active components so that is not easily washed away by saliva.

## Chronic Sore Throat Gargle

Echinacea Angustifolia 1:2	40 mL
Propolis 1:5	30 mL
Sage 1:2	30 mL
<b>Total</b>	<b>100 mL</b>

2 mL in 10 mL water as a gargle, swallow after use.



Calendula  
*Calendula officinalis*

# Liquid Formulations

Here are some example liquid formulations

provided by experienced herbalists

Professor Kerry Bone, Berris Burgoyne and Angela Hywood.



## Brain Boost

Bacopa 1:2	70 mL
Ginkgo 2:1	50 mL
Gynostemma 1:1	50 mL
Rosemary 1:2	50 mL
<b>Total</b>	<b>220 mL</b>

Dose: 8 mL twice daily.

## Energy Support

Rhodiola 1:1	80 mL
Rehmannia 1:2	70 mL
Licorice High Grade 1:1	50 mL
<b>Total</b>	<b>200 mL</b>

Dose: 7.5 mL twice daily or 5 mL 3 times daily.

## Immune Support

Andrographis 1:2	70 mL
Echinacea Premium 1:2	60 mL
Pelargonium 1:5	60 mL
Ginger 1:2	10 mL
<b>Total</b>	<b>200 mL</b>

Dose: 7.5 mL twice daily or 5 mL 3 times daily.

## Liver Support

Qing Hao (Sweet Wormwood) 2:1	35 mL
Gentian 1:2	10 mL
Schisandra 1:2	65 mL
St Mary's Thistle 2:1	80 mL
Ginger 1:2	10 mL
<b>Total</b>	<b>200 mL</b>

Dose: 8 mL twice daily.

## Acne Support

Calendula 1:2 (low alcohol 23%)	15 mL
Chaste Tree 1:2	15 mL
Echinacea Premium 1:2	20 mL
Rehmannia 1:2	30 mL
Bupleurum 1:2	25 mL
<b>Total</b>	<b>105 mL</b>

Dose: 5 mL 3 times daily.

## Adrenal & Energy Support

Rehmannia 1:2	40 mL
Rhodiola 1:1	35 mL
Withania 2:1	25 mL
<b>Total</b>	<b>100 mL</b>

Dose: 7.5 mL twice daily.

## Cystitis Symptom Relief

Echinacea Premium 1:2	35 mL
Buchu 1:2	20 mL
Licorice High Grade 1:1	15 mL
Crataeva 1:2	30 mL
<b>Total</b>	<b>100 mL</b>

Dose: 5 mL with water 4 to 6 times daily in the short term; for longer-term application and to improve the health of the urinary tract use 5 mL 3 times daily.

Note to advise patients: If pain or irritation associated with cystitis persists for more than 48 hours, consult your doctor. The presence of blood in the urine warrants immediate medical attention.

## Herbal Cough Syrup

Licorice High Grade 1:1	15 mL
Marshmallow Root Glycetract 1:5	80 mL
<b>Total</b>	<b>95 mL</b>

Dose: 4 mL undiluted up to 6 times a day.

## Mood Support

St John's Wort 1:2	30 mL
Saffron 1:20	30 mL
Rhodiola 1:1	20 mL
Licorice High Grade 1:1	20 mL
<b>Total</b>	<b>100 mL</b>

Dose: 8 mL with water twice daily.

## Sinus Support

Echinacea Premium 1:2	30 mL
Eyebright 1:2	20 mL
Baical Skullcap 1:2	20 mL
Nigella 1:2	20 mL
Ribwort 1:2	20 mL
<b>Total</b>	<b>110 mL</b>

Dose: 8 mL with water twice daily.

## Upper Digestive Support

Gentian 1:2	80 mL
Cinnamon Quills 1:4	20 mL
<b>Total</b>	<b>100 mL</b>

Dose: 0.5 mL in water 20 minutes before meals.

Note: Caution in peptic ulcer and hyperacidity.

## IBS Support

Ginger 1:2	10 mL
Corydalis 1:1	20 mL
Gentian 1:2	15 mL
Chamomile 1:2	20 mL
Cramp Bark 1:2	20 mL
<b>Total</b>	<b>85 mL</b>

Dose: 5 mL with water 3 times daily before meals.

Combine with Bowel Flora treatment guideline as appropriate.

## Stress-Associated Memory Impairment (SAMi) Support

Licorice High Grade 1:1	20 mL
Rhodiola 1:1	25 mL
Ginkgo Biloba 2:1	40 mL
Korean Ginseng 1:2	20 mL
<b>Total</b>	<b>105 mL</b>

Dosage: 8 mL with water twice daily.

## PCOS Support

Black Cohosh 1:2	10 mL
Cinnamon Quills 1:4	30 mL
Licorice High Grade 1:1	20 mL
Paeonia 1:2	40 mL
<b>Total</b>	<b>140 mL</b>

Dose: 5 mL 3 times daily.

## Endometriosis Support

Calendula 1:2	20 mL
Thuja 1:5	20 mL
Poke Root 1:5	5 mL
Cramp Bark 1:2	20 mL
Turmeric 1:1	80 mL
Dong Quai 1:2	50 mL
<b>Total</b>	<b>195 mL</b>

Dose 10 mL 3 times daily.

## Fibroids Support

Chaste Tree 1:2	20 mL
Paeonia 1:2	40 mL
Shepherd's Purse 1:2	40 mL
Schisandra 1:2	40 mL
Thuja 1:5	20 mL
Yarrow 1:2	40 mL
<b>Total</b>	<b>200 mL</b>

Dose 10 mL 3 times daily.

## Allergic Rhinitis Relief

Nigella 1:2	30 mL
Eyebright 1:2	30 mL
Albizia 1:2	25 mL
Baical Skullcap 1:2	25 mL
<b>Total</b>	<b>110 mL</b>

Dose 8 mL with water twice daily.

# Dosage Index

Common Name	Botanical Name	Extract Ratio	Plant Part	Ethanol %	Weekly Dosage (mLs)
<b>A</b>					
Adhatoda	<i>Justicia adhatoda</i>	1:2	Leaf	45%	10 to 25
Albizia	<i>Albizia lebbeck</i>	1:2	Bark	23%	25 to 60
Andrographis	<i>Andrographis paniculata</i>	1:2	Herb	45%	20 to 40
Arjuna	<i>Terminalia arjuna</i>	1:2	Bark	60%	20 to 60
Astragalus	<i>Astragalus membranaceus</i>	1:2	Root	23%	30 to 60
<b>B</b>					
Bacopa	<i>Bacopa monnieri</i>	1:2	Herb	23%	35 to 90
Baical Skullcap	<i>Scutellaria baicalensis</i>	1:2	Root	60%	30 to 60
Baptisia	<i>Baptisia tinctoria</i>	1:2	Root	60%	8 to 20
Barberry	<i>Berberis vulgaris</i>	1:2	Bark	45%	20 to 40
Bearberry	<i>Arctostaphylos uva-ursi</i>	1:2	Leaf	45%	30 to 60
Bilberry	<i>Vaccinium myrtillus</i>	3:1	Fresh fruit	23%	20 to 40
Black Cohosh <b>QA</b>	<i>Actaea racemosa</i> , contains NLT 15 mg/mL of triterpene glycosides as 27-deoxyactein	1:2	Root	60%	10 to 20
Black Walnut Hulls	<i>Juglans nigra</i>	1:10	Hulls	60%	10 to 40
Bladderwrack	<i>Fucus vesiculosus</i>	1:1	Whole plant	23%	30 to 60
Blue Flag	<i>Iris versicolor</i>	1:2	Root	60%	20 to 40
Buchu	<i>Agathosma betulina</i>	1:2	Leaf	60%	15 to 30
Bugleweed	<i>Lycopus spp.</i>	1:2	Herb	23%	15 to 40
Bupleurum	<i>Bupleurum falcatum</i>	1:2	Root	45%	25 to 60
Burdock	<i>Arctium lappa</i>	1:2	Root	23%	10 to 25
Butcher's Broom	<i>Ruscus aculeatus</i>	1:2	Root	45%	25 to 50
<b>C</b>					
Calendula	<i>Calendula officinalis</i>	1:2	Flower	90%	10 to 30
Calendula (low alcohol)	<i>Calendula officinalis</i>	1:2	Flower	23%	10 to 30
California Poppy	<i>Eschscholzia californica</i>	1:2	Herb	45%	20 to 40
Cascara	<i>Frangula purshiana</i>	1:2	Bark	23%	20 to 55
Cayenne	<i>Capsicum annum</i>	1:3	Fruit	60%	0.5 to 3
Celery Seed <b>QA</b>	<i>Apium graveolens</i> , contains NLT 10 mg/mL of phthalides as butylphthalide and sedanenolide	1:2	Seed	60%	30 to 60
Chamomile	<i>Matricaria chamomilla</i>	1:2	Flower	60%	20 to 40
Chaste Tree	<i>Vitex agnus-castus</i>	1:2	Fruit	60%	6 to 30
Chen Pi (Mandarin Peel)	<i>Citrus reticulata</i>	1:2	Fruit peel	45%	25 to 50
Cinnamon Quills	<i>Cinnamomum verum</i>	1:4	Bark	70%	30 to 60
Clivers	<i>Galium aparine</i>	1:2	Herb	23%	25 to 50
Codonopsis	<i>Codonopsis pilosula</i>	1:2	Root	45%	30 to 60
Coleus <b>QA</b>	<i>Plectranthus barbatus (Coleus forskohlii)</i> contains NLT 2.5 mg/mL of forskolin	1:1	Root	60%	40 to 90
Corn Silk	<i>Zea mays</i>	1:1	Style & stigma	23%	15 to 40
Corydalis	<i>Corydalis yanhusuo</i>	1:1	Tuber	45%	20 to 40
Couch Grass	<i>Elymus repens</i>	1:1	Rhizome	23%	20 to 40
Cramp Bark	<i>Viburnum opulus</i>	1:2	Bark	30%	5 to 30
Crataeva	<i>Crateva magna</i>	1:2	Bark	23%	40 to 100

Common Name	Botanical Name	Extract Ratio	Plant Part	Ethanol %	Weekly Dosage (mLs)
<b>D</b>					
Damiana	<i>Turnera diffusa</i>	1:2	Leaf	60%	20 to 40
Dan Shen	<i>Salvia miltiorrhiza</i>	1:2	Root and rhizome	45%	25 to 50
Dandelion Leaves	<i>Taraxacum officinale</i>	1:1	Leaf	23%	40 to 80
Dandelion Root	<i>Taraxacum officinale</i>	1:2	Root	23%	20 to 40
Devil's Claw	<i>Harpagophytum procumbens</i>	1:2	Root	23%	40 to 80
Dong Quai	<i>Angelica polymorpha</i>	1:2	Root	45%	30 to 60
<b>E</b>					
Echinacea Angustifolia <b>QA</b>	<i>Echinacea angustifolia</i> , contains NLT 1.6 mg/mL of alkylamides	1:2	Root	60%	20 to 40
Echinacea Premium Blend <b>QA</b>	60% <i>Echinacea purpurea</i> root 1:2 and 40% <i>Echinacea angustifolia</i> root 1:2, contains NLT 1.5 mg/mL of alkylamides	1:2	Root	60%	20 to 40
Echinacea Purpurea Glycetract	<i>Echinacea purpurea</i>	1:3	Root	<5%	30 to 60
Elder Flowers	<i>Sambucus nigra</i>	1:2	Flower	23%	15 to 40
Elecampane	<i>Inula helenium</i>	1:2	Root	60%	20 to 40
Epilobium (Willow Herb)	<i>Epilobium parviflorum</i>	1:2	Herb	23%	20 to 40
Euphorbia	<i>Euphorbia hirta</i>	1:2	Herb	60%	5 to 12
Eyebright	<i>Euphrasia officinalis</i>	1:2	Herb	45%	15 to 30
<b>F</b>					
Fennel	<i>Foeniculum vulgare</i>	1:2	Fruit	60%	20 to 40
Fenugreek	<i>Trigonella foenum-graecum</i>	1:2	Seed	45%	15 to 30
Feverfew	<i>Tanacetum parthenium</i> , contains NLT 0.3 mg/mL of parthenolide	1:5	Leaf and stem	60%	7 to 14
Flavouring Mixture	<i>Glycyrrhiza glabra</i> 1:1, <i>Foeniculum vulgare</i> 1:2, <i>Stevia rebaudiana</i> 1:2 with essential oil of orange and lemon		N/A	23%	5 to 20
Fringe Tree	<i>Chionanthus virginica</i>	1:2	Stem bark	45%	20 to 40
<b>G</b>					
Gentian	<i>Gentiana lutea</i>	1:2	Root	45%	5 to 15
Ginger	<i>Zingiber officinale</i>	1:2	Rhizome	90%	5 to 15
Ginkgo Biloba <b>S</b>	<i>Ginkgo biloba</i> , contains NLT 9.6 mg/mL of ginkgo flavone glycosides	2:1	Leaf	50%	21 to 28
Globe Artichoke	<i>Cynara scolymus</i>	1:2	Leaf	60%	20 to 55
Goat's Rue	<i>Galega officinalis</i>	1:2	Herb	23%	30 to 60
Golden Rod	<i>Solidago virgaurea</i>	1:2	Herb	45%	20 to 40
Golden Seal (cultivated) <b>QA</b>	<i>Hydrastis canadensis</i> , contains NLT 6.0 mg/mL of hydrastine and NLT 7.0 mg/mL of berberine	1:3	Root and rhizome	45%	15 to 30
Golden Seal (cultivated)	<i>Hydrastis canadensis</i>	1:5	Root and rhizome	45%	25 to 50
Gotu Kola <b>S</b>	<i>Centella asiatica</i> , contains 20 mg/mL triterpenes	1:1	Leaf	45%	15 to 40
Greater Celandine	<i>Chelidonium majus</i>	1:2	Herb	45%	7 to 15
Grindelia	<i>Grindelia camporum</i>	1:2	Herb	60%	10 to 20
Gymnema	<i>Gymnema sylvestre</i>	1:1	Leaf	23%	25 to 75
Gynostemma	<i>Gynostemma pentaphyllum</i>	1:1	Leaf	60%	21 to 42

Common Name	Botanical Name	Extract Ratio	Plant Part	Ethanol %	Weekly Dosage (mLs)
<b>H</b>					
Hawthorn Berries	<i>Crataegus monogyna</i>	1:2	Fruit	45%	10 to 50
Hawthorn Leaves	<i>Crataegus monogyna</i>	1:2	Leaf and flower	45%	10 to 30
Hemidesmus	<i>Hemidesmus indicus</i>	1:2	Root	45%	25 to 60
Hops	<i>Humulus lupulus</i>	1:2	Strobile	60%	10 to 20
Horsechestnut	<i>Aesculus hippocastanum</i>	1:2	Seed	35%	15 to 35
Horseradish	<i>Armoracia rusticana</i>	1:2	Root	23%	25 to 50
Horsetail	<i>Equisetum arvense</i>	1:2	Herb	23%	15 to 40
<b>I</b>					
Iberis	<i>Iberis amara</i>	1:5	Herb	23%	10 to 30
<b>J</b>					
Jamaica Dogwood	<i>Piscidia piscipula</i>	1:2	Bark	60%	20 to 40
<b>K</b>					
Kava S	<i>Piper methysticum</i> , contains NLT 10 mg/mL of kavalactones	1:1	Root	0%	42 to 84
Korean Ginseng S	<i>Panax ginseng</i> , contains 10.5 mg/mL of ginsenosides with Rb2:Rb1 NLT 0.4 by HPLC	1:2	Main root	60%	7 to 40
<b>L</b>					
Ladies Mantle	<i>Alchemilla vulgaris</i>	1:2	Herb	23%	25 to 50
Lavender	<i>Lavandula angustifolia</i>	1:2	Flower	60%	15 to 30
Lemon Balm	<i>Melissa officinalis</i>	1:2	Herb	45%	20 to 40
Licorice	<i>Glycyrrhiza glabra</i>	1:1	Root	20%	15 to 40
Licorice High Grade QA	<i>Glycyrrhiza glabra</i> , contains NLT 30 mg/mL of glycyrrhizin	1:1	Root	20%	10 to 30
Lime Flowers	<i>Tilia cordata</i>	1:2	Flower	45%	15 to 30
Lion's Mane	<i>Hericium erinaceus</i>	1:2	Fruiting body	20%	20 to 50
<b>M</b>					
Marshmallow Root	<i>Althaea officinalis</i>	1:5	Root	23%	20 to 40
Marshmallow Root Glycetract	<i>Althaea officinalis</i>	1:5	Root	0%	20 to 40
Meadowsweet	<i>Filipendula ulmaria</i>	1:2	Herb	60%	20 to 40
Mexican Valerian	<i>Valeriana edulis</i>	1:2	Root and rhizome	45%	10 to 30
Motherwort	<i>Leonurus cardiaca</i>	1:2	Herb	23%	15 to 25
Mullein	<i>Verbascum thapsus</i>	1:2	Leaf	23%	30 to 60
Myrrh	<i>Commiphora myrrha</i>	1:5	Resin	90%	10 to 30
<b>N</b>					
Nettle Leaf	<i>Urtica dioica</i>	1:2	Leaf	23%	15 to 40
Nettle Root	<i>Urtica dioica</i>	1:2	Root	23%	30 to 60
Nigella	<i>Nigella sativa</i>	1:2	Seed	60%	28 to 84
<b>O</b>					
Oats Green	<i>Avena sativa</i>	1:2	Herb	23%	20 to 40
Oats Seed	<i>Avena sativa</i>	1:1	Seed	23%	20 to 40
Olive Leaves	<i>Olea europaea</i>	1:2	Leaf	45%	25 to 50
Oregon Grape	<i>Berberis aquifolium</i>	1:2	Root and rhizome	23%	25 to 50

Common Name	Botanical Name	Extract Ratio	Plant Part	Ethanol %	Weekly Dosage (mLs)
<b>P</b>					
Paeonia	<i>Paeonia lactiflora</i>	1:2	Root	45%	30 to 60
Passionflower	<i>Passiflora incarnata</i>	1:2	Herb	45%	15 to 40
Pelargonium	<i>Pelargonium sidoides</i>	1:5	Root	20%	20 to 40
Peppermint <b>QA</b>	<i>Mentha x piperita</i> , contains NLT 1.2 mg/mL of menthol	1:2	Leaf	45%	10 to 30
Pleurisy Root	<i>Asclepias tuberosa</i>	1:2	Root	45%	10 to 20
Poke Root	<i>Phytolacca americana</i>	1:5	Root	45%	1 to 5
Pomegranate	<i>Punica granatum</i>	1:2	Peel (Husk)	23%	40 to 125
Prickly Ash	<i>Zanthoxylum clava-herculis</i>	1:2	Bark	45%	10 to 30
Propolis	N/A	1:5	Resin	90%	10 to 40
<b>Q</b>					
Qing Hao	<i>Artemisia annua</i>	2:1	Herb	60%	10 to 25
<b>R</b>					
Raspberry Leaves	<i>Rubus idaeus</i>	1:2	Leaf	23%	30 to 100
Red Clover Flowers	<i>Trifolium pratense</i>	1:2	Flower	23%	10 to 40
Rehmannia	<i>Rehmannia glutinosa</i>	1:2	Root	23%	30 to 60
Rhodiola <b>S</b>	<i>Rhodiola rosea</i> , contains 5.0 mg/mL of rosavins and 1.0 mg/mL of salidroside	1:1	Root	45%	20 to 40
Ribwort	<i>Plantago lanceolata</i>	1:2	Leaf	23%	20 to 40
Rosemary <b>QA</b>	<i>Rosmarinus officinalis</i> , contains NMT 25 mg/mL cineole & camphor	1:2	Leaf	60%	15 to 30
<b>S</b>					
Saffron	<i>Crocus sativus</i>	1:20	Stigma	60%	10 to 25
Sage <b>QA</b>	<i>Salvia officinalis</i> , contains NLT 0.64 mg/mL of essential oil as cineol and thujone	1:2	Herb	60%	15 to 30
Sarsaparilla	<i>Smilax ornata</i>	1:2	Root and rhizome	45%	20 to 40
Saw Palmetto	<i>Serenoa repens</i>	1:2	Fruit	45%	15 to 30
Schisandra	<i>Schisandra chinensis</i>	1:2	Fruit	60%	25 to 60
Shatavari	<i>Asparagus racemosus</i>	1:2	Root	45%	30 to 60
Shepherd's Purse	<i>Capsella bursa-pastoris</i>	1:2	Herb	23%	20 to 40
Siberian Ginseng <b>S</b>	<i>Eleutherococcus senticosus</i> , contains NLT 0.5 mg/mL of eleutheroside E	1:2	Root and rhizome	45%	15 to 55
Skullcap	<i>Scutellaria lateriflora</i>	1:2	Herb top	45%	15 to 30
St John's Wort <b>QA</b>	<i>Hypericum perforatum</i> , contains a minimum of 0.16 mg/mL hypericin	1:2	Flowering herb top	45%	15 to 40
St John's Wort High Grade <b>QA</b>	<i>Hypericum perforatum</i> , contains a minimum of 0.4 mg/mL hypericin	1:2	Flowering herb top	60%	15 to 40
St Mary's Thistle <b>QA</b>	<i>Silybum marianum</i> , contains NLT 10 mg/mL of silymarin	2:1	Seed	69%	30 to 60
St Mary's Thistle Glycettract <b>QA</b>	<i>Silybum marianum</i> , contains a minimum of 25 mg/mL silymarin	1:1	Seed	0%	30 to 60

Common Name	Botanical Name	Extract Ratio	Plant Part	Ethanol %	Weekly Dosage (mLs)
<b>T</b>					
Thuja	<i>Thuja occidentalis</i>	1:5	Leaf	60%	10 to 20
Thyme <b>QA</b>	<i>Thymus vulgaris</i> , contains NLT 2.4 mg/mL of thymol/carvacrol	1:2	Leaf	60%	15 to 40
Tienchi Ginseng	<i>Panax notoginseng</i>	1:2	Root	45%	25 to 60
Tinospora	<i>Tinospora cordifolia</i>	1:2	Stem	60%	42 to 84
Tongkat Ali Glycetract	<i>Eurycoma longifolia</i>	2:1	Root	0%	35 to 70
Tribulus	<i>Tribulus terrestris</i>	2:1	Herb (Aerial parts)	60%	50 to 100
Turmeric <b>S</b>	<i>Curcuma longa</i> , contains NLT 2 mg/mL of curcuminoids	1:1	Rhizome	69%	35 to 100
<b>V</b>					
Valerian	<i>Valeriana officinalis</i>	1:2	Root	45%	15 to 40
Vervain	<i>Verbena officinalis</i>	1:2	Herb	23%	20 to 40
<b>W</b>					
White Horehound	<i>Marrubium vulgare</i>	1:2	Herb	23%	15 to 40
Wild Yam <b>QA</b>	<i>Dioscorea villosa</i> , contains NLT 15 mg/mL of steroid saponins as dioscin	1:2	Root and rhizome	60%	20 to 40
Withania <b>S</b>	<i>Withania somnifera</i> , contains NLT 4.0 mg/mL of withanolides	2:1	Root	45%	10 to 30
Withania Glycetract <b>S</b>	<i>Withania somnifera</i> , contains NLT 4.0 mg/mL of withanolides	2:1	Root	0%	10 to 30
Wormwood <b>QA</b>	<i>Artemesia absinthium</i>	1:5	Herb	45%	5 to 20
<b>Y</b>					
Yarrow	<i>Achillea millefolium</i>	1:2	Herb	45%	15 to 40
Yellow Dock	<i>Rumex crispus</i>	1:2	Root	23%	15 to 30
<b>Z</b>					
Zizyphus	<i>Ziziphus jujuba</i> var. <i>spinosa</i>	1:2	Seed	23%	40 to 80

**QA** = Quantified Activity **S** = Standardised

# Herb Listing by Action

Action	Herbal Liquid
<b>A</b>	
Adaptogenic	Astragalus 1:2, Bacopa 1:2, Codonopsis 1:2, Echinacea Angustifolia 1:2, Echinacea Premium 1:2, Echinacea Purpurea Glycetract 1:3, Gotu Kola 1:1, Gynostemma 1:1, Korean Ginseng 1:2, Rhodiola 1:1, Schisandra 1:2, Shatavari 1:2, Siberian Ginseng 1:2, Withania 2:1, Withania Glycetract 2:1
Adrenal Tonic	Licorice 1:1, Licorice High Grade 1:1
Adrenal Trophorestorative	Rehmannia 1:2
Anesthetic	Kava 1:1
Analgesic	Californian Poppy 1:2, Corydalis 1:1, Devil's Claw 1:2, Jamaica Dogwood 1:2, Kava 1:1 (mild), Willow Bark 1:2
Androgenic (in males)	Tribulus 2:1 (indirectly)
Anthelmintic	Andrographis 1:2, Black Walnut Hulls 1:10, Feverfew 1:5, Myrrh 1:5, Nigella 1:2, Pomegranate 1:2, Wormwood 1:5
Antiallergic	Albizia 1:2, Baical Skullcap 1:2, Feverfew 1:5, Nettle Leaf 1:2, Nigella 1:2, Paeonia 1:2
Antianaemic	Dong Quai 1:2, Withania 2:1, Withania Glycetract 2:1
Antiarrhythmic	Corydalis 1:1, Dong Quai 1:2, Hawthorn Berries 1:2, Hawthorn Leaves 1:2, Motherwort 1:2, Tienchi Ginseng 1:2
Antiasthmatic	Euphorbia 1:2
Antibacterial	Elecampane 1:2, Golden Seal 1:3, Golden Seal 1:5, Myrrh 1:5, Pelargonium 1:5, Propolis 1:5, Thyme 1:2
Anticariogenic	Licorice 1:1, Licorice High Grade 1:1
Anticatarrhal	Elder Flowers 1:2, Elecampane 1:2, Eyebright 1:2, Golden Rod 1:2, Golden Seal 1:3, Golden Seal 1:5, Horseradish 1:2, Mullein 1:2, Ribwort 1:2
Anticoagulant	Dan Shen 1:2
Antidiarrhoeal	Raspberry Leaves 1:2, Shatavari 1:2
Antiemetic	Barberry 1:2, Fringe Tree 1:2, Ginger 1:2, Globe Artichoke 1:2, Peppermint 1:2
Antifibrotic	Dan Shen 1:2, Gotu Kola 1:1
Antifungal	Pelargonium 1:5, Propolis 1:5, Thuja 1:5, Thyme 1:2
Antihaemorrhagic	Golden Seal 1:3, Golden Seal 1:5, Horsetail 1:2, Ladies Mantle 1:2, Rehmannia 1:2, Shepherd's Purse 1:2 (uterine), Tienchi Ginseng 1:2, Yarrow 1:2
Antihyperhidrotic	Sage 1:2
Anti-inflammatory	Andrographis 1:2, Baical Skullcap 1:2, Bearberry 1:2, Bilberry 3:1, Bupleurum 1:2, Butchers Broom 1:2, Calendula 1:2, Calendula 1:2 (low alcohol), Celery Seed 1:2, Chamomile 1:2, Crataeva 1:2, Devil's Claw 1:2, Dong Quai 1:2, Echinacea Angustifolia 1:2, Echinacea Premium 1:2, Echinacea Purpurea Glycetract 1:3, Eyebright 1:2 (topically), Fenugreek 1:2, Feverfew 1:5, Ginger 1:2, Golden Rod 1:2, Golden Seal 1:3, Golden Seal 1:5, Gotu Kola 1:1, Greater Celandine 1:2, Gynostemma 1:1, Horsechestnut 1:2, Ladies Mantle 1:2, Licorice 1:1, Licorice High Grade 1:1, Lion's Mane 1:2, Meadowsweet 1:2, Myrrh 1:5, Nettle Leaf 1:2, Oregon Grape 1:2, Paeonia 1:2, Poke Root 1:5, Rehmannia 1:2, Sarsaparilla 1:2, Saw Palmetto 1:2, Thyme 1:2, Tienchi Ginseng 1:2, Tinospora 1:2, Turmeric 1:1, Wild Yam 1:2, Willow Bark 1:2, Withania 2:1, Withania Glycetract 2:1, Yarrow 1:2
Antilithic	Corn Silk 1:1, Crataeva 1:2
Antimicrobial	Albizia 1:2, Barberry 1:2, Calendula 1:2, Calendula 1:2 (low alcohol), Eyebright 1:2, Fennel 1:2, Golden Rod 1:2, Golden Seal 1:3, Golden Seal 1:5, Myrrh 1:5, Oregon Grape 1:2, Peppermint 1:2, Pomegranate 1:2, Rosemary 1:2, Sage 1:2, Thuja 1:5, Thyme 1:2, Turmeric 1:1, Yarrow 1:2
Antioedema	Bilberry 3:1, Butchers Broom 1:2, Horsechestnut 1:2
Antioxidant	Andrographis 1:2, Arjuna 1:2, Astragalus 1:2, Baical Skullcap 1:2, Bilberry 3:1, Black Cohosh 1:2, Ginkgo Biloba 2:1, Hawthorn Berries 1:2, Hawthorn Leaves 1:2, Olive Leaves 1:2, Pomegranate 1:2, Propolis 1:5, Rhodiola 1:1, Rosemary 1:2, Saffron 1:20, Sage 1:2, Schisandra 1:2, St Mary's Thistle 2:1, St Mary's Thistle Glycetract 1:1, Thyme 1:2, Tinospora 1:2, Turmeric 1:1
Antiparasitic	Barberry 1:2, Pomegranate 1:2, Propolis 1:5, Qing Hao 2:1, Thyme 1:2 (externally), Wormwood 1:5
Antiplatelet	Andrographis 1:2, Coleus 1:1, Dan Shen 1:2, Dong Quai 1:2, Ginger 1:2
Antiprostatic	Nettle Root 1:2, Saw Palmetto 1:2
Antiprotozoal	Euphorbia 1:2
Antipyretic	Andrographis 1:2, Baptisia 1:2, Rehmannia 1:2, Willow Bark 1:2, Yarrow 1:2

Action	Herbal Liquid
<b>A</b>	
Antirheumatic	Black Cohosh 1:2, Celery Seed 1:2, Dandelion Leaves 1:1, Dandelion Root 1:2, Devil's Claw 1:2, Dong Quai 1:2, Nettle Leaf 1:2, Prickly Ash 1:2, Sarsaparilla 1:2, Wild Yam 1:2, Willow Bark 1:2
Antiseptic	Peppermint 1:2 (locally), St John's Wort 1:2, St John's Wort High Grade 1:2
Antispasmodic	Pleurisy Root 1:2
Antithyroid	Bugleweed 1:2
Antitussive	Bupleurum 1:2, Licorice 1:1, Licorice High Grade 1:1, Peppermint 1:2, Schisandra 1:2
Antiulcer	Chamomile 1:2, Meadowsweet 1:2
Antiviral	Baical Skullcap 1:2, Licorice 1:1, Licorice High Grade 1:1, Propolis 1:5, St John's Wort 1:2, St John's Wort High Grade 1:2, Thuja 1:5, Thyme 1:2
Anxiolytic	Bacopa 1:2 (mild), Californian Poppy 1:2, Damiana 1:2, Kava 1:1, Lavender 1:2, Mexican Valerian 1:2, Motherwort 1:2, Oats Green 1:2, Passionflower 1:2, Valerian 1:2, Withania 2:1, Withania Glycetract 2:1, Zizyphus 1:2
Aphrodisiac	Tongkat Ali 2:1 Glycetract (male), Tribulus 2:1 (male)
Aromatic Digestive	Chen Pi 1:2, Cinnamon Quills 1:4, Coleus 1:1, Ginger 1:2, Nigella 1:2
Astringent	Arjuna 1:2, Bearberry 1:2, Cinnamon Quills 1:4, Cramp Bark 1:2, Eyebright 1:2, Hawthorn Berries 1:2 (mild), Hawthorn Leaves 1:2 (mild), Horsetail 1:2, Ladies Mantle 1:2, Meadowsweet 1:2, Myrrh 1:5, Pomegranate 1:2, Propolis 1:5, Raspberry Leaves 1:2, Ribwort 1:2, Sage 1:2, Vervain 1:2
<b>B</b>	
Bitter Tonic	Andrographis 1:2, Barberry 1:2, Black Walnut Hulls 1:10, Dandelion Leaves 1:1, Dandelion Root 1:2, Devil's Claw 1:2, Feverfew 1:5, Gentian 1:2, Globe Artichoke 1:2, Golden Seal 1:3, Golden Seal 1:5, Hops 1:2, Iberis 1:5, Nigella 1:2 (and aromatic), Olive Leaves 1:2, Qing Hao 2:1, White Horehound 1:2, Wormwood 1:2, Yarrow 1:2
Bladder Tonic	Crataeva 1:2
Bronchodilator	Adhatoda 1:2
Bronchospasmolytic	Coleus 1:1, Elecampane 1:2, Grindelia 1:2
<b>C</b>	
Cardioprotective	Arjuna 1:2, Dan Shen 1:2, Hawthorn Berries 1:2, Hawthorn Leaves 1:2, Tienchi Ginseng 1:2, Turmeric 1:1
Cardiotonic	Arjuna 1:2, Astragalus 1:2, Coleus 1:1, Hawthorn Berries 1:2, Hawthorn Leaves 1:2, Korean Ginseng 1:2, Motherwort 1:2, Tinospora 1:2
Carminative	Cayenne 1:3, Chamomile 1:2, Chen Pi 1:2, Cinnamon Quills 1:4, Fennel 1:2, Ginger 1:2, Lavender 1:2, Lemon Balm 1:2, Nigella 1:2, Peppermint 1:2, Rosemary 1:2, Turmeric 1:1
Cholagogue	Barberry 1:2, Blue Flag 1:2, Dandelion Root 1:2, Fringe Tree 1:2, Gentian 1:2, Globe Artichoke 1:2, Greater Celandine 1:2, Peppermint 1:2, Turmeric 1:1, Yellow Dock 1:2
Choleretic	Andrographis 1:2 (dose dependent), Barberry 1:2, Dandelion Leaves 1:1, Dandelion Root 1:2, Fringe Tree 1:2, Globe Artichoke 1:2, Golden Seal 1:3, Golden Seal 1:5, Greater Celandine 1:2, St Mary's Thistle 2:1, St Mary's Thistle Glycetract 1:1, Turmeric 1:1
Cognition Enhancing	Bacopa 1:2, Ginkgo Biloba 2:1, Korean Ginseng 1:2, Rhodiola 1:1, Rosemary 1:2, Saffron 1:20, Schisandra 1:2, Siberian Ginseng 1:2, Withania 2:1, Withania Glycetract 2:1
<b>D</b>	
Demulcent	Fenugreek 1:2, Licorice 1:1, Licorice High Grade 1:1, Marshmallow Root 1:5, Marshmallow Root Glycetract 1:5, Mullein 1:2, Ribwort 1:2
Depurative	Baptisia 1:2, Black Walnut Hulls 1:10, Blue Flag 1:2, Burdock 1:2, Clivers 1:2, Echinacea Angustifolia 1:2, Echinacea Premium 1:2, Echinacea Purpurea Glycetract 1:3, Fringe Tree 1:2, Globe Artichoke 1:2, Golden Seal 1:3, Golden Seal 1:5, Hemidesmus 1:2, Nettle Leaf 1:2, Oregon Grape 1:2, Poke Root 1:5, Red Clover Flowers 1:2, Sarsaparilla 1:2, Thuja 1:5, Turmeric 1:1, Yellow Dock 1:2
Diaphoretic	Bupleurum 1:2, Cayenne 1:3, Chamomile 1:2, Elder Flowers 1:2, Elecampane 1:2, Ginger 1:2, Golden Rod 1:2, Hemidesmus 1:2, Lemon Balm 1:2, Lime Flowers 1:2, Peppermint 1:2, Pleurisy Root 1:2, Prickly Ash 1:2, Saffron 1:20 (mild), Vervain 1:2, Yarrow 1:2
Diuretic	Astragalus 1:2, Blue Flag 1:2, Buchu 1:2 (mild), Burdock 1:2 (mild), Celery Seed 1:2, Clivers 1:2, Corn Silk 1:1 (mild), Couch Grass 1:2 (soothing), Dandelion Leaves 1:1, Dandelion Root 1:2 (mild), Globe Artichoke 1:2, Golden Rod 1:2, Horsetail 1:2 (mild), Nettle Leaf 1:2, Shatavari 1:2
<b>E</b>	
Emmenagogue	Feverfew 1:5 (only in high doses), Motherwort 1:2, Nigella 1:2, Saffron 1:20
Expectorant	Adhatoda 1:2, Chen Pi 1:2, Elecampane 1:2, Euphorbia 1:2, Fennel 1:2, Grindelia 1:2, Licorice 1:1, Licorice High Grade 1:1, Mullein 1:2, Pelargonium 1:5, Pleurisy Root 1:2, Red Clover Flowers 1:2, Thyme 1:2, White Horehound 1:2

Action	Herbal Liquid
<b>F</b>	
Febrifuge	Qing Hao 2:1
Female Sexual Tonic	Shatavari 1:2
Female Tonic	Dong Quai 1:2
<b>G</b>	
Galactagogue	Chaste Tree 1:2 (indirectly), Fenugreek 1:2, Nigella 1:2, Shatavari 1:2, Vervain 1:2
<b>H</b>	
Hepatic Trophorestorative	Globe Artichoke 1:2, St Mary's Thistle 2:1, St Mary's Thistle Glycetract 1:1
Hepatoprotective	Andrographis 1:2, Bupleurum 1:2, Dan Shen 1:2, Globe Artichoke 1:2, Rosemary 1:2, Schisandra 1:2, St Mary's Thistle 2:1, St Mary's Thistle Glycetract 1:1, Tinospora 1:2, Turmeric 1:1
Hypnotic	Californian Poppy 1:2, Corydalis 1:1, Hops 1:2, Mexican Valerian 1:2, Passionflower 1:2, Valerian 1:2, Zizyphus 1:2
Hypocholesterolaemic	Albizia 1:2, Fenugreek 1:2, Globe Artichoke 1:2, Gymnema 1:1, Tienchi Ginseng 1:2
Hypoglycaemic	Fenugreek 1:2, Goat's Rue 1:2, Gynostemma 1:1, Gymnema 1:1
Hypolipidaemic	Arjuna 1:2, Fenugreek 1:2, Gymnema 1:1, Nigella 1:2, Turmeric 1:1
Hypotensive	Arjuna 1:2, Astragalus 1:2, Coleus 1:1, Cramp Bark 1:2, Dan Shen 1:2, Hawthorn Berries 1:2, Hawthorn Leaves 1:2, Motherwort 1:2, Nigella 1:2, Olive Leaves 1:2, Zizyphus 1:2
<b>I</b>	
Immune Enhancing/Stimulating	Andrographis 1:2, Astragalus 1:2, Baptisia 1:2, Codonopsis 1:2, Poke Root 1:5
Immune Modulating	Bupleurum 1:2, Echinacea Angustifolia 1:2, Echinacea Premium 1:2, Echinacea Purpurea Glycetract 1:3, Korean Ginseng 1:2, Nigella 1:2, Pelargonium 1:5, Propolis 1:5, Siberian Ginseng 1:2, Withania 2:1, Withania Glycetract 2:1
<b>L</b>	
Laxative (mild)	Barberry 1:2, Black Walnut Hulls 1:10, Blue Flag 1:2, Burdock 1:2, Cascara 1:2, Dandelion Leaves 1:1, Dandelion Root 1:2, Dong Quai 1:2, Fringe Tree 1:2, Greater Celandine 1:2, Licorice 1:1, Licorice High Grade 1:1, Yellow Dock 1:2
Low Mood Support	Lavender 1:2, Rhodiola 1:1, Schisandra 1:2, St. John's Wort 1:2, St. John's Wort High Grade 1:2
Lymphatic	Baptisia 1:2, Blue Flag 1:2, Calendula 1:2, Calendula 1:2 (low alcohol), Clivers 1:2, Echinacea Angustifolia 1:2, Echinacea Premium 1:2, Echinacea Purpurea Glycetract 1:3, Myrrh 1:5, Poke Root 1:5
<b>M</b>	
Male Tonic	Korean Ginseng 1:2, Saw Palmetto 1:2, Withania 2:1, Withania Glycetract 2:1
Mucoprotective	Licorice 1:1, Licorice High Grade 1:1, MeadowSweet 1:2
Mucous Membrane Tonic	Eyebright 1:2
Mucous Membrane Trophorestorative	Golden Seal 1:3, Golden Seal 1:5
<b>N</b>	
Nephroprotective	Ginkgo Biloba 2:1, Turmeric 1:1
Nervine Tonic	Bacopa 1:2, Chamomile 1:2, Damiana 1:2, Gotu Kola 1:1, Lemon Balm 1:2, Motherwort 1:2, Oats Green 1:2, Oats Seed 1:1, Saffron 1:20, Schisandra 1:2, Skullcap 1:2, St John's Wort 1:2, St John's Wort High Grade 1:2, Vervain 1:2
Neuroprotective	Bupleurum 1:2, Ginkgo Biloba 2:1, Lion's Mane 1:2, Turmeric 1:1, Withania 2:1, Withania Glycetract 2:1
<b>O</b>	
Oestrogen Modulating	Fennel 1:2, Hops 1:2, Paeonia 1:2, Wild Yam 1:2
Oestrogenic	Fennel 1:2, Tribulus 2:1 (in females, indirectly)
Orexigenic	Fenugreek 1:2
Oxytocic	Adhatoda 1:2, Golden Seal 1:3, Golden Seal 1:5, Schisandra 1:2

Action	Herbal Liquid
<b>P</b>	
Parturifacient	Raspberry Leaves 1:2
Partus Preparator	Raspberry Leaves 1:2
Peripheral Vasodilator	Cramp Bark 1:2, Hawthorn Berries 1:2, Hawthorn Leaves 1:2, Lime Flowers 1:2, Yarrow 1:2
Progesterogenic	Chaste Tree 1:2 (indirectly)
Prostate Tonic	Epilobium (Willow Herb) 1:2
Pungent	Cayenne 1:3, Ginger 1:2, Horseradish 1:2
<b>R</b>	
Radioprotective	Turmeric 1:1
Reflex Demulcent	Marshmallow Root 1:5, Marshmallow Root Glycetract 1:5
Rubefacient	Thyme 1:2
<b>S</b>	
Sedative (mild)	Bacopa 1:2, Bugleweed 1:2, Californian Poppy 1:2, Chamomile 1:2, Corydalis 1:1, Cramp Bark 1:2, Hops 1:2, Jamaica Dogwood 1:2, Kava 1:1, Lemon Balm 1:2, Lime Flowers 1:2, Mexican Valerian 1:2, Passionflower 1:2, Peppermint 1:2, Pelargonium 1:5, Skullcap 1:2, Valerian 1:2, Withania 2:1, Withania Glycetract 2:1, Zizyphus 1:2
Sexual Tonic	Tongkat Ali 2:1 Glycetract (male)
Sialogogue	Echinacea Angustifolia 1:2, Echinacea Premium 1:2, Echinacea Purpurea Glycetract 1:3, Gentian 1:2, Prickly Ash 1:2
Skeletal Muscle Relaxant	Kava 1:1, Paeonia 1:2 (mild)
Spasmolytic	Black Cohosh 1:2, Cayenne 1:3, Chamomile 1:2, Cinnamon Quills 1:4, Coleus 1:1, Corydalis 1:1, Cramp Bark 1:2, Dong Quai 1:2, Elecampane 1:2, Euphorbia 1:2, Fennel 1:2, Ginger 1:2, Greater Celandine 1:2, Hops 1:2, Jamaica Dogwood 1:2, Lavender 1:2, Lemon Balm 1:2, Lime Flowers 1:2, Mexican Valerian 1:2, Motherwort 1:2, Paeonia 1:2, Passionflower 1:2, Peppermint 1:2, Rosemary 1:2, Saffron 1:20, Sage 1:2, Saw Palmetto 1:2, Shatavari 1:2, Skullcap 1:2, Thyme 1:2, Valerian 1:2, White Horehound 1:2, Wild Yam 1:2, Yarrow 1:2
Stimulant	Bacopa 1:2 (thyroid), Bladderwrack 1:1 (thyroid), Cayenne 1:3 (circulatory, metabolic), Cinnamon Quills 1:4 (peripheral circulatory), Coleus 1:1 (digestive), Ginger 1:2 (peripheral circulatory & digestive), Ginkgo Biloba 2:1 (circulatory), Horseradish 1:2 (circulatory & metabolic), Prickly Ash 1:2 (circulatory), Rosemary 1:2 (circulatory)
Stomachic	Golden Seal 1:3, Golden Seal 1:5, Saffron 1:20
Styptic	Horsetail 1:2, Nettle Leaf 1:2, Ribwort 1:2, Shepherd's Purse 1:2, Yarrow 1:2
<b>T</b>	
Testosterone Modulator	Tongkat Ali 2:1
Thymoleptic	Damiana 1:2, Oats Seed 1:1, Vervain 1:2
Tonic	Astragalus 1:2, Codonopsis 1:2, Damiana 1:2, Gynostemma 1:1, Hemidesmus 1:2, Korean Ginseng 1:2, Lion's Mane 1:2, Oats Seed 1:1, Rhodiola 1:1, Shatavari 1:2, Siberian Ginseng 1:2, Tinospora 1:2, Tribulus 2:1, Withania 2:1, Withania Glycetract 2:1
TSH Antagonist	Lemon Balm 1:2
<b>U</b>	
Urinary Antiseptic	Bearberry 1:2, Buchu 1:2, Meadowsweet 1:2, Shepherd's Purse 1:2
Urinary Demulcent	Corn Silk 1:1, Couch Grass 1:2
Uterine Tonic	Dong Quai 1:2, Raspberry Leaves 1:2
<b>V</b>	
Vasoprotective	Bilberry 3:1, Turmeric 1:1
Venotonic	Butchers Broom 1:2, Gotu Kola 1:1, Horsechestnut 1:2,
Vulnerary	Calendula 1:2, Calendula 1:2 (low alcohol), Chamomile 1:2, Dan Shen 1:2, Echinacea Angustifolia 1:2, Echinacea Premium 1:2, Echinacea Purpurea Glycetract 1:3, Golden Seal 1:3, Golden Seal 1:5, Gotu Kola 1:1, Mullein 1:2, Myrrh 1:5, Propolis 1:5, Ribwort 1:2, St John's Wort 1:2, St John's Wort High Grade 1:2, Yarrow 1:2

# Glossary of Herbal Actions

Adaptogenic	A substance which increases the body's resistance to physical, environmental, emotional or biological stressors and promotes normal physiological function.
Adrenal tonic	A substance which improves the tone, histology and function of the adrenal glands (especially the cortex).
Alterative	See Depurative
Analgesic	A substance which relieves pain.
Anthelmintic	A substance which kills or assists in the expulsion of intestinal worms.
Antiallergic	A substance which tones down the allergic response, often by stabilising mast cells.
Antianaemic	A substance which prevents or helps correct anaemia.
Antibacterial	A substance which inhibits the growth of bacteria (bacteriostatic) or destroys bacteria (bactericidal).
Anticatarrhal	A substance which reduces the formation of catarrh or phlegm (pathological mucous secretion).
Antieccchymotic	A substance which prevents or alleviates bruising.
Antihidrotic	A substance which reduces excessive sweating.
Anti-inflammatory	A substance which reduces inflammation.
Antilithic	A substance which reduces the formation of calculi (stones) in the urinary tract.
Antimicrobial (see also Antibacterial)	A substance which inhibits the growth of or destroys microorganisms.
Antioxidant	A substance which protects against oxidation and free radical damage.
Antiparasitic	A substance which inhibits the activity of or kills parasites.
Antiprostatic	A substance which reduces symptoms from the prostate gland.
Antipyretic	A substance which reduces or prevents fever.
Antiseptic	See Antimicrobial
Antispasmodic	A substance which reduces or relieves smooth muscle spasm (involuntary contractions).
Antitussive	A substance which reduces the amount or severity of coughing.
Antiviral	A substance that inhibits the growth of viruses.
Anxiolytic	A substance which alleviates anxiety.
Aromatic digestive	A substance which is generally pleasant tasting and/or smelling which assists digestion. They are warming to the body and are also known as warming digestive tonics.
Astringent	A substance which causes constriction of mucous membranes and exposed tissues, usually by precipitating proteins. This has the effect of producing a barrier on the mucus or exposed surfaces.
Bitter tonic (also known as a Bitter; see also Gastric stimulant)	A substance which is bitter tasting and stimulates the upper gastrointestinal tract via the bitter-sensitive taste buds of the mouth and/or by direct interaction with gastrointestinal tissue. Bitters have a promoting effect on all components of upper digestive function, namely the stomach, liver and pancreas. In addition to appetite and digestion they improve general health and immune function.
Bladder tonic	A substance which improves the tone and function of the bladder.
Blood building	Traditional Chinese Medicine concept - See Antianaemic.
Bronchodilator	A substance which opens bronchial air passages.
Cardiotonic	A substance which improves the force of contraction of the heart.
Carminative	A substance which relieves flatulence and soothes intestinal spasm and pain, usually by relaxing intestinal muscle and sphincters. They are added to herbal formulations to ease the intestinal spasm or pain which may be caused by laxative herbs.
Cholagogue	A substance which increases the release of stored bile from the gallbladder.
Choleretic	A substance which increases the production of bile by the liver.
Circulatory stimulant	A substance which improves blood flow through body tissues. Circulatory stimulants are warming and they support vitality in the body tissues.
Cognition enhancing	A substance which facilitates learning or memory.

<b>Demulcent</b>	A substance which has a soothing effect on mucous membranes, for example, within the respiratory, digestive and urinary tracts.
<b>Depurative</b>	A substance which improves detoxification and aids elimination to reduce the accumulation of metabolic waste products within the body. They were formerly known as alteratives or blood purifiers and are largely used to treat chronic skin and musculoskeletal disorders.
<b>Diaphoretic</b>	A substance which promotes sweating and thereby controls a fever. They are also known as sudorifics.
<b>Diuretic</b>	A substance which increases urinary output.
<b>Emollient</b>	A substance used to soothe, soften or protect skin.
<b>Expectorant</b>	A substance which improves the clearing of excess mucus from the lungs by either altering the viscosity of mucus or improving the cough reflex.
<b>Febrifuge</b>	See <i>Antipyretic</i>
<b>Female tonic</b>	A substance which improves the tone, vigor and function of the female reproductive system.
<b>Galactagogue</b>	A substance which increases breast milk production.
<b>Gastric stimulant (see also <i>Bitter tonic</i>)</b>	A substance which stimulates the function of the stomach.
<b>General tonic</b>	See <i>Tonic</i>
<b>Haemostatic</b>	See <i>Styptic</i>
<b>Hepatoprotective</b>	A substance which protects the hepatocytes (liver cells) against toxic damage.
<b>Hormone modulator</b>	A substance which modulates and balances hormone levels.
<b>Immune enhancing/stimulating</b>	A substance which enhances immune function.
<b>Immune modulating</b>	A substance which modulates and balances the activity of the immune system.
<b>Laxative</b>	A substance which facilitates evacuation of the bowel.
<b>Liver tonic</b>	A substance which improves the tone, vigor and function of the liver.
<b>Local anaesthetic</b>	A substance that removes sensation or pain when applied locally (topically).
<b>Lymphatic</b>	A substance which assists detoxification by its effect on lymphatic tissue and often also improves immune function.
<b>Mucolytic</b>	A substance which helps break up and disperse sticky mucus in the respiratory tract.
<b>Mucous membrane tonic</b>	A substance which improves the tone, vigor and function of the mucous membranes (particularly of the respiratory tract).
<b>Mucous membrane trophorestorative</b>	A substance which restores the integrity of mucous membranes, e.g. in the respiratory and digestive tracts.
<b>Nervine tonic (<i>Nervine</i>)</b>	A substance which improves the tone, vigor and function of the nervous system. Nervine tonics relax and energise the nervous system.
<b>Ovarian tonic</b>	A substance which improves the tone, vigor and function of the ovaries.
<b>Peripheral vasodilator</b>	A substance which dilates or widens the peripheral blood vessels and thereby improves circulation to peripheral tissues and may assist in reducing blood pressure.
<b>Prostate tonic</b>	A substance which improves the tone, vigor and function of the prostate.
<b>Pungent</b>	A hot-tasting substance which acts upon a common group of nerve cell receptors having the effect of warming the body and improving digestion and circulation.
<b>Rubefacient</b>	See <i>Counterirritant</i>
<b>Sedative (mild)</b>	A substance which reduces activity, particularly in the nervous system and decreases nervous tension. It may alleviate pain and spasm and induce sleep.
<b>Sexual tonic</b>	A substance which improves the tone, vigor and function of the sexual organs.
<b>Sialagogue</b>	A substance which increases the secretion of the salivary glands.
<b>Skeletal muscle relaxant</b>	A substance which relaxes skeletal muscle tone.
<b>Stimulant</b>	A substance which heightens the function of an organ or system e.g. a central nervous stimulant increases the activity of the central nervous system, particularly behavioral alertness, agitation, or excitation. The term has a second, more subtle meaning derived from the Thomsonian system (an early branch of herbal therapy in the USA): a substance capable of increasing the action or energy of the living body.
<b>Stomachic</b>	See <i>Gastric stimulant</i>

Styptic	A substance which stops bleeding when applied locally.
Thymoleptic	A substance which elevates mood.
Thyroid tonic	A substance which improves the tone, vigor and function of the thyroid.
Tissue perfusion enhancing	A substance which enhances the flow of nutrients into a tissue.
<b>Tonic (also known as General tonic; see also other specific body tonics)</b>	A substance which improves the tone, vigor and function of the whole body.
Urinary antiseptic	A substance which inhibits the growth of or destroys microorganisms within the urinary tract.
Urinary demulcent	A substance which has a soothing effect on mucous membranes of the urinary tract.
Uterine tonic	A substance which increases the tone of the uterine muscle.
Vasodilator	A substance which dilates or widens the blood vessels.
Venotonic	A substance which improves the tone and function of the veins.
Vulnerary	A substance which promotes the healing of wounds when applied locally.

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