



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

MEDI  HERB®

Gut Flora Complex

M1318

Gut Flora Complex: Supporting Intestinal Flora Balance

Gut Flora Complex is a unique combination of Andrographis herb, Phellodendron stem bark, Oregano essential oil and Anise (also called Aniseed) essential oil.*

The importance of healthy intestinal flora

Not all bacteria are bad, in fact some bacteria are necessary for our survival and live in our intestine.¹ The human gastrointestinal tract (mainly the lower end known as the colon or large bowel) is the natural habitat for a large and diverse population of microorganisms (called “flora”), mainly bacteria. The intestine of an adult contains up to 500 different species of bacteria. This population is constantly changing. In normal healthy circumstances the relationship is mutually beneficial for both partners: bacteria and host (you!).^{2,3*}

Major functions of the intestinal flora include:^{2*}

- activities that result in the release of absorbable nutrients and substances that can be used for energy
- protection of the host against invasion by alien flora
- support of local immune function and systemic immune function via the immune-related tissues of the intestine such as the intestinal lymph tissue

A healthy lower gastrointestinal tract contributes to a healthy intestinal environment and helps maintain proper intestinal flora.*

The intestinal flora naturally contains healthy bacteria and unhealthy bacteria.³ If there is breakdown in the balance between healthy and unhealthy intestinal bacteria, the health of the individual may suffer. For example, fermentation taking place in the colon can generate gas. This can contribute to flatulence (or ‘wind’). Other uncomfortable symptoms may occur such as bloating. The proper balance of intestinal flora also ensures that the body is not exposed to toxins produced by unhealthy intestinal bacteria.² The balance of gastrointestinal flora is affected by diet, stress and intake of prescription drugs.^{3*}

Supplement Facts

Serving size:	1 capsule	
Servings per container:	40	
Amount per Serving		%DV
Calories	5	
Anise (<i>Pimpinella anisum</i>) fruit essential oil	125 mg	†
Andrographis herb 10:1 extract from <i>Andrographis paniculata</i> herb 1.0 g Containing andrographolide 10 mg	100 mg	†
Phellodendron stem bark 20:1 extract from <i>Phellodendron amurense</i> stem bark 1.6 g Containing berberine 36 mg	80 mg	†
Oregano (<i>Origanum vulgare</i>) leaf essential oil	75 mg	†
† Daily Value (DV) not established.		

Other ingredients: Gelatin, rice bran oil, glycerol, enteric coating, beeswax, purified water, lecithin, propylene glycol, emulsifiers and natural color.

Caution: Contraindicated in pregnancy and lactation.

Product No
M1318

Content
40 enteric coated capsules



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

A Phytotherapist's Passion

“Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature.”

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

How Gut Flora Complex Keeps You Healthy

Cleanses and promotes health in the lower gastrointestinal tract, encourages healthy intestinal environment to help maintain proper intestinal flora

Anise and Oregano essential oils have been traditionally ingested to promote health in the intestine. One of the ways these oils do this is to reduce flatulence ('wind').^{4,5} Oregano essential oil (orally), Phellodendron and Andrographis have been used traditionally to cleanse the lower gastrointestinal tract.⁵⁻⁷ Cleansing and promoting health in the lower gastrointestinal tract encourages proper intestinal flora. Phellodendron contains the important constituent berberine.*

The cleansing effect of Oregano oil was demonstrated in an uncontrolled trial involving 14 adults whose stools showed a lack of balance in their intestinal flora. For 6 weeks patients took emulsified oil of Oregano (200 mg, three times per day) with meals. Intestinal health was improved by the end of treatment.*

Supports healthy immune response and promotes vitality

A healthy immune response also helps the body keep a healthy balance of intestinal flora. Andrographis has been used to support a healthy immune response.⁹ Andrographis has a traditional history in many cultures for promoting vitality.^{10,11*}

What Makes Gut Flora Complex Unique

Gut Flora Complex is unique in the professional herbal products industry because:

- The label states exactly how much each capsule contains of the important plant constituents (andrographolide and berberine)
- MediHerb tests the quantity of berberine in Phellodendron raw material
- MediHerb's testing ensures the andrographolide and berberine are retained in the product throughout manufacture
- It is enteric coated, which means the capsule survives intact in the stomach and disintegrates in the intestine

Unique Manufacture & Analytical Testing

Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards

References

¹ Lazaroff M. *The Complete Idiot's Guide to Anatomy & Physiology*. Alpha, Indianapolis, 2004.

² Guarner F. *Digestion* 2006; **73**(Suppl 1): 5-12

³ Losada MA, Olleros T. *Nutr Res* 2002; **22**(1-2): 71-84

⁴ Chandler RF, Hawkes D. *Can Pharm J* 1984; **117**: 28-28

⁵ Kenner D, Requena Y. *Botanical Medicine: A European Professional Perspective*. Paradigm Publications, Brookline, Massachusetts, 1996.

⁶ Wu HZ, Fang Y, Lui YW et al. *Chin J Info Tradit Chin Med* 2002; **9**(1): 40-41

⁷ Bensky D, Clavey S, Stoger E. *Chinese Herbal Medicine: Materia Medica*, 3rd Edn. Eastland Press, Seattle, 2004.

⁸ Force M, Sparks WS, Ronzio RA. *Phytother Res* 2000; **14**(3): 213-214

⁹ World Health Organization. *WHO Monographs on Selected Medicinal Plants*, Vol 2. WHO, Geneva, 2001.

¹⁰ Kapoor LD. *CRC Handbook of Ayurvedic Medicinal Plants*. CRC Press, Boca Raton, 1990.

¹¹ Chopra RN, Chopra IC, Handa KL et al. *Chopra's Indigenous Drugs of India*, 2nd Edn, 1958, reprinted Academic Publishers, Calcutta, 1982.



Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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