

# Rehmannia Complex

## M1385

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

### Rehmannia Complex

Rehmannia Complex is a unique combination of Rehmannia root, Bupleurum root, Hemidesmus root and Feverfew leaf and stem.\*

From ancient times Bupleurum root has been widely used in the traditional medicine of China and Japan.<sup>1</sup> Rehmannia root and Bupleurum root were first mentioned in the *Divine Husbandman's Classic of the Materia Medica (Shen Nong Ben Cao Jing)*. This Chinese text is believed to have been written at or before the 3rd century – although herbs were being used in China for millennia before this time!<sup>2</sup> Because of its unique set of actions, there isn't a single herb in the Western tradition that can match Bupleurum.<sup>3\*</sup>

In the ancient literature of India, Hemidesmus root has been mentioned as a very important herbal remedy. It was called to the attention of medical practitioners of the United States and Europe in 1831 and was admitted into the *British Pharmacopoeia* in 1864.<sup>4,5</sup> (Pharmacopoeias (or pharmacopeias) provide standards for the identification and preparation of medicines. The word comes from the Greek 'pharmakon', a drug, 'poiia', making. They are usually published by the authority of a government, medical or pharmaceutical society.)<sup>6\*</sup>

Studies conducted in the late 1990s revealed that top quality Feverfew extracts should contain substantial levels of the important plant constituent parthenolide.<sup>6\*</sup>

### How Rehmannia Complex Keeps You Healthy Supports a healthy immune system

Dried Rehmannia and Bupleurum have been used traditionally to support a healthy immune system.<sup>7,8\*</sup>

### Supports liver health

Bupleurum has been used in traditional Chinese medicine to support liver health.<sup>9\*</sup>

### Supports effective toxin removal

Hemidesmus, Rehmannia and Feverfew have been used traditionally to support the body in effective toxin removal. These herbs therefore support the healthy functioning of the organs of elimination (skin and kidneys) and the associated tissues (such as the joints).<sup>4,10-12\*</sup>

### Promotes vitality

Hemidesmus has been used traditionally to promote good health and vitality.<sup>13\*</sup>

#### Supplement Facts

Serving size:	1 tablet	
Servings per container:	40	
Amount per Serving		%DV
Calories	3	
Calcium	59 mg	6%
Bupleurum root 4.5:1 extract from <i>Bupleurum falcatum</i> root 700 mg	155.5 mg	†
Rehmannia root 2.5:1 extract from <i>Rehmannia glutinosa</i> root 350 mg	140 mg	†
Hemidesmus root 5:1 extract from <i>Hemidesmus indicus</i> root 500 mg	100 mg	†
Feverfew leaf & stem 6:1 extract from <i>Tanacetum parthenium</i> leaf & stem 165 mg	27.5 mg	†

† Daily Value (DV) not established.

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

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a health care professional. Contraindicated in individuals with a known hypersensitivity to feverfew, parthenolide or other members of the daisy family.

**Product No** M1385  
**Content** 40 Tablets

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#### A Phytotherapist's Passion

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

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

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

## What Makes Rehmannia Complex Unique

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

- MediHerb tests the quantity of parthenolide in Feverfew raw material

### 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
- Unique extraction method using cold percolation for the Rehmannia and Bupleurum components of this tablet (this protects the delicate plant constituents, ensuring a full range of constituents)

#### References

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- <sup>4</sup> Chopra RN, Chopra IC, Handa KL et al. *Chopra's Indigenous Drugs of India*, 2nd Edn, 1958, reprinted Academic Publishers, Calcutta, 1982.
- <sup>5</sup> Felter HW, Lloyd JU. *King's American Dispensatory*. 18th Edn, 3rd revision. First published 1905, reprinted Eclectic Medical Publications, Portland, 1983.
- <sup>6</sup> McKenna DJ, Jones K, Hughes K et al. *Botanical Medicines: The Desk Reference for Major Herbal Supplements*, 2nd Edn. New York, Haworth Herbal Press, 2002.
- <sup>7</sup> Mills SY. *Out of the Earth: The Essential Book of Herbal Medicine*. Viking Arkana (Penguin), London, 1991.
- <sup>8</sup> World Health Organization. *WHO Monographs on Selected Medicinal Plants*, Vol 1. WHO, Geneva, 1999.
- <sup>9</sup> Pharmacopoeia Commission of the People's Republic of China. *Pharmacopoeia of the People's Republic of China*, English Edn. Chemical Industry Press, Beijing, 1997.
- <sup>10</sup> Nadkarni AK. Dr. K.M. *Nadkarni's Indian Materia Medica*, 3rd Edn. First published 1954, reprinted Popular Prakashan, Bombay, 1976.
- <sup>11</sup> Chang HM, But PP. *Pharmacology and Applications of Chinese Materia Medica*. World Scientific, Singapore, 1987.
- <sup>12</sup> British Herbal Medicine Association. *British Herbal Compendium*, Vol 1. BHMA, Bournemouth, 1992.
- <sup>13</sup> Pushpangadan P, Atal CK. *J Ethnopharmacol* 1984; **11**(1): 59-77



### 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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