

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

## Saligesic: Natural Salicylates & More

Willow Bark has been used therapeutically for over 2000 years. The modern history of Willow Bark focuses on the discovery and subsequent isolation of salicin, and later salicylic acid. By 1828, scientist Johannes Buchner had identified salicin as the primary active constituent.<sup>1,2\*</sup>

Extracts of herbs may be 'standardized' – this means they must contain a certain amount of important constituents. Top quality Willow Bark extracts are standardized to contain a certain amount of salicin.\*

## How Saligesic Keeps You Healthy Supports musculoskeletal system health, especially joint health

The musculoskeletal system consists of bones and muscles. Bones form the framework of the body: the skeleton. The bones in the spine or backbone are called vertebrae. Muscles help move bones. Ligaments connect bones to bones. Tendons connect muscles to bones. The junction between two bones is called a joint. Joints that are freely movable (called synovial joints) include the knee and elbow. The joints between the vertebrae are also synovial joints, which provide flexibility for the spine.<sup>3,4</sup> In order to continue to have normal flexibility, all parts of the musculoskeletal system need to be healthy.\*

Two randomized, placebo-controlled clinical trials conducted in Germany and Israel found that standardized extract of Willow Bark supported the health of the musculoskeletal system, particularly the knees, hip and lower back. Participants found that this Willow Bark extract helped their normal mobility and flexibility. The results were statistically significant. The daily dosage contained 120–240 mg of salicin.<sup>5</sup> (This amount of salicin is contained in 2 to 4 Saligesic tablets.) One of the ways that standardized extract of Willow Bark may do this is by supporting the normal processes in the joints.<sup>6\*</sup>

In early 2002 MediHerb's Saligesic was evaluated by thirty people in an open (unblinded), uncontrolled trial in Australia. They took 4 tablets per day for three to nine weeks. Participants found that Saligesic helped the normal mobility and flexibility in their back, shoulders, hands and feet.<sup>7\*</sup>

## Eases exercise related aches and pains, and occasional aching discomfort

Because standardized extract of Willow Bark supports musculoskeletal health it is also likely to ease exercise related aches and pains, and occasional aching discomfort.\*

## Maintains normal body temperature within a normal range

In April 1763, Reverend Edward Stone, a clergyman from the English county of Oxfordshire, submitted a comprehensive report to the Royal Society in London. He had found, by clinical experience, that Willow Bark maintained normal body temperature within a normal range.<sup>8</sup> Further reports supporting this claim emerged in Europe from 1772 to 1803.<sup>9\*</sup>

### Supplement Facts

Serving size:	1 tablet	
Servings per container:	40	
Amount per Serving		%DV
Calories	3	
Calcium	30 mg	2%
Willow stem bark 20:1 extract from <i>Salix purpurea</i> stem bark 8.0 g Containing salicin 60 mg	400 mg	†

† Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, sodium starch glycolate, silicon dioxide, maltodextrin, magnesium stearate and hypromellose.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Contraindicated in known allergy or sensitivity to salicylates.

Product No	Content
M1395	40 Tablets



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."*

## Plant extracts: more than just one ingredient

There has been a lot of attention on salicylates over the last 100 or so years. But it would be a mistake to think that the effect of Willow Bark extract on your body is due only to salicin. A clinical study conducted in Germany in 2001 investigated how standardized extract of Willow Bark is absorbed in the body. These researchers found that the amount of salicylic acid that made its way into the blood of volunteers from the metabolism of salicin was a lot lower than that expected when compared to that found in the bloodstream from an equivalent dose of synthetic salicylate. So the effect of standardized extract of Willow Bark on your body must be due to other constituents as well.<sup>10\*</sup>

Professor Reinhard Saller, a physician in Switzerland has used standardized extract of Willow Bark in his clinic. In 2005 he suggested that using a plant extract had an advantage (over single constituents) because the complex collection of constituents had an overall modulating effect on the body. This means it may help the musculoskeletal system to find its normal function. The plant extract doesn't just do one thing, but has multiple activities encouraging the body to properly use its normal regulatory mechanisms.<sup>11\*</sup>

## Why use top quality herbal products from a reliable manufacturer?

Consumers need to be confident of the integrity of the herbal manufacturer to ensure that the product contains the stated amount of important constituents and that the extract has the same strength as that used in clinical trials.\*

MediHerb obtained the same extract used in European clinical trials for its Saligesic tablets. This extract is standardized to contain a known amount of salicin, but there are also other important constituents present. You wouldn't know this just by reading the label. Other constituents including salicin esters are also present. MediHerb uses an analytical technique to verify that the extract in Saligesic has the same chemical fingerprint as the extract used in the clinical trials, helping to ensure a consistent and therapeutic effect on your body. (Because plant extracts are complex, they contain many constituents and in varying amounts. A chemical fingerprint indicates the presence of all major and minor constituents and their relative abundance.)\*

## What Makes Saligesic Unique

Saligesic is unique in the professional herbal products industry because:

- It states on the label exactly how much each tablet contains of the important plant constituents (salicin)
- MediHerb tests the quantity of salicin in Saligesic raw materials
- MediHerb's testing also ensures the salicin is retained in the product throughout manufacture
- It is the same extract as that used in European clinical trials

## Unique Manufacture & Analytical Testing

### Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards, including use of the latest and most relevant chemical analysis methods

### References

<sup>1</sup> American Herbal Pharmacopoeia. Willow Bark – *Salix* spp.: Analytical, Quality Control, and Therapeutic Monograph. American Herbal Pharmacopoeia, Santa Cruz, December 1999. <sup>2</sup> Belcastro PF. *J Am Pharm Assoc* 2002; **42**(3): 522 <sup>3</sup> Lazaroff M. *The Complete Idiot's Guide to Anatomy & Physiology*. Alpha, Indianapolis, 2004. <sup>4</sup> The Spine University. *Anatomy and Function of the Spine*. [http://www.spineuniversity.com/public/spineschool\\_toc.asp](http://www.spineuniversity.com/public/spineschool_toc.asp). Accessed November 2006. <sup>5</sup> ESCOP Monographs: *The Scientific Foundation for Herbal Medicinal Products*, 2nd Edn. ESCOP, European Scientific Cooperative on Phytotherapy, Exeter, 2003. <sup>6</sup> Khayyal MT, El-Ghazaly MA, Abdallah DM et al. *Arzneim Forsch* 2005; **55**(11): 677-687 <sup>7</sup> Lehmann R. Information on file. MediHerb Research Laboratory, 3/85 Brandl Street, Eight Mile Plains, Queensland, 4113, Australia, 2006. <sup>8</sup> Stone E. *Philos Trans R Soc Lond* 1763; **53**: 195 cited in Hedner T, Everts B. *Clin Rheumatol* 1998; **17**: 17 <sup>9</sup> Hedner T, Everts B. *Clin Rheumatol* 1998; **17**: 17 <sup>10</sup> Schmid B, Kotter I, Heide L. *Eur J Clin Pharmacol* 2001; **57**(5): 387-391 <sup>11</sup> Saller R. *Rev Med Suisse* 2005; **1**(14): 971



## 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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