

Bone Complex

Herbal Support for Healthy Bones & Hot Flashes*



EPIMEDIUM, RED CLOVER, BLACK COHOSH & KUDZU

SUPPORTS & MAINTAINS HEALTHY BONE DENSITY*

RELIEF OF MENOPAUSAL HOT FLASHES*

M1820 60 Tablets

Suggested Use:

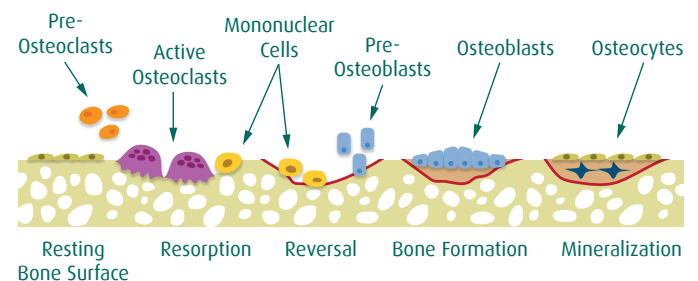
1 tablet 3 times daily, or as directed.

Supplement Facts			
	Amount per Serving	%DV	
Serving size:	1 Tablet		
Servings per container:	60		
Calcium	43 mg	4%	
Epimedium herb top 12:1 extract from <i>Epimedium sagittatum</i> herb top 2.4 g Containing icariin 20 mg	200 mg	†	
Red Clover herb flowering top 5:1 extract from <i>Trifolium pratense</i> herb flowering top 500 mg Containing isoflavones 8 mg	100 mg	†	
Kudzu root 10:1 extract from <i>Pueraria lobata</i> root 700 mg Containing puerariae isoflavones calculated as daidzin, puerarin, daidzein 28 mg	70 mg	†	
Black Cohosh root 5:1 extract from <i>Actaea racemosa</i> root 80 mg	16 mg	†	
† Daily Value (DV) not established.			

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, maltodextrin, hypromellose and magnesium stearate.

Caution: Contraindicated in pregnancy, lactation and in women with estrogen-dependent tumors such as breast cancer. Caution in patients with liver problems, who frequently use alcohol or take any medications.

Figure 1: Bone Remodeling Cycle⁷



Bone Complex with Epimedium, Red Clover and Kudzu, when used in conjunction with weight-bearing exercise and a healthy diet which provides food sources of calcium and vitamin D:

- ✓ Supports **healthy bone tissue** - particularly in mature women
- ✓ Supports and maintains **healthy bone density**
- ✓ Beneficially influences **normal bone remodeling***

Black Cohosh is traditionally used in herbal preparations to relieve hot flashes associated with menopause*

MediHerb® Bone Complex is a specifically designed formulation of Epimedium herb tops, Kudzu root, Red Clover flowering tops and Black Cohosh root. Epimedium, Kudzu and Red Clover extracts are standardized to provide a variety of flavonoids that support and maintain bone health, especially in mature or menopausal women.¹ In addition, Bone Complex includes Black Cohosh: a highly valued traditional herb that assists in the relief of menopausal hot flashes.^{2-4*}

The Importance of Healthy Bone & Bone Remodeling

Bone is a very important and dynamic tissue in our body; it not only provides structural support and mobility, but also stores essential minerals such as calcium and phosphorous.⁵ To preserve its various functions, the skeleton is continually 'constructed' and 'reconstructed' by two essential processes: bone modeling and remodeling.⁶ Bone modeling commences during childhood and adolescence when bone grows. The remodeling process, however, is active throughout life in order to repair occasional wear and tear, and renew old and brittle bone cells (osteocytes). During this process, bone cells known as 'osteoblasts' and 'osteoclasts' form and break down bone tissue (see Figure 1). However, as women reach menopause and their sex hormone production declines, there is a slight increase in the rate of bone remodeling.⁵ While this is a natural process, it is important to maintain and support bone health during this time.

How Bone Complex Supports Your Health:



Healthy Bone Remodeling:

- Bone Complex provides a variety of flavonoids, such as isoflavonoids from **Red Clover and Kudzu** (as daidzin, puerarin and daidzein), and icariin from **Epimedium**. Isoflavonoids have been shown to have a beneficial effect on bone remodeling.¹ This helps maintain healthy bone density in mature or menopausal women^{8,9} when taken in conjunction with weight-bearing and resistance exercise (e.g. walking, running, climbing stairs, weight-lifting and swimming).^{10,11} This should be in conjunction with a healthy diet that is rich in calcium and vitamin D-containing foods (e.g. dairy foods, pulses, green leafy vegetables and oily fish).¹² In fact, dietary supplements with isoflavones from red clover are amongst the most commonly used botanicals for bone health in peri- and post-menopausal women.^{9*}



Relieve Hot Flashes:

- Bone Complex features **Black Cohosh**, a popular and revered native American herb that is used in traditional herbal preparations to relieve hot flashes associated with menopause.^{2-4*}

MediHerb Quality Choice

Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing ingredients to bottling to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.

References

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- ⁶ Kenkre JS, Bassett J. The bone remodelling cycle. *Ann Clin Biochem*. 2018 May;**55**(3):308-327.
- ⁷ OrthopaedicsOne. Describe the process of bone remodelling. 2012-2015. Available from: <https://www.orthopaedicsone.com/display/Clerkship/Describe+the+process+of+bone+remodeling>
- ⁸ Chen LR, Ko NY, Chen KH. Isoflavone Supplements for Menopausal Women: A Systematic Review. *Nutrients*. 2019 Nov 4;**11**(11):2649.
- ⁹ Geller SE, Studer L. Soy and red clover for mid-life and aging. *Climacteric*. 2006 Aug;**9**(4):245-63.
- ¹⁰ National Institute of Health. Exercise for Your Bone Health. 2018. Available from: <https://www.bones.nih.gov/health-info/bone/bone-health/exercise/exercise-your-bone-health>
- ¹¹ Harvard Medical School. Slowing bone loss with weight-bearing exercise. Harvard Health Publishing. 2021. Available from: <https://www.health.harvard.edu/staying-healthy/slowing-bone-loss-with-weight-bearing-exercise>
- ¹² Rizzoli R, Bischoff-Ferrari H, Dawson-Hughes B, Weaver C. Nutrition and bone health in women after the menopause. *Womens Health (Lond)*. 2014 Nov;**10**(6):599-608.



Please consult the product packaging label for the most accurate product information.

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