



## HerbaVital

Aging Gracefully\*



## Delivering Health Solutions That Work

MediHerb was co-founded in 1986 by world-renowned phytotherapist, Professor Kerry Bone. In his words, "Our passion at MediHerb is to unlock the healing power of plants by combining the time-honored wisdom of traditional knowledge with sound clinical experience and the rigor of scientific research. This quest can only be attained by the total commitment to quality and continuous improvement which permeates every aspect of our endeavors."

In over 25 years of operation MediHerb has not only demonstrated an unwavering commitment to quality in herbal products, we have redefined it. We believe our unique approach to quality sets a standard for herbal products that is unsurpassed in the world today.

Kerry Bone and over 20 health care professionals work within MediHerb while still maintaining their own clinical practices. We know from our experience 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 you health solutions that work.

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# HerbaVital – Aging Gracefully

We all want to live a long and healthy life. Many people accept declining health as an inevitable consequence of aging, but this does not have to be the case.

A growing body of evidence suggests that genetics are just one piece of the longevity puzzle, and there is much we can do to remain active and healthy as we age. Healthy lifestyle habits such as eating a balanced diet, enjoying plenty of exercise and social activities, keeping our brains engaged, managing stress and sleeping well can help keep us vital and preserve our zest for life.

HerbaVital can also work effectively to maintain the valuable asset of good health. Give yourself the benefit of this effective formula to help sustain optimal well-being as you age.\*

## What is HerbaVital?

MediHerb's HerbaVital is a unique combination of specialized extracts of *Polygonum cuspidatum*, Milk Thistle, Korean Ginseng, Grape Seed and Ginkgo. These herbal extracts complement each other in a very potent formulation to support healthy aging, promote longevity and general well-being.\*

*Polygonum cuspidatum* is the richest herbal source of an amazing compound called resveratrol. The many effects of resveratrol suggest it will support healthy aging, for example, it has been shown clinically to provide antioxidant activity, support healthy metabolism and healthy heart function.<sup>1,3</sup> Each tablet of HerbaVital is guaranteed to contain 36 mg of resveratrol.\*

In traditional Chinese medicine, the root of Japanese Knot Weed is used to support joint health.<sup>4</sup>

Korean Ginseng (*Panax ginseng*) has long been prized by the Chinese for its unique ability to enhance vitality, and as part of a healthy aging regime.<sup>5</sup> It has been shown clinically to improve quality of life and well-being while under stress.<sup>6\*</sup>

Standardized Ginkgo (*Ginkgo biloba*) extract has a wide range of health benefits particularly supporting cognitive function and circulation.<sup>7-9</sup> Grape Seed extract contains procyanidins which offer natural antioxidant activity and support circulation.<sup>10,11\*</sup>

Milk Thistle (*Silybum marianum*) has been used in traditional western herbal medicine to support liver health.<sup>12\*</sup>

## Who Needs HerbaVital?

HerbaVital is ideal support for older adults who want to remain active and healthy well into their senior years.\*

Though we cannot stop the march of time, proactive health choices can help us age gracefully. Together with a healthy diet and exercise, this well-balanced formula can provide all-round support for healthy aging by improving our ability to cope with stress, supporting the cardiovascular and immune systems and promoting cognitive and liver function.\*

## How is MediHerb's HerbaVital Unique?

HerbaVital has been formulated by Professor Kerry Bone and MediHerb's team of clinical and research experts. This team has combined their many years of clinical experience with the latest credible research to develop this truly innovative product to support all aspects of healthy aging.\*

The important constituents of every ingredient are tested for and are recorded on the label. Additional testing for Ginkgo ensures that it is not adulterated with rutin and contains authentic ginkgo flavonglycosides plus the active ginkgolides and bilobalide. MediHerb's extensive testing and guaranteed quantities of important constituents, ensures every bottle of HerbaVital contains a premium quality, efficacious product.\*



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## Compelling Benefits

HerbaVital is an efficacious blend of five herbs each containing guaranteed levels of the important active constituents. Together, *Polygonum cuspidatum*, Milk Thistle, Korean Ginseng, Grape Seed and Ginkgo work to:

- Support and maintain the body as it ages
- Help the body adapt to the changes of everyday life
- Promote vitality and stamina in older adults
- Maintain feelings of general well-being when experiencing temporary stress
- Support cognitive function and normal memory function
- Work as a tonic to benefit the entire body
- Support healthy circulation in mature men and women
- Support healthy liver function
- Support healthy glucose metabolism
- Provide antioxidant activity\*

Ask your health care professional if MediHerb's HerbaVital is the right product for you. They will also inform you of any cautions to be aware of when taking this product.

<sup>1</sup> Ghanim H et al. *J Clin Endocrinol Metab* 2010; **95**: E1 <sup>2</sup> Timmers S et al. *Cell Metab* 2011; **14**: 612 <sup>3</sup> Wong RH et al. *J Hypertens* 2013; **31**: 1819  
<sup>4</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>5</sup> Mills SY. *The Essential Book of Herbal Medicine*. Penguin Arkana, London, 1991.  
<sup>6</sup> Bone K. *Clinical Guide to Blending Liquid Herbs*. Churchill Livingstone, USA, 2003  
<sup>7</sup> Blasko I et al. *J Psychiatr Res* 2008; **42**: 946 <sup>8</sup> Amieva H et al. *PLoS One* 2013; **8**: e52755 <sup>9</sup> Santos RF et al. *Pharmacopsychiatry* 2003; **36**: 127 <sup>10</sup> Rodriguez I et al. *Lat Am J Pharm* 2010; **29**: 255 <sup>11</sup> Belcaro G et al. *Evid Based Complement Alternat Med* 2013; **2013**: 313142 <sup>12</sup> Grieve M. *A Modern Herbal*. Dover Publications, New York, 1971.

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

You Can Rely on HerbaVital