

# Bacopa Complex

M1130 / M1135

## Quality is our Passion

Passion Flower (*Passiflora incarnata*)

### Bacopa Complex: Tonic for Mind & Nerves

Bacopa Complex is a unique combination of Bacopa herb, Schisandra fruit, Eleuthero root and the essential oil of Rosemary leaf.\*

Extracts of herbs may be 'standardized' – this means they must contain a certain amount of important constituents. Top quality Bacopa extracts are standardized for bacoside content (as bacoside A) and top quality Eleuthero extracts are standardized for syringaresinol diglucoside content (as eleutheroside E).\*

### How Bacopa Complex Keeps You Healthy

#### Enhances mental clarity, supports cognitive function and supports normal memory function

Bacopa has been used by natural clinicians in India for thousands of years, and is mentioned in ancient Ayurvedic texts including one dating back to the 6th century. In this text, Bacopa is recommended to support cognitive (mental) performance and help with concentration.<sup>1\*</sup>

Two randomized, placebo-controlled trials have investigated the effect of standardized Bacopa extract. In healthy volunteers aged between 18 and 60 years, Bacopa had a positive effect on mental performance. These results were statistically significant, and maximum benefit was shown after 12 weeks. Participants did a series of standard tests that measured the speed of processing information, the rate of learning and the use of memory.<sup>2</sup> In the second trial involving volunteers aged 55 to 70 years, Bacopa significantly supported healthy memory function.<sup>3\*</sup>

Uncontrolled trials conducted in the former Soviet Union as early as the 1950s found that Schisandra improved mental performance in healthy volunteers and workers.<sup>4</sup> Eleuthero has also shown this effect in clinical trials.<sup>5,6\*</sup>

Eleuthero has been used traditionally in China to relieve mental strain.<sup>7</sup> In a placebo-controlled trial Eleuthero improved mental performance in those requiring nervous system support.<sup>6</sup> Another controlled clinical trial found that Eleuthero improved well-being and supported memory in volunteers (36 to 58 years old). These results were statistically significant.<sup>8\*</sup>

Rosemary leaf has been used for centuries to strengthen memory and enhance mental alertness.<sup>9</sup> The essential oil is likely to contribute strongly to this activity.\*

#### Nourishes the nervous system

Bacopa and Schisandra have been used traditionally for nervous tension.<sup>1,10</sup> Eleuthero has been used traditionally in the Chinese herbal system for conditions of temporary mental and emotional stress and to help calm the nerves.<sup>11,12\*</sup>

#### Supplement Facts

Serving size:	1 tablet	
Servings per container:	40, 120	
Amount per Serving		%DV
Calories	2	
Calcium	105 mg	10%
Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 660 mg	110 mg	†
Bacopa herb 50:1 extract from <i>Bacopa monnieri</i> herb 3.75 g Containing bacosides as bacoside A 37.5 mg	75 mg	†
Eleuthero root 10:1 extract from <i>Eleutherococcus senticosus</i> root 500 mg Containing syringaresinol diglucosides as eleutheroside E 400 mcg	50 mg	†
Rosemary ( <i>Rosmarinus officinalis</i> ) leaf essential oil	10 mg	†

† Daily Value (DV) not established.

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

**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

Product No	Content
M1130	40 Tablets
M1135	120 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."

Uncontrolled trials have shown Eleuthero and Bacopa to benefit those experiencing nervous tension. Sleep and appetite were also improved. In addition, Bacopa improved well-being and Eleuthero improved energy levels.<sup>13,14\*</sup>

In a randomized trial, standardized Bacopa extract significantly reduced nervous tension compared to placebo in healthy volunteers. Maximum benefit was shown after 12 weeks.<sup>2</sup> In a randomized controlled trial, Eleuthero extract improved the quality of life in elderly patients and significantly improved social function and mental health scores.<sup>15\*</sup>

### Promotes endurance and eases the effects of temporary and occasional environmental stress

Eleuthero helped volunteers adjust in situations of environmental stress.<sup>5,6</sup> In a randomized controlled clinical trial, with healthy volunteers, Eleuthero reduced heart rate responses to a stressful mental task.<sup>11\*</sup>

Uncontrolled trials conducted in the former Soviet Union showed that Schisandra helped endurance during stressful situations.<sup>4</sup> As recently as 2002, tea made from Schisandra berries was consumed in traditional Korean Buddhist temples for stimulation and as a tonic.<sup>16</sup> Schisandra has been used traditionally in China, and by indigenous Siberians to promote normal energy levels.<sup>17,18\*</sup>

## What Makes Bacopa Complex Unique

### Bacopa Complex is unique in the professional herbal products industry because:

- The label states exactly how much each tablet contains of the important plant constituents (bacosides and syringaresinol diglucosides (as eleutheroside E))
- MediHerb tests raw materials for the quantity of:
  - bacosides in Bacopa
  - syringaresinol diglucosides (as eleutheroside E) in Eleuthero
- MediHerb's testing also ensures the syringaresinol diglucosides (as eleutheroside E) are retained in the product throughout manufacture

### 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

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- <sup>4</sup> American Herbal Pharmacopoeia. *Schisandra Berry – Schisandra chinensis: Analytical, Quality Control, and Therapeutic Monograph*. American Herbal Pharmacopoeia, Santa Cruz, October 1999.
- <sup>5</sup> Farnsworth NR et al (eds): *Economic and Medicinal Plant Research*, Volume 1. Academic Press, London 1985.
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- <sup>12</sup> Pharmacopoeia Commission of the People's Republic of China. *Pharmacopoeia of the People's Republic of China*, English Edn, Volume I. Chemical Industry Press, Beijing, 1997.
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- <sup>17</sup> World Health Organization. *Medicinal Plants in China*. WHO Regional Office for the Western Pacific, Manila, 1989.
- <sup>18</sup> Hancke JL, Burgos RA, Ahumada F. *Fitoterapia* 1999; **70**(5): 451-471.



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### 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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