

Burdock Complex

M1173



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Burdock Complex: Traditional Cleansing Formula

Burdock Complex contains Burdock root, Sheep Sorrel herb, Slippery Elm stem bark and Rhubarb root in a convenient tablet. Burdock Complex supports well-being through the normal flushing of toxins from the body.*

The herbs in this product are the same as those in the herbal mixture popularized in the 1920s by Rene Caisse, a Canadian nurse, who worked to improve the quality of life in her patients. This mixture consisted of dried herbs that were prepared as a decoction (herbs boiled in water). The mixture is said to have been traditionally formulated by native Canadians to help the body regain “balance with the great spirit”.^{1*}

How Burdock Complex Keeps You Healthy

Promotes general well-being and quality of life

This mixture of herbs has been used clinically to support general well-being and quality of life of patients.^{1*}

Supports the body’s organs of elimination and the normal flushing of toxins from the body

Natural clinicians have long understood the connection between a healthy, vital body and normal, healthy elimination.² The body has several organs that deal with elimination. The large intestine is responsible for removing solid wastes.³ Some herbs are used to assist the overall cleansing activity of the body. They may do this by moving the products of elimination into whatever elimination channel is appropriate at the time, such as improving the activity of the large intestine or improving blood flow to the tissues. This assists the body to flush toxins normally from the body.^{4*}

Rhubarb and Slippery Elm have been used traditionally to encourage healthy eliminative functioning of the large intestine.^{5,6} The bulk fiber effect of Slippery Elm is important for this purpose.*

Burdock and Sheep Sorrel are traditionally used to support the general cleansing activity of the body, especially the tissues and blood.^{4,7,8*}

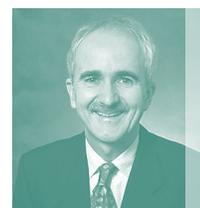
Supplement Facts		
Serving size:	1 tablet	
Servings per container:	60	
Amount per Serving		%DV
Calories	2	
Calcium	40 mg	4%
Burdock root 5:1 extract from <i>Arctium lappa</i> root 242 mg	48.4 mg	†
Slippery Elm (<i>Ulmus rubra</i>) stem bark powder	32 mg	†
Sheep Sorrel 5:1 extract from <i>Rumex acetosella</i> herb 130 mg	26 mg	†
Rhubarb root 5:1 extract from <i>Rheum palmatum</i> root 8 mg	1.6 mg	†

† Daily Value (DV) not established.

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

Caution: Contraindicated in pregnancy and lactation.

Product No	Content
M1173	60 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.”

* 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 Burdock Complex Unique

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

- MediHerb tests the swelling index (hence the bulk fiber effect) of Slippery Elm 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

References

- ¹ Kaegi E. *CMAJ* 1998; **158**(7): 897-902
- ² Mills S, Bone K. *Principles and Practice of Phytotherapy: Modern Herbal Medicine*. Churchill Livingstone, Edinburgh, 2000.
- ³ Lazaroff M. *The Complete Idiot's Guide to Anatomy & Physiology*. Alpha, Indianapolis, 2004.
- ⁴ Mills SY. *The Essential Book of Herbal Medicine*. Penguin Arkana (Penguin), London, 1991.
- ⁵ British Herbal Medicine Association. *British Herbal Compendium*, Vol 1. BHMA, Bournemouth, 1992.
- ⁶ Moerman DE. *Native American Ethnobotany*. Timber Press, Portland, 1998.
- ⁷ Bartram T. *Encyclopedia of Herbal Medicine*, 1st Edn. Grace Publishers, Dorset, 1995.
- ⁸ Pieroni A. *J Ethnopharmacol* 2000; **70**(3): 235-273



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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