



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

# Metabol Complex

M1610

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## MediHerb® Metabol Complex: Spice Up Your Metabolism

MediHerb® Metabol Complex is a unique combination of Black Cumin seed, Bitter Melon fruit, Cinnamon bark and concentrated extract made from Fenugreek seed.

Black Cumin (*Nigella sativa*) seed has been used for centuries as a spice, preservative and remedy. The seeds have a hot, peppery taste and are often added to curries, cheeses and breads. The common name in Arabic means “seeds of blessing.”<sup>1,2</sup>

Bitter Melon (*Momordica charantia*) is cultivated in Asia, East Africa and South America for the bitter-tasting fruit that is used in cooking, for example, in curries or with meat.<sup>3</sup>

Cinnamon (*Cinnamomum verum*) is a well-known spice, used by many cultures around the world for several centuries. It was used in ancient Egypt for fragrance and flavoring applications.<sup>4</sup>

Fenugreek (*Trigonella foenum-graecum*) seed has a long history of use as a culinary spice in many cultures, particularly in India as an ingredient of curry powders.<sup>5</sup> Fenugreek seed contains 4-hydroxyisoleucine, which is a non-protein amino acid that is only found in some plants. Research suggests 4-hydroxyisoleucine is an important constituent that has beneficial properties on glucose and lipid metabolism.<sup>6</sup> Extracts of herbs may be “standardized”—this means they must contain a certain amount of important constituents. MediHerb® Metabol Complex is standardized for 4-hydroxyisoleucine content.\*

### Why use top quality herbal products from a manufacturer committed to research?

MediHerb® research scientists found to their surprise that there were some inconsistencies in the chemical profile of raw material samples of Cinnamon bark. The species of Cinnamon is important, as it may affect how the herb works in the body and may also have safety implications.

They worked for two years to unravel some of the complexities of a group of important constituents, the procyanidins. This included collaboration with researchers in the United Kingdom and at the University of Mississippi on methods of chemical analysis and for DNA authentication. They found that some raw materials traded on the international market are not derived from the species of Cinnamon they claim to be derived from.<sup>7,8</sup>

There have been concerns raised about the safety of coumarin, a constituent that is found in varying amounts in Cinnamon species. For example, *Cinnamomum cassia* bark can contain up to 1.2% coumarin, although often lower levels are present. *Cinnamomum verum* bark contains only a trace amount. Several countries limit the amount of coumarin in food and herbal products,<sup>9,10,11</sup> so it is preferable that if taken for any length of time, that *Cinnamomum verum* be used.<sup>11,12</sup>

MediHerb® research confirmed that *Cinnamomum verum* is the only widely traded species of Cinnamon that is naturally low in coumarin.<sup>7,8</sup> In addition, the process used by some manufacturers to produce extracts that are low in coumarin may have a detrimental effect on the procyanidin profile and levels.<sup>8</sup>

### Supplement Facts

|                                                                                                                   |                    |     |
|-------------------------------------------------------------------------------------------------------------------|--------------------|-----|
| Serving size:                                                                                                     | 1 Tablet           |     |
| Servings per container:                                                                                           | 90                 |     |
|                                                                                                                   | Amount per Serving | %DV |
| Fenugreek seed 100:1 extract from <i>Trigonella foenum-graecum</i> seed 10 g containing 4-Hydroxyisoleucine 20 mg | 100 mg             | †   |
| Black Cumin seed 5:1 extract from <i>Nigella sativa</i> seed 500 mg                                               | 100 mg             | †   |
| Bitter Melon fruit 6.5:1 extract from <i>Momordica charantia</i> fruit 600 mg                                     | 92.3 mg            | †   |
| Cinnamon stem bark 12:1 extract from <i>Cinnamomum verum</i> stem bark 1 g                                        | 83.3 mg            | †   |

† Daily Value (DV) not established.

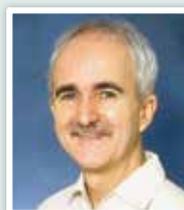
**Other ingredients:** Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, croscarmellose sodium, magnesium stearate, hypromellose, dextrin and silicon dioxide.

**Caution:** Contraindicated in pregnancy. Not to be used during lactation unless otherwise directed by a qualified health care professional.

| Product No | Content    |
|------------|------------|
| M1610      | 90 Tablets |

### Suggested Use

1 tablet 3 times daily, or as directed.



**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.”

# How MediHerb® Metabol Complex Keeps You Healthy

## Supports the metabolic systems of the body, promotes general well-being and vitality

In the herbal tradition of India, herbs such as Bitter Melon, Black Cumin, Cinnamon and Fenugreek are used to promote “digestive fire.” Strong digestive fire supports good health, such as vitality, healthy immune system function and clear thinking, and assists the elimination of potential toxins from undigested food. These herbs can also provide a balancing effect or metabolic support to the typical Western diet which may be rich in refined sugars and fats.<sup>13\*</sup>

The traditional qualities of these herbs (including for example, bitter and pungent) support the metabolism of fats and sugars, and support the health and normal functioning of the pancreas and liver. They may do this, at least partly by:<sup>13</sup>

- invigorating sluggish pancreatic function
- promoting efficient metabolism of fats and sugars in the adipose tissues (body tissues composed of fat cells).\*

Bitter Melon, Black Cumin and Cinnamon are a source of antioxidants.<sup>14-16</sup> Antioxidants, such as those found in foods including spices, are thought to support general health and may help prevent diet-related diseases. They may do this partly by reducing the oxidation of fats and reducing the effects of exposure to oxidation due to environmental factors.<sup>16-18\*</sup>

## What Makes MediHerb® Metabol Complex Unique

MediHerb® Metabol Complex is unique in the professional herbal products industry because:

- MediHerb® worked with leading scientists to better understand the complex chemistry of Cinnamon species traded on the international market and ensure that the correct species of Cinnamon with a very low level of coumarin is used.

### Unique Manufacture & Analytical Testing

Quality and safety ensured by quality systems, unique manufacture and analytical testing

- Manufactured in Australia with the high standards of international pharmaceutical Good Manufacturing Practice.
- Raw materials are subjected to tough quality standards, for example, a very low level of coumarin was confirmed in Cinnamon (*Cinnamomum verum*) extract using liquid chromatography-mass spectrometry.

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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 that are extensively tested for purity and potency. The MediHerb® manufacturing plant operates with 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 in the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



Exclusive United States Distributor of MediHerb®

800-558-8740 [www.standardprocess.com](http://www.standardprocess.com)

\*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.

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