Berberine Active &
Black Cumin Seed Forte

New Herbal Support for a Modern Lifestyle

Stock Your Dispensary With High-Quality
Herbal Products From MediHerb®
Phellodendron (Phellodendron amurense) bark is a species of tree of the Rutaceae family used traditionally in China, Vietnam and Korea to support healthy gastrointestinal function.\(^3\)–\(^6\) Traditional texts also advocate for the use of Phellodendron to support healthy liver function and as a tonic to improve the tone, vigor and function of the whole body.\(^5\)\(^,\)\(^7\)\(^,\)\(^9\)\(*\)

Berberine, the main active constituent of Phellodendron, is an alkaloid of the isoquinoline group and is a non-prescription herbal product in China where it has been used since the 1950s for gastrointestinal health.\(^1\)\(^1\) It is listed in the Chinese Pharmacopoeia with a recommended dosage of 300-900 mg/day.\(^1\)\(^1\) Berberine has poor bioavailability when administered orally.\(^1\)\(^3\) The accumulated berberine in the intestine may therefore support gut function due to its direct effect on the intestinal environment.\(*\)

### Why Use Berberine Active?

- Helps promote regularity of bowel function and a healthy bowel environment.\(^*\)
- Helps support healthy liver function.\(^*\)
- Promotes general well-being and vitality as an herbal tonic.\(^*\)
- Provides antioxidant activity.\(^*\)
- Manufactured to MediHerb standards of phytochemical profile and extracted without the use of harsh solvents.

### Berberine Active may benefit patients with:

- **Poor Diet** – patients overcoming modern lifestyle challenges who may have concerns about their diet and digestive function.
- **Bowel Challenges** – patients requiring herbal support to promote a healthy bowel environment.
- **Liver Issues** – patients seeking to support liver function.\(^*\)

\(*\)Traditionally used in Chinese herbal preparations

Please consult the product packaging label for the most accurate product information. See cautions and/or contraindications on the product label or in the MediHerb catalog before dispensing.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container</td>
<td>60</td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>440 mg</td>
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**Phellodendron 20:1 extract**

- 440 mg from Phellodendron amurense stem bark
- Containing berberine 200 mg

\(^1\) Daily Value (DV) not established.

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

### Suggested Use:

1 tablet 2-4 times daily, or as directed.

**M1650 60 tablets**

**Cautions:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Black Cumin (Nigella sativa), often referred to as the “seed of blessing”, has been used for centuries in the Middle East and Southeast Asia to promote health. In traditional Ayurveda, Black Cumin is commonly used to support healthy liver function, digestion and fat metabolism as well as being used as an antioxidant to support general health and well-being.

Black Cumin seeds are traditionally used as a flavoring, to improve digestion and provide warmth and are said to be useful for calming and strengthening digestion in Ayurvedic preparations. Black Cumin is also known for its traditional use as an aromatic spice and carminative, which relates to its actions in aiding digestion and providing relief of mild bloating and flatulence.

Why Use Black Cumin Seed Forte?

- Supports healthy digestive function
- Helps relieve occasional mild digestive discomfort, including bloating and flatulence
- Supports healthy liver function and metabolism of fat
- Helps maintain general health and well-being
- Provides antioxidant activity
- Multi-action formula providing increased scope to support patient health and well-being and can be prescribed in conjunction with existing protocols
- High-strength formula (400 mg extract from 2 g seed) for one-a-day dose

Black Cumin Seed Forte may benefit patients with:

- Poor Diet – patients overcoming modern lifestyle challenges who may have concerns about their diet and energy levels.
- Digestive Issues – patients presenting with symptoms of poor digestive function, e.g. mild bloating and flatulence.
- Metabolic Challenges – patients should use in conjunction with a healthy diet and exercise for normal metabolism.
- Liver Issues – patients seeking to support normal fat metabolism through healthy liver function.

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 Tablet</th>
<th>Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium 63 mg</td>
<td>4%</td>
</tr>
<tr>
<td>Black Cumin seed 5:1 extract from Nigella sativa seed 2 g</td>
<td>400 mg</td>
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</tbody>
</table>

† Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

Suggested Use:

1 tablet daily with food, or as directed.

M1660 40 tablets

Cautions: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.
Liver Support – consider Livton® Complex tablets to support healthy liver function and aid in the normal toxin elimination processes.

Inflammation Support – combine with Turmeric Forte tablets to support a healthy inflammation response.

General Well-being – combine with HerbaVital tablets to support healthy circulation and general well-being.

Antioxidant Activity – combine with Vitanox® tablets for additional antioxidant activity.*

Metabolic Support – combine with Metabol Complex tablets to provide traditional Ayurvedic support for metabolism of fats and sugars.

Sweet Cravings – combine with Gymnema tablets to help reduce sweet cravings and inhibit sweet taste sensation.

Digestive Support – combine with DiGest Forte tablets for additional digestion and intestinal function support.

Liver Support – consider Livton® Complex tablets to support healthy liver function and aid in the normal toxin elimination processes.

Inflammation Support – combine with Turmeric Forte tablets to support a healthy inflammation response.

General Well-being – combine with HerbaVital tablets to support healthy circulation and general well-being.

Antioxidant Activity – combine with Vitanox® tablets for additional antioxidant activity.*

MediHerb Berberine Active and Black Cumin Seed Forte can be prescribed as additional support with other MediHerb products. Each patient’s individual needs should be evaluated before making recommendations.

Antioxidant Activity
Vitanox®
1 tablet 1-2 times daily, or as directed.

Liver Support
Livton® Complex
1 tablet 3-4 times daily, or as directed.

Inflammation Support
Turmeric Forte
1 tablet 1-2 times daily, or as directed.

Metabolic Support
Metabol Complex
1 tablet 3 times daily, or as directed.

Sweet Cravings
Gymnema
1 tablet 1-2 times daily, or as directed.

Digestive Support
DiGest Forte
1 tablet 3 times daily, or as directed.

General Well-being
HerbaVital
1 tablet 2-4 times daily, or as directed.

Black Cumin Seed Forte
1 tablet daily with food, or as directed.

Berberine Active
1 tablet 2-4 times daily, or as directed.
The typical American diet has changed dramatically since the start of the Industrial Revolution, poor dietary choices combined with chronic overfeeding and physical inactivity are slowly becoming the leading causes of preventable health complaints around the globe.¹

Increased consumption of refined sugars, sodium, saturated fat and processed foods has led to an increase in obesity, gastrointestinal complaints and cardiometabolic issues to name a few.²

As a health care professional, it is important to educate patients on the benefits of a healthy diet and lifestyle strategies where necessary along with supporting supplementation for a healthy gastrointestinal tract and metabolic function.*

Traditional Use of Herbs

**Black Cumin Seed** (*Nigella sativa*)

Often referred to as the “seed of blessing”, it has been used for centuries as a spice and remedy. Black Cumin is traditionally used to support healthy liver function which helps metabolize lipids, and as an effective carminative on the intestines, providing relief of mild bloating and flatulence.*

**Phellodendron** (*Phellodendron amurense*)

Phellodendron bark has been traditionally used to cleanse the lower gastrointestinal tract. Cleansing and promoting health in the lower gastrointestinal tract encourages a healthy gastrointestinal environment. Phellodendron has also been used traditionally to support healthy liver function.*

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The Quality Choice for Practitioners

Over 30 years of experience in natural health care

For over 30 years, MediHerb has provided health care professionals with high-quality herbal products. Our own primary research, clinical experience and respect for traditional evidence defines our approach to innovation – tried, tested, trusted and true.

Manufactured to pharmaceutical GMP standards

All MediHerb products are manufactured under pharmaceutical GMP and subject to our rigorous and specialized testing to ensure they contain what is on the label for suitable clinical results batch after batch. We’ve invested in our own state-of-the-art laboratories featuring the latest technological equipment for precision, accuracy and quality control. Our testing occurs at various stages of production and follows strict criteria, so you can be sure every MediHerb product is of the highest quality and consistent potency.

Results-driven formulations

Standardized ingredients and quantified activity levels are tested where relevant and allow us to ensure MediHerb formulas retain potency and deliver suitable doses throughout their shelf life. Our labels state exactly how much each product contains of the important plant constituents, so you know exactly what you are prescribing to your patients and can rest assured that our formulations are produced at suitable doses.

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