

MediHerb Label

How To Read a MediHerb Label

A product label is very often your only guide to the quality, strength and efficacy of a product; therefore it is of crucial importance that you understand how to interpret label supplement fact information correctly so you, the doctor, can make an informed choice.

A MediHerb product label provides full disclosure of all ingredients in a consistent, clear and concise manner to pharmaceutical GMP standards.

The diagram below summarizes what you should look for on a label and describes the key elements of a tablet label including a brief explanation of the tableting excipients used.

Supplement Facts
 Serving Size: 1 tablet
 Servings per Container: 40

Amount per Serving	%DV
Calories	2
Calcium	40 mg 4%
Echinacea root 4:1 extract	125 mg †
from Echinacea angustifolia root	500 mg
Holy Basil leaf 4:1 extract	125 mg †
from Ocimum tenuiflorum leaf	500 mg
Andrographis herb 10:1 extract	100 mg †
from Andrographis paniculata herb	1.0 g
Containing andrographolide	10 mg
Holy Basil (Ocimum tenuiflorum) leaf essential oil	10 mg †

†Daily Value (DV) not established.

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

For further information on the function of the excipients refer to the Excipient Glossary, page 128.

1. Common Name

Many herbs have the same or similar common names, therefore it is important to list the botanical name (see point 5) to avoid confusion.

2. Plant Part

Using the correct plant part is crucial since different plant parts can have varying or no efficacy, eg Dandelion Root supports liver function and Dandelion Leaf stimulates healthy urine flow.

3. Extract Ratio

This indicates the strength of the extract. The number on the left represents the amount of herb and the number on the right represents the amount of extract, eg a 4:1 ratio means 4 kilograms of herb are extracted to make 1 kilogram of extract.

4. Extract

Different preparation types are sometimes used, eg Powdered herb, so it is important to understand the type of preparation being used. MediHerb liquid extracts are used in the manufacture of our tablets. See tablet process on page 21.

5. Botanical Name

The botanical name is essential for determining identity and therefore efficacy.

6. Quantity of Starting Material

This states the quantity of dried herb equivalent used in each tablet.

7. Quantity of Extract

This states the quantity of extract used in the tablet.

8. Quantified Activity and/or Standardization

Represents the quality of an extract as a specific active or marker compound. See Quantified Activity and Standardization on page 18.

9. Tablet Excipients

MediHerb uses a range of low allergenic and pharmaceutical grade excipients in the manufacture of its tablet range. These excipients are carefully chosen using experience gained from over 10 years of manufacturing herbal tablets and are necessary to aid the manufacturing process, stability, disintegration and to allow ease of swallowing.