

# Gynostemma 1:1

*Gynostemma pentaphyllum*

NEW

## A traditional herb for a modern dispensary...

- Gynostemma (also known as Southern ginseng) has been used as a rejuvenating elixir by the people in the mountainous regions of Southern China to increase endurance, strength and to relieve fatigue. It became known to the local people as 'xiancao' or the 'Immortality Herb'.
- As an adaptogen, Gynostemma will provide a valuable tool to help your patients manage the stresses of modern life.
- After almost two years of sourcing and analysing the phytochemistry of this versatile herb, MediHerb® are the first to bring Gynostemma liquid extract to practitioners in the United Kingdom.

## Why would you use Gynostemma in your formulations?

Based on use in traditional Chinese medicine:

- ✓ As an adaptogen to support strength and endurance
- ✓ To help eliminate toxins, reduce inflammation and support the function of the respiratory tract
- ✓ As a general and rejuvenating tonic to support overall health
- ✓ Gynostemma is one of the few plants that contain gypenosides, containing 8 gypenosides found in Korean ginseng and 5 gypenosides found in Gymnema.

## Companion therapy

Consider adding Gynostemma to a formulation with:

- Withania, Siberian Ginseng or Rhodiola to support patients with low energy
- Gymnema for healthy carbohydrate metabolism
- Licorice and Rehmannia for stress management
- Echinacea, Astragalus or Siberian Ginseng for sub-optimal immune function

## Weekly Dosage

21 mL to 42 mL

Only available through MediHerb®





## Gynostemma phytochemistry – more than saponins

Gynostemma is a rich source of flavonoids and triterpenoid saponins, known as gypenosides. Of these gypenosides, eight are identical to ginsenosides in *Panax ginseng*, three also occur in *Panax quinquefolius*, and five also in *Gymnema sylvestre*. Some published studies have utilised highly processed extracts virtually devoid of flavonoids and with an altered saponin profile as a result of extreme heat treatment – extracts far removed from the herb.

At MediHerb® we worked for almost two years to develop a comprehensive understanding of the phytochemistry of Gynostemma, which has allowed us to select a raw material that meets our high quality standards. Working with the University of Queensland in Australia, we analysed numerous samples of dry herb and extracts and found that Gynostemma is highly variable.

We also showed that the conversion of precursor gypenosides to the simpler damulin saponins seen with extreme heat treatment also occurs in the stomach acid.

In addition, our work characterised for the first time the rich flavonoid profile of Gynostemma, including the discovery of a previously unknown flavonoid (publication pending).

Flavonoids are important bioactive phytochemicals, and MediHerb® Gynostemma 1:1 is a full spectrum leaf extract rich in both saponins (gypenosides) and flavonoids.

Our work on Gynostemma phytochemistry has allowed us to develop a comprehensive quality dossier for this exciting herb and to provide practitioners with an extract that meets MediHerb's industry leading standards for quality and consistency.

## Contraindications/Cautions

Professional supervision is suggested for pregnancy and lactation. Discontinue 7 days prior to general anaesthesia.

Contact Balance Healthcare to place your order today!



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