

Bacopa Complex

Mental Clarity and Healthy Memory During Everyday Stress*

Bacopa is traditionally used in herbal preparations as/to:

- ✓ A **brain tonic**
- ✓ Support and promote normal **memory** function
- ✓ Help enhance **mental clarity** and support healthy **cognitive function***

Eleuthero and Schisandra are traditionally used in herbal preparations as/to:

- ✓ Improve stress **adaptation**
- ✓ Ease the effects of temporary and/or occasional **stress**
- ✓ An adaptogen to support **mental and physical endurance** during times of mild stress*

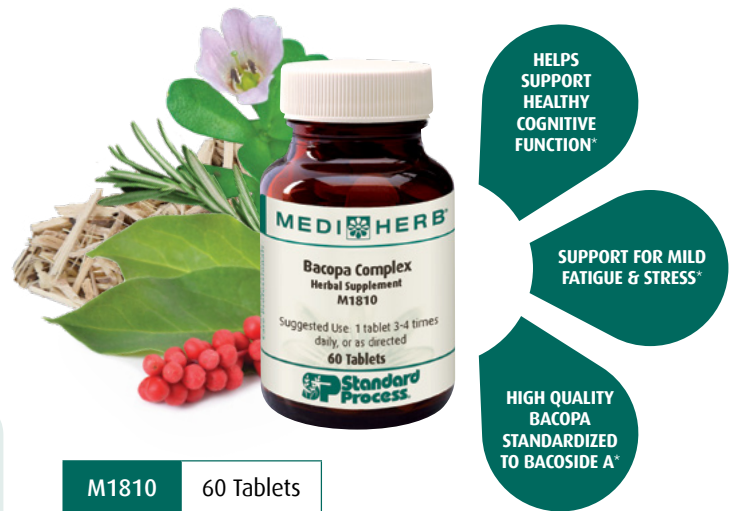
MediHerb® **Bacopa Complex** is a well-considered formulation that combines herbal extracts from Bacopa herb, Schisandra fruit, Eleuthero (Siberian Ginseng) root, and Rosemary leaf essential oil. The extracts of Bacopa and Eleuthero, as the primary ingredients in this formulation are 'standardized' (or concentrated) to ensure that an optimal amount of important constituents, namely bacosides and eleutherosides, are provided. Traditionally used, the herbs in this formulation help to support normal cognitive (mental) functions, healthy memory and concentration during everyday stress.

Herbal Adaptogens and How They Support Mental Clarity During Everyday Stress

Normal day-to-day stress affects people of all ages from all walks of life. While stress is a normal part of life, it may affect normal cognitive function to a certain degree, such as healthy memory and concentration (see Figure 1).¹

This is where herbal adaptogens can prove very useful. Known for their influence on the body, adaptogens can support the body's resistance to transient stress and improve its ability to adapt to temporary challenging circumstances.² This means our stress response can be improved so it is much closer to a normal balanced state (also known as 'homeostasis').

Moreover, as adaptogens typically work in non-specific ways, they can target multiple normal body functions, such as mental and physical performance at once.³ This makes adaptogens particularly useful for older people, students and those in mentally demanding professions.



M1810 60 Tablets

Suggested Use:

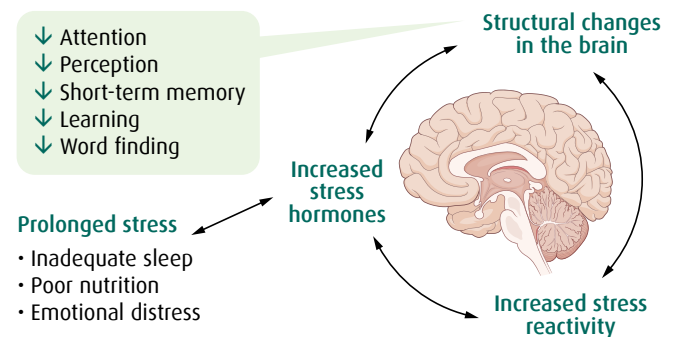
1 tablet 3 – 4 times daily, or as directed.

Supplement Facts		
Serving size:	1 Tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	104 mg	8%
Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 660 mg	110 mg	†
Bacopa whole plant 20:1 extract from <i>Bacopa monnieri</i> whole plant 2.9 g Containing bacosides as bacoside A 33.4 mg	145 mg	†
Eleuthero root 10:1 extract from <i>Eleutherococcus senticosus</i> root 500 mg Containing syringaresinol diglucosides 400 mcg	50 mg	†
Rosemary (<i>Rosmarinus officinalis</i>) leaf essential oil	10 mg	†
† Daily Value (DV) not established.		

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

Cautions: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

Figure 1: Stress and its Effects on Brain Function⁴



How Bacopa Complex Supports Your Health:



Bacopa, otherwise known by its Sanskrit name 'Brahmi,' is an ancient Ayurvedic herb that has been used in India for almost 3000 years.⁵ Classical Ayurvedic texts recommend it as a brain or cognition-enhancing nerve tonic to promote memory and general performance.⁶⁻⁷ It is particularly useful in promoting memory function in healthy older people.*



Eleuthero is arguably the most well-known and highly regarded adaptogen in traditional herbal preparations. As all adaptogens, it acts in a non-specific way and has a normalizing action on the body.⁸ It improves our ability to adapt to temporary or occasional stress, eases its effects on the body, and supports mental and physical endurance.^{9-12*}



Schisandra, predominantly used in traditional Chinese preparations,^{7,13} gained considerable popularity as an adaptogen in the USSR in the early 1960s.¹⁴ Like Eleuthero, it is used traditionally to help bolster the body's resistance to occasional stress, improve stress adaptation, as well as mental and physical endurance.^{9*}

References

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MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing ingredients to bottling to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.

Please consult the product packaging label for the most accurate product information.

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