

Fe-Max Phytosynergist®

M4460

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

Fe-Max Phytosynergist®: Fortified Herbal Iron Tonic

Fe-Max Iron Tonic Phytosynergist® is a unique combination of herbs, iron and vitamins in a glycerol and natural fruit and vegetable juice base to support normal blood production. This liquid formulation contains Codonopsis root, Nettle Leaf, Licorice root, Ashwaganda (Withania) root, Ginger rhizome, iron, vitamins C, B1, B2, B6, B12, folic acid and Stevia leaf.*

The importance of iron & associated vitamins

Iron is a mineral essential for the healthy functioning of the body and can be found in some foods. One of the most important functions of iron is that it forms a major part of hemoglobin (the pigment in red blood cells). Hemoglobin carries oxygen in the blood from the lungs to tissues, and carries waste carbon dioxide on the return journey. Oxygen is of course vital to the health of body tissues. Iron is also present in myoglobin, the oxygen-transporting component of muscle.^{1-3*}

Due to increased metabolic needs, pregnant women and children have an increased need for iron.³ Women in their childbearing years may also need additional iron so they can make up the blood lost each month in the menstrual flow.¹ Some athletes may also require additional iron. Iron supplementation depends on the individual, as not everyone needs extra iron.^{3*}

Vitamin B6 is important for hemoglobin synthesis. Folic acid and vitamins B6 and B12 help the oxygen-carrying capacity of the blood. Folic acid is also important for the growth of red blood cells.^{3,4*}

Enhancing iron absorption

Vitamin C promotes iron absorption. Absorption is also increased by taking iron with fruit or vegetables.^{3,5,6} A clinical study with volunteers found that fruits high in vitamin C increased iron absorption. Also, fruit juices provided greater benefit for iron absorption than the vitamin C content alone. Other organic acids found in fruit and vegetables such as citric and malic acids also enhanced iron absorption.^{5,6*}

How Fe-Max Phytosynergist® Keeps You Healthy

Promotes normal blood production and maintains healthy blood

Codonopsis and Nettle Leaf have been used traditionally to promote normal blood production and maintain healthy blood.^{7,8} In two double-blind, placebo-controlled trials involving children and elderly volunteers, Ashwaganda promoted normal blood production.^{9,10*}

Optimal digestive function assists iron absorption.^{11,12} Ginger promotes gastric secretion and digestion.^{13,14} Natural clinicians use circulatory stimulants such as Ginger to improve the flow of blood through body tissues. This brings increased oxygen and nourishment to the tissues,

Supplement Facts

Serving size:	5 mL	
Servings per container:	40	
Amount per Serving		%DV
Calories	10	
Codonopsis root 1:2 extract from <i>Codonopsis pilosula</i> root 500 mg	1.00 mL	†
Nettle leaf 1:2 extract from <i>Urtica dioica</i> leaf 500 mg	1.00 mL	†
Licorice root 3.5:1 extract from <i>Glycyrrhiza glabra</i> root 500 mg	143 mg	†
Ashwaganda root 5:1 extract from <i>Withania somnifera</i> root 500 mg	100 mg	†
Ginger rhizome 1:2 extract from <i>Zingiber officinale</i> rhizome 50 mg	100 mcL	†
Stevia leaf 1:2 extract from <i>Stevia rebaudiana</i> leaf 50 mg	100 mcL	†
Vitamin C (Ascorbic acid)	25 mg	40%
Vitamin B1 (Thiamine hydrochloride)	2.5 mg	170%
Vitamin B2 (Riboflavin)	2.5 mg	150%
Vitamin B6 (Pyridoxine hydrochloride)	2.5 mg	130%
Folic acid	150 mcg	40%
Vitamin B12 (Cyanocobalamin)	1.5 mcg	25%
Iron from Iron amino acid chelate	5 mg	30%

† Daily Value (DV) not established.

Other ingredients: Glycerol, purified water, fruit and vegetable juices (beet root, grape, pear, apple, carrot, lemon), maltodextrin, silica and potassium sorbate.

Caution: Contraindicated in hemochromatosis and high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation.

Product No M4460
Content 200 mL

Fe-Max Phytosynergist® M4460



Associate 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."

and assists removal of wastes such as metabolites. Circulatory stimulants including Ginger, are characteristically 'hot' – they have a warming effect on the body when ingested. 'Hot' remedies were traditionally seen as increasing the body's heat and therefore its vitality.^{2,11} Licorice is used traditionally in the Chinese herbal system in formulations to support the action of other herbs. It also supports healthy gastrointestinal function, particularly promoting healthy absorption of nutrients.^{13,15*}

Iron, vitamins B1, B2, B6, B12 and folic acid promote normal blood production.^{3,4*}

Promotes health in children & adolescents

Healthy growth was observed in children who received Ashwaganda in a double-blind, controlled trial.⁹ Iron, vitamins B1, B2, B6 and C, as well as folic acid, are beneficial during rapid growth periods of childhood. The demand for B vitamins increases with increasing energy intake – energy needs are highest during adolescence. Iron is also important for mental performance in children and adolescents.^{3*}

Promotes vitality

Codonopsis, Ashwaganda and Licorice are traditionally used to promote vitality.^{7,15,16*}

What Makes Fe-Max Phytosynergist® Unique

Fe-Max Phytosynergist® is unique in the professional herbal products industry because:

- MediHerb tests raw materials for the quantity of:
 - glycyrrhizin in Licorice
 - withanolides in Ashwaganda
 - pungent principles (gingerols, shogaols) in Ginger
- MediHerb tests the fruit and vegetable juices for brix (this measures the amount of dissolved solids in the juice – ie its concentration)
- It is tested to ensure the vitamins B2 and B6 are retained in the product throughout manufacture

Unique Manufacture & Analytical Testing

Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards
- Unique extraction method using cold percolation for the Codonopsis, Nettle Leaf, Ginger and Stevia components of this formulation (this protects the delicate plant constituents, ensuring a full range of constituents)

References

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



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