

Championing excellence in research and development



Our Business

Integría Healthcare is a leading Australian manufacturer and sponsor of complementary medicines and natural healthcare products.

Our Vision

We are committed to providing natural healthcare products of the highest quality and to building the evidence base for complementary medicines. With a longstanding commitment to research, we see investment in high quality research as an integral part of commercial success.

Our Approach

We collaborate with leading researchers in Australia and internationally and have a track record as an industry partner on successful Australian Research Council Linkage and Cooperative Research Centre projects.

Our research is broad and includes:

- ✓ Phytochemistry
- ✓ Quality and safety
- ✓ *In vitro* bioactivity
- ✓ Clinical trials



Integría's Research and Development team is led by **Dr Elizabeth Steels**, who is a clinical biochemist and nutritionist with an international reputation.

She has more than 30 years' experience in clinical practice, research publication, clinical trial development and management, formulation and regulatory affairs.

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Our Achievements

Quality: Understanding Echinacea

Extensive research program on the active and bioavailable alkylamides underpins MediHerb's flagship product, Echinacea Premium. Included phytochemistry, *in vitro* studies, human pharmacokinetics and randomised controlled trials.

- ✓ Oral bioavailability of active alkylamides was demonstrated in human pharmacokinetics studies.
- ✓ Patented method to improve the bioavailability of key active alkylamides by combining different Echinacea species.

Mode of action: Synergistic activity

We research the popular but poorly understood concept of synergy in natural medicines and develop innovative products with synergistic activity – backed by science.

- ✓ Collaborative research with Griffith University led to the development of a synergistic medicinal mushroom product.
- ✓ Large research project with NICM at Western Sydney University explored synergistic anti-inflammatory activity.

Effectiveness: Herbal Medicine for PCOS

Integría supported a randomised controlled trial conducted by NICM at Western Sydney University. The trial assessed the combination of herbal and lifestyle interventions versus lifestyle intervention only.

- ✓ Herbal intervention significantly improved menstrual irregularity (primary outcome) as well as several secondary outcomes.
- ✓ Integría has launched a product (MediHerb PCO Support) based on the formulation used in the trial, under a licensing agreement with the University.

Our Legacy

For over three decades, Integría and MediHerb have been industry leaders in collaborative research on herbal medicines.



25 Published Clinical Trials



200+
Scientific & Professional Publications



Winner of the 2015
American Botanical Council's
Varro E. Tyler Commercial Investment in Phytomedicinal Research Award