

MEDI  HERB[®]

Liquid Blends for *Immunity*



Why Use Liquid Herbs?

The art and skill of mixing individualised herbal formulations sets naturopaths and herbalists apart from other health professionals. Liquid blending based on wholistic principles provides clinically effective results and improves the lives of patients. Receiving an individualised formula fosters the patient's confidence that they are receiving the best possible health care for their personal needs.

Why Ethanolic Herbal Liquids?

Liquid extracts and tinctures containing ethanol are an essential and historical part of traditional herbal medicine. Used in appropriate doses, such extracts are effective, convenient and stable. Herbs prepared in alcohol are considered more effective and faster acting than those prepared in water¹.

How to use this series of books

The *Liquid Blends for Immunity* is the second in our series of books. Designed to provide naturopaths and herbalists with foundational support and prescribing suggestions related to commonly seen conditions. It includes formulations that may be used as a base for you to adapt when creating personalised liquid blends for your patients.

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Pelargonium sidoides

Contents

Considerations when Treating Immunity	4
Mild Fever Support	5
Child and Infant Fevers.....	5
Acute Infection Support	6
Bacterial Infection Support.....	8
Eye Baths – A How-to Guide.....	9
Mouthwash & Gargles – A How-to Guide.....	9
Sinus Rinse – A How-to Guide.....	9
Acute Cough Support.....	11
Steam Inhalations.....	11
Viral Infection Support: Enveloped and Non-enveloped Viruses.....	12
Fungal Infection Support.....	15
Allergy Support.....	16
Chronic Infection Support	20
Immune Insufficiency	22
Immune Support During Pregnancy	23
Immune Support During Lactation	25
What MediHerb Do	27
Immune Support for Children	28
References	32

Considerations when Treating Immunity

The immune system is incredibly complex and expansive, and many internal and external factors can influence its overall function.

Consequently, when treating Immune-related conditions it is vital to take a thorough case history, chronicling significant events preceding the current situation, including any previous history of:

- seasonal infections
- seasonal allergies
- immune trends e.g. where in the body do infections present?
- environmental load at work and home
- stress
- travel

Note: It's important to monitor any acute aggravation of symptoms and symptom progression including fever, skin reactions etc and for the patient to seek medical attention if symptoms suddenly worsen. As a health professional there is a duty of care to work alongside your patient's medical practitioner when dealing with chronic or complex conditions. Always ensure that your client's medical practitioner is made aware of all current treatment plans and prescribed products.

Tilia cordata

Mild Fever Support

Normal body temperature is around 37 degrees Celcius, but may be slightly higher or lower depending on the individual. Onset of fever is commonly due to the immune system's response to a bacterial or viral infection, and in many cases resolves quickly without intervention.

Ways to manage a fever:

- keep hydrated with water, electrolytes and herbal teas
- keep the person comfortable with loose clothing, and/or light layers of blankets
- recommend lukewarm herbal teas using common diaphoretic herbs e.g. Yarrow, Elder Flowers, Chamomile, Lime Flowers and Boneset

Childhood and Infant Fevers

Children's immune systems develop in response to common infections and the presence of a fever can be a normal aspect of this process. However, any fever in a child under 3 months of age should be assessed by a medical practitioner immediately. Urgent medical advice should also be sought if a child under 12 months of age presents with a fever in order to determine the cause and provide appropriate treatment.



Matricaria chamomilla

Acute Infection Support

At the onset of an acute infection it may be appropriate to support the body's immune defences involved with eliminating pathogens by temporarily increasing daily herb doses to greater quantities than those usually recommended.

When acute dosing is required, herbs are usually taken with increased frequency for a short period, but often in lower quantities per dose than would normally be prescribed¹.

The dose and frequency should be determined on a case-by-case basis (e.g. a 3 mL dose every 30 minutes for the first four doses, or 5 mL three to four times daily for the first few days).

The patient's response to treatment should be monitored carefully and dosage recommendations adjusted accordingly.

Herbal Considerations

Antibacterial/Microbial

Thyme
Sage
Myrrh
Pomegranate
Barberry
Pelargonium
Propolis
Thuja
Elecampane

Anticatarrhal

Eyebright
Elder Flowers
Golden Rod
Mullein
Ribwort

Antipyretic

Baptisia (max 3 mL/day)
Sweet Wormwood (Qing Hao)
Willow Bark
Yarrow
Rehmannia

Antitussive

Wild Cherry
Licorice
Peppermint

Demulcent

Mullein
Marshmallow Root
Licorice
Ribwort
Slippery Elm
Sundew

Diaphoretic

Ginger
Cayenne
Elder Flowers
Elecampane
Pleurisy Root
Yarrow

Expectorant

Elecampane
Pleurisy Root
Fennel
Pelargonium
Licorice
Thyme
White Horehound

Immune Stimulating

Andrographis
Reishi Mushroom
Shiitake Mushroom
Maitake Mushroom
Poke Root
Baptisia (max 3 mL/day)
Tinospora
Elder Flowers

Immune Modulating

Echinacea
Siberian Ginseng
Reishi Mushroom
Shiitake Mushroom
Maitake Mushroom
Withania
Gynostemma

Spasmolytic (Respiratory)

Thyme
Fennel
Grindelia
Elecampane
White Horehound
Sundew
Adhatoda

☞

Echinacea is a practice-building herb, because patients can immediately see it working. Its true value is in warding off infection.

☞

Professor Kerry Bone

Echinacea purpurea

Bacterial Infection Support

Formulas

Acute Illness Option 1

Andrographis	1:2	40 mL
Thuja	1:5	5 mL
Echinacea Premium	1:2	40 mL
Ginger	1:2	5 mL
Myrrh	1:5	10 mL
		100 mL
		7.5 mL bd

Acute Illness Option 2

Echinacea Premium	1:2	30 mL
Thyme	1:2	20 mL
Baptisia	1:2	20 mL
Pelargonium	1:5	30 mL
		100 mL
		7.5 mL bd

Note: Acute dosing may be applicable in the early stages of infection e.g. 5 mL 3-4 times daily.

Sinus – Purulent

Eyebright	1:2	30 mL
Golden Rod	1:2	30 mL
Thyme	1:2	20 mL
Andrographis	1:2	20 mL
		100 mL
		7.5 mL bd

Sinus - Congested

Echinacea Premium	1:2	25 mL
Elder Flowers	1:2	20 mL
Golden Rod	1:2	25 mL
Eyebright	1:2	15 mL
Ribwort	1:2	20 mL
Cayenne	1:3	2 mL
		107 mL
		7.5 mL bd

Add Garlic Forte tablets: 1 tablet 1-2 times daily

Acute Bronchitis

Echinacea Angustifolia	1:2	20 mL
Pelargonium	1:5	20 mL
Pleurisy Root	1:2	10 mL
White Horehound	1:2	30 mL
Thyme	1:2	20 mL
		100 mL
		7.5 mL bd

Immediate medical attention is necessary. Refer patient to their medical practitioner. Herbal support may be applicable as an adjunct to medical treatment.

For children's dosing guidelines please see page 31

Whooping Cough (Pertussis) Support

Echinacea Premium	1:2	20 mL
Grindelia	1:2	10 mL
Elicampane	1:2	20 mL
Licorice High Grade	1:1	10 mL
Wild Cherry Bark	1:2	20 mL
Sundew	1:5	20 mL
		100 mL
		7.5 mL bd

Immediate medical attention is necessary. Refer patient to their medical practitioner. Herbal support may be applicable as an adjunct to medical treatment.

For children's dosing guidelines please see page 31



How to: Eye Baths

Fill an eye bath with 50 mL saline or freshly boiled water and add 5 drops of the herbal formulation. Allow to cool then bathe eyes in the fluid. Use a separate eye bath for each eye. Use 2-3 times daily depending on the severity of the problem. Eyebaths should be made immediately before use and the fluid should be discarded afterwards.



How to: Mouthwash & Gargles

Add 5 mL of the herbal formulation or a combination of herbal extracts to 50 mL of water or saline solution. Gargle the fluid or rinse the mouth with it for up to 1 minute, then expel the mixture; it should not be swallowed. Any unused herbal water/saline rinse should be discarded. Use 2-3 times daily depending on the severity of the problem.



How to: Sinus Rinses

Add 10 mL of the herbal formulation per 50 mL of water or saline solution. Patients can purchase a saline rinse from the pharmacy (ensure the cap is removable) and remove approximately 10% of the solution. Then put the measured 10% quantity of the herbal formulation into the sinus rinse and use as instructed. A neti-pot may also be used. Use 2-3 times daily depending on the severity of the problem.

Conjunctivitis - Eye Bath

Calendula (low alcohol)	1:2	10 mL
Golden Seal	1:5	10 mL
Eyebright	1:2	5 mL
		25 mL

Strep Throat Mouthwash & Gargle

Myrrh	1:5	10 mL
Propolis	1:5	20 mL
Golden Seal	1:5	30 mL
Pomegranate	1:2	20 mL
Marshmallow Root	1:5	20 mL
		100 mL
		5 mL qid

Sinus Rinse for Congestion

Golden Seal	1:5	20 mL
Myrrh	1:5	10 mL
Calendula (low alcohol)	1:2	20 mL
		50 mL
Add 10 mL of the herbal formulation per 50 mL of water or saline solution		



Andrographis paniculata

☺☺

At MediHerb, exceptional quality is of the highest importance. For us, good doesn't mean great. A pass doesn't mean perfection. Acceptable doesn't mean excellent.

☺☺

Professor Kerry Bone

Ganoderma lucidum

Acute Cough Support

Accurate assessment of a cough will ensure you select the most effective herbs for your patient. Consider whether the cough is acute or chronic and whether it is dry, irritated or catarrhal. If catarrh is present, investigate its colour, consistency, quantity and the timing of its expectoration.

For dry, irritated coughs, avoid excessive use of astringent, decongestant or 'drying' herbs as they could potentially aggravate the airways.

For wet, thick and 'damp' coughs avoid excessive use of potent demulcents, which can increase the 'dampness' associated with wet, mucus-producing lung conditions.

Formulas

Cough – Dry & Irritated

Mullein	1:2	40 mL
Licorice	1:1	20 mL
Wild Cherry*	1:2	20 mL
Thyme	1:2	20 mL
		100 mL
		7.5 mL bd

Cough – Spasmodic

Grindelia	1:2	20 mL
Adhatoda	1:2	20 mL
Elecampane	1:2	40 mL
Marshmallow Root	1:5	20 mL
		100 mL
		7.5 mL bd

*Avoid use with productive coughs.

Chesty Cough with Productive Mucus

Elecampane	1:2	30 mL
Echinacea Premium	1:2	20 mL
Pleurisy Root	1:2	20 mL
Pelargonium	1:5	30 mL
		100 mL
		7.5 mL bd



How to: Steam Inhalations

Steam inhalations can be an effective remedy to soothe and clear the sinus passages, and may relieve the symptoms of a cold or sinus infection.

Pour boiling water into a large bowl and add 2-3 drops of 100% pure essential oils. Lean over the bowl, so the face is directly above the water. Cover the head with a towel, keep your eyes closed, and breathe through the nose for 1 to 2 minutes.

The most applicable essential oils for sinus congestion include: Thyme, Rosemary, Eucalyptus, Peppermint and Tea Tree oil.

Note: Acute dosing may be applicable in the early stages of infection e.g. 5 mL 3-4 times daily.

Viral Infection Support: Enveloped and Non-enveloped Viruses

Herbal Considerations

Enveloped Virus

St John's Wort
Lemon Balm (topical)
Thuja
Licorice
Propolis

Non-enveloped Virus

Thuja
Licorice High Grade

Formulas

Enveloped Viral Infection

Echinacea Premium	1:2	30 mL
St John's Wort High Grade	1:2	30 mL
Thuja	1:5	20 mL
Licorice High Grade	1:1	20 mL
		100 mL
		7.5 mL bd

Non-enveloped Viral Infection

Andrographis	1:2	30 mL
Thuja	1:5	20 mL
Licorice High Grade	1:1	20 mL
Echinacea Premium	1:2	30 mL
		100 mL
		7.5 mL bd

Note: Acute dosing may be applicable in the early stages of infection e.g. 5 mL 3-4 times daily.

Cold Sores (Acute) - Internal

St John's Wort High Grade	1:2	25 mL
Echinacea Premium	1:2	25 mL
Thuja	1:5	20 mL
Pelargonium	1:5	30 mL
		100 mL
		7.5 mL bd

Acute Viral (Epstein Barr Virus - Enveloped)

Echinacea Premium	1:2	20 mL
Andrographis	1:2	20 mL
Licorice High Grade	1:1	10 mL
St John's Wort High Grade	1:2	30 mL
Thuja	1:5	20 mL
		100 mL
		7.5 mL bd

Adenovirus ('Pink Eye' - Non-enveloped Virus) - Internal

Thuja	1:5	20 mL
Echinacea Angustifolia	1:2	30 mL
Andrographis	1:2	30 mL
Licorice	1:1	20 mL
		100 mL
		7.5 mL bd

Topical Cream for Cold Sores

Myrrh	1:5	5 mL
Lemon Balm	1:2	5 mL
Thuja	1:5	5 mL
		15 mL
Add to 100 g of Vitamin E Cream Base		

External: Eye Bath

Golden Seal	1:5	15 mL
Calendula (low alcohol)	1:2	10 mL
		25 mL

Prophylaxis (Flu Season)

Siberian Ginseng	1:2	30 mL
Echinacea Premium	1:2	30 mL
Astragalus	1:2	40 mL
		100 mL
		7.5 mL bd



How-to: Creams

Slowly add 15 mL of the herbal formulation to 100 g of MediHerb® Vitamin E Cream Base while mixing continuously. This will aid in preventing separation of the formula.

☞

Make sure that you
choose herbs that
are reliable and have
clinical evidence
behind them.

☞

Professor Kerry Bone

Hypericum perforatum



At MediHerb we use a cold-soak drip process in which the ethanol takes up to seven days to drip through the herbs. The high dwell time of the herbs in the ethanol enables us to produce herbal extracts of the highest quality and potency.



Greg Fisher
General Manager- Manufacturing



Fungal Infection Support

Herbal Considerations

Antifungal

Pelargonium
Propolis
Thuja
Thyme
Pomegranate
Calendula (topical)

Anti-inflammatory

Calendula
Licorice

Antipruritic

Calendula
Chickweed (topical)
Kava (topical)
Peppermint (topical)

Demulcent/Emollient

Calendula
Marshmallow Root
Licorice

Immune Stimulating

Andrographis
Baptisia (max 3 mL/day)
Tinospora
Poke Root

Vulnerary

Calendula
Chamomile
Gotu Kola
Myrrh

Formulas

Oral Thrush (Candida) - Internal

Propolis	1:5	10 mL
Myrrh	1:5	20 mL
Pelargonium	1:5	20 mL
Calendula (low alcohol)	1:2	10 mL
Pomegranate	1:2	40 mL
		100 mL
		7.5 mL bd

'Jock itch' Cream

Myrrh	1:2	5 mL
Calendula (low alcohol)	1:2	5 mL
Thuja	1:5	5 mL
		15 mL
Add to 100 g of Vitamin E Cream Base		



Tinospora cordifolia

Allergy Support

For patients with seasonal allergies, commence herbal support six weeks prior to the expected onset of allergy symptoms and continue throughout the season. Maintaining healthy respiratory mucous membranes assists in the management of allergic rhinitis¹.

Herbal Considerations

Antiallergic

Baical Skullcap
Albizia
Nettle Leaf

Anticatarrhal

Eyebright
Golden Seal
Fenugreek
Baptisia (max 3 mL/day)

Anti-inflammatory

Golden Rod
Licorice
Calendula

Anti-Platelet Activating Factor (Anti-PAF)

Ginkgo

Bronchospasmolytic

Thyme
White Horehound
Grindelia
Sundew
Adhatoda
Elecampane

Demulcent

Marshmallow Root
Mullein
Licorice

Depurative

Sarsaparilla
Burdock
Blue Flag
Red Clover Flowers
Oregon Grape
Nettle

Immune Modulating

Echinacea
Pelargonium
Mushroom Forte
Siberian Ginseng
Tinospora
Gynostemma

Formulas

Allergies – Hayfever and Sinus Congestion

Baical Skullcap	1:2	30 mL
Eyebright	1:2	25 mL
Golden Rod	1:2	30 mL
Echinacea Premium	1:2	20 mL
		105 mL
		7.5 mL bd

Allergies - Sinus rinse

Eyebright	1:2	20 mL
Golden Seal	1:5	20 mL
Calendula (low alcohol)	1:2	10 mL
		50 mL

Add to 10 mL of herbal liquid per 50 mL of water or saline solution. Use 2-3 times daily or as required.

Eye Bath

Golden Seal	1:5	10 mL
Eyebright	1:2	10 mL
Calendula (low alcohol)	1:2	5 mL
		25 mL

Add 5 drops of the herbal formulation to 50 mL of saline solution or recently boiled water. Place in an eyebath and bathe the eyes using a separate eye bath for each. Use 2-3 times daily or as required.

Asthma Support Option 1

Baical Skullcap	1:2	30 mL
Elecampane	1:2	20 mL
Grindelia	1:5	20 mL
Licorice High Grade	1:1	10 mL
Ginkgo	2:1	25 mL
		105 mL
		7.5 mL bd

Asthma Support Option 2

Adhatoda	1:2	15 mL
Tinospora	1:2	45 mL
Albizia	1:2	30 mL
Licorice	1:1	15 mL
		105 mL
		7.5 mL bd



Urtica dioica



Herbal support should commence six weeks before the onset of the allergy season and continued throughout the season



Professor Kerry Bone



Euphrasia officinalis



We want to deliver products as authentic as nature intended. Plants produce phytochemicals, which deliver health benefits, so the art of understanding them is a scientific endeavour. One thing that sets us apart is our desire to make sure that the phytochemistry is just right.



Lee Carroll
Herbalist, Educator

Calendula officinalis

Allergy Support (continued)

Seasonal Formulas

Skin Conditions

(Eczema, Dermatitis, Urticaria)

Nettle Leaf	1:2	15 mL
Calendula	1:2	15 mL
Baical Skullcap	1:2	30 mL
Burdock	1:2	20 mL
Red Clover Flowers	1:2	20 mL
		100 mL
		7.5 mL bd

Eczema Cream – ‘Dry & Itchy’

Calendula (low alcohol)	1:2	5 mL
Licorice	1:1	5 mL
Kava	1:1	5 mL
		15 mL
Add to 100 g of Vitamin E Cream Base		

Eczema Cream – ‘Wet & Weepy’

Calendula (low alcohol)	1:2	10 mL
Myrrh	1:5	5 mL
		15 mL
Add to 100 g of Vitamin E Cream Base		

Acute Infection with Low Grade Fever (Under 38.7°C)*

Baptisia	1:2	20 mL
Yarrow	1:2	20 mL
Elder Flowers	1:2	20 mL
Echinacea Premium	1:2	20 mL
Andrographis	1:2	20 mL
		100 mL
		7.5 mL bd
Acute dosing 5 mL qid		

*If fever persists seek medical attention



Scutellaria baicalensis

Using herbal adaptogens during acute infections:

Adaptogenic herbs like Astragalus and Korean ginseng are best avoided during acute infections as they may aggravate these conditions.¹

Chronic Infection Support

Herbal Considerations

Adaptogen

Astragalus
Tinospora
Withania
Siberian Ginseng
Gynostemma

Antimicrobial

Golden Seal
Pelargonium
Oregon Grape
Thyme
Myrrh
Pomegranate
Barberry
Propolis
Crataeva
Buchu

Biofilm Disruptor

Myrrh
Pomegranate

Depurative

Sarsaparilla
Blue Flag
Burdock
Red Clover Flowers
Oregon Grape

Immune Modulating

Echinacea
Astragalus
Siberian Ginseng
Pelargonium
Withania
Reishi Mushroom
Shiitake Mushroom
Maitake Mushroom

Lymphatic

Clivers
Calendula
Baptisia (max 3 mL/day)
Blue Flag
Poke Root
Myrrh
Echinacea

Mucous Membrane Tonic

Golden Seal

Immune Tonifying

Reishi Mushroom
Shiitake Mushroom
Maitake Mushroom
Rehmannia
Licorice
Astragalus
Withania

Formulas

Sinusitis

Pelargonium	1:5	20 mL
Eyebright	1:2	30 mL
Golden Rod	1:2	30 mL
Golden Seal	1:5	25 mL
		105 mL
		7.5 mL bd

Bronchitis

Ribwort	1:2	20 mL
Echinacea Premium	1:2	20 mL
Astragalus	1:2	30 mL
Mullein	1:2	30 mL
		100 mL
		7.5 mL bd

Pneumonia Support

Pleurisy Root	1:2	20 mL
Astragalus	1:2	50 mL
Ginger	1:2	5 mL
Echinacea Premium	1:2	25 mL
		100 mL
		7.5 mL bd

Recurrent Infection with Intermittent Fever

Astragalus	1:2	60 mL
Echinacea Premium	1:2	40 mL
Ginger	1:2	5 mL
		105 mL
		7.5 mL bd

*If fever persists seek medical attention

Chesty Cough with Unproductive Mucus*

Ribwort	1:2	30 mL
White Horehound	1:2	20 mL
Echinacea Premium	1:2	30 mL
Pleurisy Root	1:2	20 mL
Cayenne	1:3	2 mL
		102 mL
		7.5 mL bd

*Also consider antimicrobial herbs when signs of secondary infection are present e.g. yellow/ green catarrh.

Periodontal Disease - Mouthwash

Myrrh	1:5	25 mL
Propolis	1:5	25 mL
Calendula	1:2	20 mL
Pomegranate	1:5	30 mL
		100 mL
Add 5 mL of the herbal formulation to 50 mL of saline solution and gargle or rinse mouth. Use 2-3 times daily.		

Shingles Topical Cream

Cayenne*	1:3	2 mL
Lemon Balm	1:2	5 mL
Licorice High Grade	1:1	3 mL
Thuja	1:5	5 mL
		15 mL
Add to 100 g of Vitamin E Cream Base		

*Exclude cayenne if cream is to be used on open lesions

Post-viral Fatigue, Chronic Fatigue, Epstein-Barr Virus

Siberian Ginseng	1:2	20 mL
Astragalus	1:2	30 mL
Echinacea Premium	1:2	30 mL
Licorice	1:1	20 mL
		100 mL
		7.5 mL bd

Athlete's Foot Wash

Myrrh	1:5	10 mL
Thuja	1:5	20 mL
Pomegranate	1:2	20 mL
Tea Tree Oil 100%		20 drops
		50 mL
Add 25 mL of the herbal formulation to 500 mL water. Soak feet in the solution for 15 minutes twice daily.		

Cold Sores – Recurrent (Enveloped Virus)

Echinacea Premium	1:2	20 mL
St John's Wort High Grade	1:2	20 mL
Astragalus	1:2	30 mL
Thuja	1:5	15 mL
Skullcap	1:2	15 mL
		100 mL
		7.5 mL bd

Human Papilloma Virus (HPV): (Non-enveloped Virus) Internal

St John's Wort High Grade	1:2	40 mL
Thuja	1:5	20 mL
Echinacea Premium	1:2	40 mL
		100 mL
		7.5 mL bd

Fungal Infection Tinea/Athlete's foot - Internal

Pomegranate	1:2	50 mL
Thuja	1:5	20 mL
Myrrh	1:5	10 mL
Pelargonium	1:5	20 mL
		100 mL
		7.5 mL bd

Shingles (Herpes zoster) (Enveloped Virus)

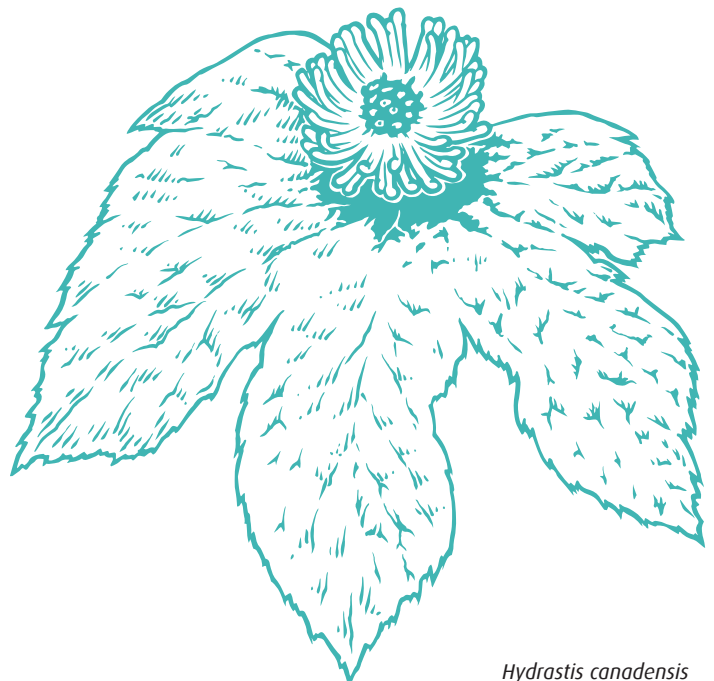
St John's Wort High Grade	1:2	40 mL
Andrographis	1:2	20 mL
Thuja	1:5	10 mL
Echinacea Premium	1:2	20 mL
Licorice High Grade	1:1	10 mL
		100 mL
		7.5 mL bd

Cream for Warts - External:

Thuja	1:2	10 mL
Calendula (low alcohol)	1:2	5 mL
		15 mL
Add to 100 g of Vitamin E Cream Base		

Athlete's Foot Cream - External

Myrrh	1:5	5 mL
Thuja	1:5	7.5 mL
Calendula	1:2	7.5 mL
Tea Tree Oil 100%		20 drops
		20 mL
Add to 100 g of Vitamin E Cream Base		



Hydrastis canadensis

Immune Insufficiency

Immune insufficiency can be described as a lack of immune resilience, which interferes with the body's ability to defend itself against bacteria, viruses, fungi and parasites. There are numerous reasons that some people may be more prone to secondary and/or recurrent infections.

Some reasons include:

- ongoing chronic stress
- physical exertion (athletes)
- ongoing environmental exposure (e.g. car fumes, pesticides, airports)
- work hazards or work-related exposure (e.g. mining industry, exposure to toxins, radiation, heavy metals, pesticides, diesel, building industry chemicals)
- chemotherapy
- radiation
- malnutrition
- ageing
- insomnia
- chronic disease and infection

Formulas

Immune Insufficiency with Stress Option 1

Astragalus	1:2	30 mL
Siberian Ginseng	1:2	20 mL
Licorice	1:1	20 mL
Echinacea Premium	1:2	30 mL
Ginger	1:2	5 mL
		105 mL
		7.5 mL bd

Immune Insufficiency with Stress Option 2

Echinacea Premium	1:2	30 mL
Tinospora	1:2	45 mL
Withania	2:1	25 mL
		100 mL
		7.5 mL bd

Immune Insufficiency with Fatigue Option 1

Siberian Ginseng	1:2	20 mL
Echinacea Premium	1:2	25 mL
Tinospora	1:2	45 mL
Licorice High Grade	1:1	10 mL
		100 mL
		7.5 mL bd

Immune Insufficiency with Fatigue Option 2

Astragalus	1:2	40 mL
Rehmannia	1:2	40 mL
Rhodiola	1:1	20 mL
		100 mL
		7.5 mL bd

Physical Performance

Immune Support - Athletes Option 1

Astragalus	1:2	30 mL
Rhodiola	1:1	25 mL
Siberian Ginseng	1:2	25 mL
Withania	2:1	20 mL
		100 mL
		7.5 mL bd

Immune Support - Environmental Load* Option 1

Echinacea Premium	1:2	20 mL
Ginkgo	2:1	25 mL
St Mary's Thistle	2:1	30 mL
Korean Ginseng	1:2	25 mL
		100 mL
		7.5 mL bd

Immune Support - Environmental Load* Option 2

Astragalus	1:2	30 mL
Tinospora	1:2	42 mL
Siberian Ginseng	1:2	30 mL
		102 mL
		7.5 mL bd

Immune Support - Convalescence Option 1

Astragalus	1:2	40 mL
Echinacea Premium	1:2	25 mL
Siberian Ginseng	1:2	30 mL
Ginger	1:2	5 mL
		100 mL
		7.5 mL bd

Immune Support - Convalescence Option 2

Tinospora	1:2	42 mL
Rehmannia	1:2	30 mL
Licorice High Grade	1:1	10 mL
Echinacea Premium	1:2	20 mL
		102 mL
		7.5 mL bd

*e.g. miners / FIFO workers/ toxin exposure/ radiation-exposure/ flight attendants/ pilots)

Immune Support During Pregnancy

Herbal Considerations

Depending on the individual assessment of the patient the following herbs may be suitable for immune support during pregnancy:

—	—	—	
Echinacea	Couch Grass	Marshmallow Root	
Albizia	Elder Flowers	Mullein	
Astragalus	Elecampane	Pelargonium	
Baical Skullcap	Euphorbia	Peppermint	
Baptisia (max 3 mL/ day)	Eyebright	Ribwort	*Ginger is suitable for use during pregnancy within a narrow dosage range; avoid exceeding the maximum dose of 15 mL per week during late pregnancy
Clivers	Ginger*	Siberian Ginseng	
Corn Silk	Golden Rod	Sundew	
	Grindelia	Tinospora	

Formulas

Fungal Infections† Cream

Calendula (low alcohol)	1:2	7.5 mL
Thuja	1:5	5 mL
Pelargonium	1:5	5 mL
Myrrh	1:5	2.5 mL
		20 mL
Add to 100 g of Vitamin E Cream Base		

Acute Bacterial Infection*

Echinacea Premium	1:2	30 mL
Baptisia	1:2	15 mL
Pelargonium	1:5	30 mL
Elecampane	1:2	25 mL
		100 mL
		5 mL tds

Chronic Bacterial Infection

Astragalus	1:2	30 mL
Baptisia	1:2	20 mL
Siberian Ginseng	1:2	20 mL
Pelargonium	1:5	30 mL
		100 mL
		5 mL tds

†Do not apply to torso

*If fever persists seek medical attention

Viral Infection – Acute

Echinacea Premium	1:2	40 mL
Pelargonium	1:5	40 mL
St John's Wort	1:2	20 mL
		100 mL
		5 mL tds

Viral Infection – Chronic

Echinacea Premium	1:2	30 mL
Astragalus	1:2	40 mL
Pelargonium	1:5	30 mL
		100 mL
		7.5 mL bd



Astragalus membranaceus



The saponins in Licorice can act as an emulsifier and help keep your herbal mixture more liquid, thus reducing precipitation.



Professor Kerry Bone



Scutellaria baicalensis

Immune Support During Lactation

When treating a woman who is breastfeeding, best practice is to monitor infants for any changes in behaviour e.g. restlessness or gastrointestinal upsets, changes to bowel motions. Herbs marked with an asterisk below have mild cautions and the potential for infant reaction. Contact Integria® Clinical and Technical Support for further details.

Herbal Considerations

Adhatoda

Albizia*

Andrographis**

Astragalus

Baical Skullcap

Baptisia (max 3 mL / day)

Calendula (low alcohol only)

Cat's Claw*

Clivers

Corn Silk

Couch Grass

Echinacea

Elder Flowers

Euphorbia

Eyebright

Fenugreek

Garlic

Ginger

Golden Rod

Grindelia

Lemon Balm

Licorice#

Marshmallow Root

Mullein

Pelargonium

Rehmannia

Ribwort

Siberian Ginseng

St John's Wort*

Sundew

Thyme

Tinospora

White Horehound

Wild Cherry*

Withania

short-term use only, maximum 3.0 g/ day

* Rich in saponins; avoid high doses and monitor infant

**Strong bitter taste may affect breastmilk, and cause gastrointestinal upset, therefore monitor infant

Formulas

Mastitis Topical Cream†

Poke Root	1:5	10 mL
Calendula (low alcohol)	1:2	5 mL
		15 mL
Add to 100 g of Vitamin E Cream Base		

† Wipe the breast clean before breastfeeding to avoid direct exposure to the infant

Mastitis - Internal

Echinacea Premium	1:2	30 mL
Clivers	1:2	30 mL
Baptisia	1:2	20 mL
Andrographis	1:2	20 mL
		100 mL
		5 mL tds

Bacterial Infection

Acute Infection Option 1

Echinacea Premium	1:2	35 mL
Andrographis	1:2	20 mL
Baptisia	1:2	15 mL
Pelargonium	1:5	30 mL
Ginger	1:5	3 mL
		103 mL
		5 mL tds

Bacterial Infection

Acute Infection Option 2

Andrographis	1:2	20 mL
Baptisia	1:2	10 mL
Ribwort	1:2	20 mL
Thyme	1:2	15 mL
Golden Rod	1:2	35 mL
		100 mL
		5 mL tds

Bacterial Infection

Chronic Infection

Echinacea Premium	1:2	25 mL
Astragalus	1:2	30 mL
Pelargonium	1:5	25 mL
Withania	2:1	20 mL
		100 mL
		5 mL tds

Immune Support During Lactation (continued)

Formulas

Bacterial Infection Mouthwash – Antibacterial (not for ingestion)

Pomegranate	1:2	30 mL
Propolis	1:5	10 mL
Sage	1:2	20 mL
Calendula	1:2	20 mL
Myrrh	1:5	20 mL

100 mL

Add 2 mL of the herbal formulation to 50 mL of water or saline solution and gargle or rinse mouth. Use 1-2 times daily

Viral Infection - Acute

Andrographis	1:2	30 mL
Echinacea Premium	1:2	30 mL
St John's Wort	1:2	40 mL
		100 mL
		5 mL tds

Viral Infection - Chronic

Astragalus	1:2	30 mL
Echinacea Premium	1:2	30 mL
Withania	2:1	20 mL
St John's Wort	1:2	20 mL
		100 mL
		5 mL tds

Fungal Infection/ Oral Thrush Mouthwash

Pomegranate	1:2	50 mL
Myrrh	1:5	20 mL
Thuja	1:5	30 mL

100 mL

Add 5 mL of the herbal formulation to 50 mL of water or saline solution and gargle or rinse mouth. Use 1-2 times daily

Convalescence/Building Tonic Option 1

Shatavari	1:2	30 mL
Siberian Ginseng	1:2	20 mL
Rehmannia	1:2	30 mL
Astragalus	1:2	30 mL
		110 mL
		5 mL tds

Convalescence/Building Tonic Option 2

Shatavari	1:2	30 mL
Echinacea Premium	1:2	30 mL
Withania	2:1	20 mL
Oats Seed	1:1	20 mL
		100 mL
		5 mL tds



Echinacea spp.

What MediHerb® Do:



Ensure our therapeutic formulas are produced at therapeutic doses

Ingredient standardisation, and quantified activity levels tested for label potency in every batch, for consistent clinical results. We make sure our products still have the required potency at the end of shelf life.



Only source and purchase quality raw materials

We source sustainably from around the world and select materials with precision, as we know climate and conditions matter in the end product. Our strong relationships with growers go back 30 years where we purchase from up to 100 herb farms or wild harvesting regions. We also test every raw material that comes through our doors to ensure the quality and purity of the material meets our strict release criteria before it is considered suitable for use.



We extract herbs ourselves using proprietary cold percolation extraction

Developed and used only by MediHerb® to maintain the delicate herbal integrity, and the efficacy of the end MediHerb® product.



Test every batch of every product

We've invested in our own state of the art laboratories featuring the latest technology, equipment for precision, accuracy, and quality control. Our testing occurs at various stages of production in line with strict criteria, so you can be sure every MediHerb® product is of the highest quality and consistent potency.



Invest heavily in independent natural medicine research

We support and strengthen the industry through investments in a growing number of clinical trials and various research projects. We do this to unlock new information, pioneer quality and help build a more credible industry for all practitioners in the future.



Innovate

Our own primary research, clinical experience and respect for traditional evidence defines our approach to innovation. We believe in products that are tried, tested, trusted, and true.



Recruit and nurture a qualified practitioner team

Our team is made up of industry leading professors, naturopaths, herbalists, scientists and researchers, all with extensive years of research and significant, real-world, practical, clinical experience.



Proudly manufacture local Australian made products

Our manufacturing and packaging facilities in Warwick QLD and Ballina NSW are both world class, GMP approved facilities, where we continue to invest in the latest, cutting edge equipment. We also source the best free-thinking, local talent, some of whom have been working with MediHerb® right from the beginning.



Empower you, the practitioner

We want to invest in you, and help you in your practice with quality technical support, valuable clinic tools, and first class educational events, bringing you relevant and current research. All with the end goal of meeting the genuine and current health needs of your patients.

Immune support for Children (3 Years and Older)

Herbal Considerations

—
 Adhatoda
 Albizia
 Andrographis*
 Astragalus
 Bacopa
 Baical Skullcap*
 Barberry
 Bilberry
 Blue Flag*
 Buchu
 Burdock
 Calendula
 Chamomile
 Clivers
 Corn Silk
 Couch Grass

—
 Echinacea
 Elder Flowers
 Elecampane
 Eyebright
 Fenugreek
 Feverfew*
 Fringe Tree
 Garlic*
 Ginger*
 Ginkgo
 Golden Rod
 Golden Seal
 Grindelia
 Gynostemma*
 Licorice*
 Marshmallow Root

—
 Mullein
 Myrrh*
 Oregon Grape
 Pelargonium*
 Pleurisy Root
 Pomegranate*
 Ribwort
 Sage
 Sarsaparilla
 Siberian Ginseng
 St John's Wort
 Sundew
 Thyme
 Tinospora
 Turmeric
 White Horehound
 Wild Cherry
 Withania

*Some cautions in children: Please contact Integria® Clinical and Technical Support for further details

Immunity

Formulas

Children's Immune Booster Option 1

Echinacea Purpurea Glycetract	1:3	60 mL
Pelargonium	1:5	20 mL
Siberian Ginseng	1:2	20 mL

100 mL

Calculate dosage according to child's age and weight. Refer to page 31 for more information.

Children's Immune Booster Option 2

Withania	2:1	10 mL
Astragalus	1:2	40 mL
Bacopa	1:2	20 mL
Echinacea Premium	1:2	30 mL

100 mL

Calculate dosage according to child's age and weight. Refer to page 31 for more information.



Hypericum perforatum

Viral Infection Support

Formulas

Hand, Foot and Mouth Disease

Echinacea Purpurea Glycetract	1:3	40 mL
St John's Wort High Grade	1:2	20 mL
Andrographis	1:2	20 mL
Licorice*	1:1	20 mL
100 mL		
Calculate dosage according to child's age and weight. Refer to page 31 for more information.		

Viral Infection General (e.g. Chicken Pox)

Andrographis	1:2	20 mL
Baical Skullcap	1:2	30 mL
Echinacea Premium	1:2	25 mL
St John's Wort High Grade	1:2	25 mL
100 mL		
Calculate dosage according to child's age and weight. Refer to page 31 for more information.		

Molluscum Contagiosum Infection (Viral Healing Cream)

Thuja	1:5	10 mL
Calendula (low alcohol)	1:2	5 mL
15 mL		
Add to 100 g of Vitamin E Cream Base		

*Short-term use only

Acute Infection with Fever[^]

Andrographis	1:2	20 mL
Echinacea Premium	1:2	20 mL
Thyme	1:2	20 mL
Pelargonium	1:5	30 mL
Sweet Wormwood	2:1	10 mL
100 mL		
Calculate dosage according to child's age and weight. Refer to page 31 for more information.		

Acute Infection with No Fever (General)

Echinacea Premium	1:2	20 mL
Andrographis	1:2	20 mL
Pelargonium	1:5	20 mL
Baical Skullcap	1:2	20 mL
Licorice	1:1	20 mL
100 mL		
Calculate dosage according to child's age and weight. Refer to page 31 for more information.		

[^]If fever persists seek medical attention

Fungal Infection Support

Formulas

Tinea Versicolor Oral Formula - Internal

Pelargonium	1:5	30 mL
Propolis	1:5	20 mL
Thyme	1:2	30 mL
Echinacea Premium	1:2	20 mL
100 mL		
Calculate dosage according to child's age and weight. Refer to page 31 for more information.		

Oral Thrush Mouthwash

Myrrh	1:5	5 mL
Thuja	1:5	15 mL
Chamomile	1:2	20 mL
Pomegranate	1:2	40 mL
Pelargonium	1:5	20 mL
100 mL		
Add 2 mL of the herbal formulation to 50 mL of water or saline solution and gargle or rinse mouth		

Bacterial Infection Support

Formulas

School Sores (Impetigo) - Internal

Echinacea Premium	1:2	30 mL
Golden Seal	1:5	30 mL
Burdock	1:2	20 mL
Thyme	1:2	20 mL

100 mL

Calculate dosage according to child's age and weight. Refer to page 31 for more information.

Conjunctivitis Eye Bath & Wash

Calendula (low alcohol)	1:2	5 mL
Golden Seal	1:5	5 mL
Chamomile	1:2	7.5 mL
Eyebright	1:2	7.5 mL

24 mL

Place 5 mL of the herbal formulation into 100 mL saline or freshly boiled water. Bathe the conjunctiva with the solution three times a day discarding after use. Prepare fresh each day.

Cough – Productive

Pleurisy Root	1:2	15 mL
Elecampane	1:2	20 mL
Mullein	1:2	30 mL
Grindelia	1:2	15 mL
Thyme	1:2	20 mL

100 mL

Calculate dosage according to child's age and weight. Refer to page 31 for more information.

Asthma Support

Adhatoda	1:2	10 mL
Albizia	1:2	30 mL
Elecampane	1:2	20 mL
Ginkgo	2:1	25 mL
Grindelia	1:2	10 mL
Licorice*	1:1	5 mL

100 mL

Calculate dosage according to child's age and weight. Refer to page 31 for more information.

School Sores (Impetigo) Topical Cream

Golden Seal	1:5	5 mL
Myrrh	1:5	5 mL
Propolis	1:5	5 mL

15 mL

Add to 100 g of Vitamin E Cream Base

Bronchitis

Mullein	1:2	30 mL
Echinacea Purpurea Glycetract	1:3	30 mL
Elecampane	1:2	20 mL
Sundew	1:5	10 mL
Adhatoda	1:2	10 mL

100 mL

Calculate dosage according to child's age and weight. Refer to page 31 for more information.

Otitis Media – Acute (Oral formula)

Echinacea Premium	1:2	30 mL
Elder Flowers	1:2	20 mL
Eyebright	1:2	20 mL
Golden Rod	1:2	20 mL
Thyme	1:2	10 mL

100 mL

Calculate dosage according to child's age and weight. Refer to page 31 for more information.

Cough – Unproductive

Adhatoda	1:2	10 mL
Astragalus	1:2	30 mL
Elecampane	1:2	20 mL
Ribwort	1:2	20 mL
Marshmallow Root Glycetract	1:5	20 mL

100 mL

Calculate dosage according to child's age and weight. Refer to page 31 for more information.

Staphylococcus aureus Infection - Internal

Echinacea Purpurea Glycetract	1:3	30 mL
Andrographis	1:2	20 mL
Golden Seal	1:5	30 mL
Propolis	1:5	20 mL

100 mL

Calculate dosage according to child's age and weight. Refer to page 31 for more information.

*Short-term use only

Children's Dosage Rules

Children over 2 years of age

Salisbury Rule

Weight (kg) x 2 (if weight is less than 30kg)*

Weight (kg) + 30 (if weight is greater than 30kg)*

*This gives a percentage of the adult dose

Tips to improve taste and compliance

- ✓ Ask whether the child will tolerate strong-tasting liquids
- ✓ Do not over dilute
- ✓ Follow each dose with water or juice
- ✓ Add pear or blackcurrant juice, or soy milk
- ✓ Use MediHerb® Flavouring Mixture
- ✓ Add to a jelly and set in ice cube trays

Inula helenium

Additional Resources:

- *Clinical Guide to Blending Liquid Herbs* - Kerry Bone (Order Code: BKKBCLI)
- *The Essential Guide To Herbal Safety* - Simon Mills; Kerry Bone (Order Code: BKKBESS)
- *Ultimate Herbal Compendium* - Kerry Bone (Order Code: BKUHERB)

Available through www.myintegria.com

To discuss herb/drug interactions, please contact Integria Clinical and Technical Support on 1300 654 336.

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