

MemaxTM Plus

HERBAL MEDICINE COMPLEX

Bacopa monnieri, *Withania somnifera*
and *Schisandra chinensis*



Extra strength Bacopa and Withania supplement with added Schisandra.

May help relieve mild anxiety and nervous tension

Herbal medicine supplement for nervous tension and memory

Memax Plus is a herbal formula which may help relieve mild anxiety and nervous tension, and may assist mental cognition; including memory, learning and concentration.

- May help relieve mild anxiety and nervous tension
- Contains antioxidant and free radical scavenging herbs
- Contains *Schisandra chinensis* and *Withania somnifera* which are traditionally used in Chinese and Ayurvedic medicine as mild sedatives
- Contains *Withania somnifera* and *Bacopa monnieri* which have a tradition of use in Ayurvedic medicine as Rasayana – rejuvenating tonics
- Contains *Withania somnifera* which is traditionally used in Ayurvedic medicine for convalescence and general debility
- Contains *Withania somnifera* and *Bacopa monnieri* which are traditionally used in Ayurvedic medicine as nerve and memory tonics

***Bacopa monnieri* (Brahmi)**

Brahmi has been used traditionally for hundreds of years in Ayurvedic medicine to assist with memory, learning and concentration. It is known in Ayurvedic medicine as a *Medhya Rasayana* herb – used for rejuvenating the mind and intellect. *Bacopa monnieri* is also known as water hyssop, and by the Sanskrit name Brahmi which means ‘expands consciousness’. It has antioxidant properties and may also help reduce mild anxiety.



Bacopa monnieri

***Withania somnifera* (Ashwagandha)**

Ashwagandha has a tradition of use in Ayurvedic medicine for centuries as a Rasayana herb – a rejuvenating tonic to help maintain stamina, strength and vitality. Known as winter cherry and Indian ginseng, *Withania* grows naturally in India and Nepal. *Withania somnifera* has also been used traditionally in Ayurvedic medicine as a nerve tonic for nervous exhaustion, especially due to stress. It is also used traditionally as a mild sedative and for debility and convalescence.



Withania somnifera

***Schisandra chinensis* (Schisandra)**

Schisandra has been used in Traditional Chinese Medicine for centuries, where it is considered one of the 50 fundamental herbs. The name *Schisandra chinensis* in Chinese (Wu Wei Zi) means five taste fruit, and in Traditional Chinese Medicine the five tastes are sour, bitter, sweet, spicy and salty.



Schisandra chinensis



Herbal medicine supplement for nervous tension and memory.



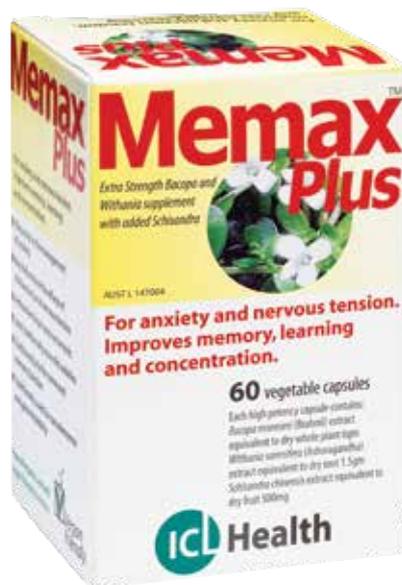
Rasayana

Withania somnifera and *Bacopa monnieri* are both traditionally described as rasayana in Ayurvedic medicine. In modern western herbal medicine they would be described as tonic herbs.

In Ayurvedic medicine, rasayana is defined as the technique by which the rasa is obtained. Rasa is the essential ingredient of health and life, the source of happiness as well as being the ultimate goal of life. Rasayana is a therapeutic procedure or preparation that on regular practice will boost nourishment, health, memory, intellect and immunity. Medhya means intellect and rasayana acting specifically on the brain are known as Medhya Rasayana.

Mild anxiety and nervous tension

There are many stressors in today's society than can lead to mild anxiety and nervous tension. Relationships, work and money are all common triggers for stress. The herbs *Withania somnifera* and *Bacopa monnieri* in Memax Plus are used traditionally in Ayurvedic medicine as nerve tonics. *Withania* is known in Western herbal medicine as an adaptogen, a herb that assists the body's natural ability to resist stressors.



Bacopa may assist in the management of mild anxiety, and may help to reduce the effects of mild anxiety and nervous tension. The mild sedative action of *Schisandra chinensis* and *Withania somnifera* work together with *Bacopa monnieri* and may help to reduce the effects of mild anxiety and nervous tension.

Antioxidant and free radical scavenging herbs

Antioxidants are molecules that have an antioxidant action and can inhibit the oxidation of other molecules. This oxidation reaction can produce free radicals which may damage cells, tissues and DNA. The body can cope with some of these free radicals, but an overload can cause damage. Antioxidants and free radical scavengers inhibit these oxidation reactions. The herbs in Memax Plus, *Bacopa monnieri*, *Withania somnifera* and *Schisandra chinensis* all possess antioxidant and free radical scavenging properties.

Convalescence and general debility

Convalescence can sound a little old fashioned, but is an important period of recovery after illness. While many people lead busy lives and may feel they cannot take the time to convalesce, there are some things you can do to ease yourself back into good health after an illness. Rest, healthy food, gentle exercise and herbal supplements may be useful in the recovery period. *Withania somnifera* is traditionally used in Ayurvedic medicine for convalescence and general debility.

Memory tonic

Cognitive function is the ability of a person to process thoughts. Cognition refers to mental processes such as attention, memory, speech, decision making and perception. Herbs that are used as memory tonics may help to maintain healthy cognitive function. *Withania somnifera* and *Bacopa monnieri* are traditionally used in Ayurvedic medicine as memory tonics. These herbs are traditionally used to support healthy cognitive function.

Memax Plus AUST L 147004
Bacopa monnieri, *Withania somnifera*
and *Schisandra chinensis*

May help relieve mild anxiety and nervous tension.

Each high potency tablet contains:

Bacopa monnieri (Brahmi) extract equivalent to 6000mg (6g) dry whole plant, *Withania somnifera* (Ashwaghandha) extract equivalent to 1500mg (1.5g) dry root and *Schisandra chinensis* (Schisandra) extract equivalent to 500mg dry fruit

Indications: For mild anxiety and nervous tension. Contains antioxidant and free radical scavenging herbs. *Withania somnifera* and *Bacopa monnieri* have a tradition of use in Ayurvedic medicine as Rasayana – rejuvenating herbs. *Schisandra chinensis* and *Withania somnifera* are traditionally used in Chinese and Ayurvedic medicine as mild sedatives. *Withania somnifera* is traditionally used in Ayurvedic medicine for convalescence and general debility. *Withania somnifera* and *Bacopa monnieri* are traditionally used in Ayurvedic medicine as nerve and memory tonics.

Dosage: Adults: 2 capsules daily, children 1 capsule daily with food. Best taken in the mornings or as advised by your healthcare practitioner. **For children under 2 years** seek medical advice. The benefits of *Bacopa monnieri* are usually experienced after 12 weeks of continuous use. It is recommended that Memax Plus be taken daily for at least 12 weeks. Memax Plus is contraindicated in pregnancy.

Pack size: 60 vegetable capsules.

Natural, vegan friendly formula: This product contains no wheat, yeast, soy, alfalfa, or milk allergens, and no salt, sucrose, starch, gelatine, gluten, hydrogenated oils, artificial colours, flavours or preservatives.

Use only as directed. If symptoms persist seek the medical advice of a healthcare professional.

For more information, please contact: