

The following formulas contain gluten and have the warning statement: 'Contains gluten' on the label.

Black Pearl® formulas

- Bao He Wan
(Citrus & Crataegus Formula)
- Gan Mai Da Zao Wan
(Wheat & Jujube Combination)
- Jian Pi Wan
(Ginseng & Citrus Formula)
- Sheng Ling Bai Zhu San (Ginseng & Atractylodes Formula)

ChinaMed® formulas

- Digest-Aid Formula
- Gut Detox Formula
- Irritable Bowel Formula
- Menopause 2 Formula
- WTM 3 Body Shape Formula

If you do have any queries about these formulas we suggest that you discuss them with your healthcare practitioner.



I am wondering why I have been given several formulas to take at once.

The main focus of Chinese herbal medicine is to tailor the treatments to the individual and these combinations are often the best way to achieve this. In many instances formulas are given in combination to enhance the clinical efficacy, so that you can achieve the desired clinical results as quickly as possible.

What is the advantage of prepared formulas over raw herbs?

The main advantages of prepared formulas are convenience, ease of use, quality control assurance, and a high concentration of active components. They can be taken by busy people 'on the run' and also taken while travelling. However with raw herbs there are a number of drawbacks:

- **Difficult to prepare.** Proper extraction of the herbs is a complicated procedure that is often difficult to follow at home. They may end up being overcooked, undercooked or have too much or too little water, resulting in poor extraction of the active ingredients.
- **Tedious to prepare.** Many people find that they do not have the time or patience to boil their herbs every day for weeks or month on end. As a result, they do not complete the full course of treatment.
- **Unpleasant smell.** Many people find that the smell of the boiling herbs is unpleasant and it goes through the whole home.
- **Unpleasant taste.** Most people dislike the taste of raw herb decoctions and find that they cannot get used to it.
- **Lost active components.** The essential oils are lost in the steam, making it less effective. In the manufacture of Sun Herbal formulas, the herbs are boiled in large stainless steel sealed vats at low temperature and high pressure to extract the highest percentage of active components, and the essential oils are all returned to the final product. Sun Herbal formulas deliver a highly concentrated extract with a maximum amount of actives.
- **No guarantee of quality.** Sun Herbal goes to great lengths to assure the safety, purity and consistency of all our herbal products. In addition, only A grade herbs are used. Each batch is tested by qualified technicians to ensure that it meets the Australian GMP standards (Good Manufacturing Practice).
With raw herbs there is no such guarantee of quality.



Taste is an issue



Essential oils from herb extraction

Experience the Sun Herbal difference now

Sun Herbal is the leading supplier of prepared Chinese medicines in Australia and New Zealand with ChinaMed® and Black Pearl® brands. You can be assured of getting safe and consistently reliable medicines made from the finest quality ingredients and concentrations.

Ask your healthcare practitioner how Sun Herbal can help you to manage your health today!

ChinaMed BLACK PEARL®

SunHerbal
Better Naturally
www.sunherbal.com

Your healthcare practitioner

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Frequently Asked Questions



The Sun Herbal range of concentrated Chinese herb formulas meets strict Australian requirements and can safely and effectively help you manage many health issues.

Our Traditional Chinese Medicine (TCM) brands include:

ChinaMed BLACK PEARL®

SunHerbal
Better Naturally

How safe is it to take Sun Herbal formulas?

A recent study on data collected from official sources in the UK and EU found that both food supplements and herbal remedies are in the 'super safe' category of individual risk. This means that the risk of death from their consumption is less than one in 10 million. The study concluded that 'you are more likely to die from being struck by lightning or by drowning in your own bathtub than having a lethal reaction to herbs or supplements'. (Alliance for Natural Health International, 2012)

Can I take Sun Herbal formulas with my medication?

As a general rule, Sun Herbal formulas can be taken in conjunction with western pharmaceuticals. However, in order to avoid chemical interactions that may interfere with absorption we recommend that you allow at least two hours between taking your medications and taking your Sun Herbal formulas.

There are some herbs that should never be taken when you are on particular types of pharmaceutical medications. This is why you need to provide your practitioner with a full list of all your current medications. Then your practitioner will best be able to advise you about the formulas being given to you. It is the responsibility of the treating practitioner to guide you appropriately.

Can I take the Sun Herbal formulas when I am pregnant?

During pregnancy, especially during the first trimester, all medications, including herbal formulas need to be taken with caution. You should inform your treating practitioner if you are pregnant or intending to become pregnant as there are certain formulas that are not suitable.

Can I take Sun Herbal formulas when I am breast feeding?

Yes, most Sun Herbal formulas can be taken while you are breast feeding but some precautions are required. You should inform your practitioner if you are breast feeding so that this may be taken into account.

Sun Herbal formulas are free of toxicity and contamination of any kind. You can rest assured that all Sun Herbal formulas are produced to the most rigorous standards.

Some media report that Chinese Herbal medicines are often contaminated with heavy metals, bacteria and pesticide residues; is this true?

The manufacturers of Sun Herbal formulas are licensed by the Australian Therapeutic Goods Administration (TGA) as well as by the China State Health Department. They are manufactured in strict accordance with Australian Good Manufacturing Practices (GMP)



Analytical testing

standards. Ongoing inspections are performed by both government departments as a condition for GMP license renewal.

GMP covers all areas of production, including validating equipment and process, control of the manufacturing environment, testing of air and water samples, gowning and hygiene requirements, testing of raw materials used, in-process and final product testing, validation of documentation requirements, batch tracking, cleaning procedures, documentation of customer complaints, and on-going product stability testing. In addition to this, there is also product quality review and quality risk management.

All Sun Herbal formulas are tested at different stages of production for bacteria, molds, toxic (or 'heavy') metals and pesticide residues. GMP requires precise and accurate recording of all ingredients that go into the manufacturing of each Sun Herbal formula, so that the contents are fully disclosed on the label.

Are any animals or animal products are used in the production of Sun Herbal formulas?

Traditional Chinese Medicine does still use animal parts and products. However this practice is becoming less widespread as it is generally just as effective to use herbal substitutes.

The active ingredients of Sun Herbal formulas are herbal and do not contain any animal-derived ingredients.

Some of the ChinaMed® capsule shells are certified medical gelatin, made using bovine bones. We are currently in the process of changing over to vegetable capsules, which are 100% plant-derived, because superior quality vege-caps have only become commercially available in recent years.

Are any endangered species used in the production of Sun Herbal medicines?

While this practice does still occur in some parts of China, the majority of herbal medicines produced in China use only farmed or cultivated species. This is currently enforced internationally by CITES (<http://www.cites.org/>).

In compliance with the CITES regulations all of the endangered or potentially endangered herbs used in Sun Herbal formulas are commercially farmed.

How long do I need to take my Sun Herbal medicines?

This is dependent on many different factors and varies a great deal from one individual to another. In general, Chinese herbal medicines work more slowly than pharmaceutical drugs, especially as treatments are designed to address the root causes not just to relieve the symptoms. To obtain optimum results the following courses of treatment are usually recommended:

Acute conditions: 1 – 3 weeks



Herb extraction facility

Sub-acute conditions: 3 – 6 months
Chronic conditions: 1 – 3 years or ongoing

You need to consult regularly with your practitioner so that your condition may be monitored as the treatment progresses. In this way you can receive the most suitable formulas as your condition changes. It is important that you complete the full course of treatment to consolidate the result and to prevent any recurrence.

Why have I been given a dosage that is different to the one on the label?

All herbal medicines are active within a dosage range that may vary up to 400%. It is not uncommon for one person to be prescribed 6 capsules per day and another 12-18 per day. Often in cases with severe acute infection, the dosage is very high for the first 3 or 4 days. This is different to pharmaceutical drugs, where the toxic dose is often very close to the standard therapeutic dose.

What are the side effects that I need to be aware of?

Common side effects can include nausea, loss of appetite, fatigue, vomiting, flatulence or diarrhoea. If you experience these symptoms please contact your practitioner for advice. While these side effects may seem only mild or trivial, it is important that you let your practitioner know.

Are the Sun Herbal formulas better taken with or away from food?

We recommend that Sun Herbal formulas be taken away from food, about one hour before or after eating, to allow for maximum absorption.



Water purification system

Why can't I buy these herbal formulas direct from Sun Herbal?

Sun Herbal formulas are for practitioner dispensing only. We believe that it is both safer and more effective for you to consult with your practitioner and receive the proper care and supervision when taking Sun Herbal formulas.

Why are there warnings on the label for some particular herbs?

The Australian TGA requires that all products containing specific herbs have an appropriate warning on the label in the interest of safety. We strongly agree that it is always better to err on the side of excessive caution.

In Sun Herbal formulas, these warnings are usually for herbs that have been associated with bowel damage (Rheum root) and liver damage (Fallopia) when used in isolation. It should be noted that these problems have occurred only rarely and have not been consistent and therefore may possibly be harmful in some people but not in everyone.

While the majority of people taking these herbs will not experience any harmful effects, it is possible that in some rare cases a person may be overly sensitive to their effects. If there is a potential adverse reaction, there will often be some mild unpleasant symptoms such as nausea, loss of appetite, fatigue, abdominal pain or diarrhoea that will alert a practitioner to this. If you experience any of these symptoms when taking any herbal formula you should contact your practitioner for advice as soon as possible.

Besides the active ingredients, is there anything else in the formulas?

Yes. These are known as 'excipients' and are used in most pills, tablets and capsules to bind the materials together. The Sun Herbal formulas use corn (soluble maize) starch as a binding agent for the herbal extract in both the pills and capsules.

The materials that make up the capsule shells are also classified as excipients. Sun Herbal is in the process of switching over to Vegetable Capsules for the ChinaMed® capsule range. These capsule shells are clear and are made of Agar, Carrageenan, Hypromellose and Sodium citrate. The other ChinaMed® capsule shells are made of bovine derived gelatin.

I have allergies and have to be careful of substances like gluten, lactose and nuts. Do Sun Herbal products contain any of these substances?

In our modern world many people suffer from allergies. Therefore all Sun Herbal products are free from yeast, added sugar, eggs, milk, peanuts, tree nuts, soy, lactose, artificial flavorings and colorings. However, some formulas contain seeds, so if you are in any doubt you should carefully read the label and check with your healthcare practitioner.