



Panax Ginseng

INTRODUCED 1998

What Is It?

Panax ginseng helps the body adapt to its environment by enhancing endurance and adrenal gland health.*

Uses For Panax Ginseng

Stress Support: Panax ginseng has long been utilized to assist the body in adapting to physical and emotional stress. During prolonged exercise, panax ginseng promotes endurance and stamina by sparing carbohydrates and allowing skeletal muscle to oxidize free fatty acids for energy production. Panax ginseng also encourages adrenal gland health in times of stress by maintaining healthy levels of certain adrenal hormones, most notably, corticosterone. This versatile herb supports male reproductive health by supporting testosterone and spermatozoa levels. In addition, panax ginseng promotes memory and learning, and nutritionally supports immune function and cardiovascular health.*

What Is The Source?

Panax ginseng is sourced from the root of the *Panax Ginseng C.A. Meyer* plant. It is standardized to contain 15% ginsenosides.

Recommendations

Pure Encapsulations recommends 2-3 capsules per day, in divided doses, between meals.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Panax ginseng has been associated with insomnia. Heart palpitations, tachycardia, breast pain, vaginal bleeding, blood pressure changes, edema, rash, headache and vertigo have also rarely been reported. Panax ginseng is contra-indicated for individuals with high blood pressure. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Panax ginseng may be contra-indicated with blood thinning and immunosuppressant medications. There is evidence that panax ginseng could affect the way that the liver breaks down medications metabolized by the cytochrome P450 system, altering the effects of these medications and possibly the dose needed for treatment. Individuals on anti-diabetes medications may require blood glucose monitoring. Consult your physician for more information.

Panax Ginseng

each vegetable capsule contains		v 1
Panax ginseng extract	250 mg
(standardized to contain 15% total ginsenosides)		
2-3 capsules per day, in divided doses, between meals.		

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.