



- Ginger is very effective in relieving dizziness, nausea and vomiting associated with motion sickness
- It may ease the nausea and vomiting of Cancer patients undergoing treatment
- It helps relieve morning sickness in the 1st trimester of pregnancy
- It helps relieve symptoms of GERDs
- It helps drug-induced intestinal hypo-motility (opiod constipation)

Uses for Ginger:

There have been many studies where ginger has been used successfully to relieve morning sickness in the first trimester of pregnancy without any serious adverse events to the mother or fetus. More recently it is being used to provide relief for the nausea and vomiting caused by cancer treatments. There are many studies that support the use of ginger in any type of nausea and vomiting.

Ginger increases intestinal muscle contraction while relaxing thye gastro duodenal sphincter. This allows the gastric contents to go into the duodenum rather than reflux into the esophagus (GERDS).

It is also used in relieving gastric dystonia secondary to drugs or disease. Narcotic drugs cause a slowdown in movement along the bowel that can be overcome *without* the use of additional drugs. In fact, Ginger stimulates the bowel to propel food along the GI tract.

How does Ginger work?

Unlike most antiemetics, ginger acts locally on the gastrointestinal tract. It stimulates the flow of saliva, bile and gastric secretions. It suppresses gastric contractions and increases the tone of intestinal muscles. Several studies demonstrate suppression of serotonin receptor sites. This is the reason for some of antiemetic effect as well as its antispasmodic action on vascular and smooth muscle. Ginger's anti-inflammatory actions are secondary to inhibition of cyclooxygenase and 5, lipoxygenase. Ginger is also a powerful antioxidant.

Warning

Ginger should be used under the direction of a physician in the presence of gall stones because of its cholagogic action.

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Supplement Facts: Serving Size: 1 Capsule, Servings per Container: 100

Each capsule contains 200 mg Zingiber officinale root extract 4:1 (equivalent to 800 mg whole root)

Other ingredients: Microcrystalline cellulose, magnesium stearate, gelatin

Suggested Use:

Take 1 capsule 3 times per day or as directed by a health professional.

Highest Quality HPLC Analyzed Plant Extract

How Ginger is Supplied:

VMGR-01 bottles of 100 Capsules

VMGR-02

bottles of 270 Capsules



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*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*