

Ginseng



- Ginseng has been used as a tonic for fatigue
- It has been used to increase strength and stamina
- It has been shown to lower serum glucose and may affect carbohydrate metabolism

How Ginseng works:

The active compounds are ginsenosides. Ginseng is noted for being an adaptogen which can support its anticarcinogenic and antioxidant properties. Studies indicate that it is more effective when used with other traditional Chinese herbs.

Studies

A comparative, randomized and double-blind study at the National Autonomous University of Mexico indicates it may be “a promising dietary supplement” when assessed for an increase in quality of life.

A randomized, double-blind study showed that an extract of American ginseng reduced influenza cases in the elderly when compared to placebo.

By John W Jones, MD, MPH
Nutritional Consultant for Nutrition Pure and Simple
www.jjconsulting.net

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

Each capsule contains: 200 mg Ginseng (Panax quinquefolium 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 Ginseng is Supplied:

VMGI-01 bottles of 100 Capsules

VMGI-02 bottles of 270 Capsules



Phone: 888.953.5553
www.nutritionpureandsimple.com

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