

## Panax Ginseng 200 mg

• free of all common allergens • vegetarian • standardized herb •

### Overview

Ginseng is considered to be an adaptogen (a therapeutic and restorative tonic generally considered to produce a balancing effect on the body), and is believed to have anti-stress and endurance-enhancing effects. Panax ginseng plant has been used for thousands of years in Traditional Chinese Medicine. The plant part used is the root and the active constituents are ginsenosides.

### \* Research Indicates

- May support healthy immune function
- May support a healthy appetite
- May support healthy respiratory function
- May support healthy cardiovascular function
- Shown to have adaptogenic properties

### Dosage

Typical daily dosage ranges from 200-600 mg.

### Cautions

- ✧ High doses of Ginseng have been linked to insomnia, making it important to take it early in the day.
- ✧ Excessively high doses (5-10 grams a day) may cause jitteriness and increased blood pressure.
- ✧ May increase effects of caffeine.
- ✧ If you are taking antipsychotic, blood pressure, antidiabetic, steroidal medications or have high blood pressure, hypoglycemia, a heart disorder, asthma or are pregnant or lactating consult a health care practitioner prior to using Panax Ginseng.

\*These statements have not been evaluated by the Food and Drug Administration

*This information is not intended to diagnose, treat, imply cure or prevention of any disease*

Free of wheat, gluten, soy, corn, yeast, fish, egg, dairy and lactose.  
Contains no artificial colors, flavors or preservatives.

#### Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value	
Oriental ginseng** (root)	200 mg	*
14% ginsenosides, 28mg		

\*Daily Value not established

Other ingredients: Rice powder, magnesium stearate, cellulose.

\*\*Other common name: Panax Ginseng

**Directions:** Take 1 capsule, one to two times daily.

**Note:** If you are pregnant or lactating, consult your health care practitioner before using this product. **Keep out of reach of children.** Store in a cool, dry place.

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