



## Ginseng Extract

GINSENG is a medicinal plant native to East Asia and North America whose beneficial effects have been known for centuries, especially in Eastern countries (1). In addition to the classic Panax Ginseng extract, NIS also offers Red Ginseng and American Ginseng.

### Panax quinquefolius L.

Ginsenosides 20%

Ginsenosides 10%

### Ginseng Radix Rubra

Total ginsenosides 5%

### Panax ginseng

Ginsenosides 10%

## Properties

Adaptogen

Nervous system health

Relieve physical and mental fatigue

Has a tonic-energizing action

Promotes the body's ability to resist stress

## Recent studies

From studies carried out it seems that the best-known property of Ginseng is that of being an effective tonic-energizer, in particular for the mind; in fact, the substances concentrated in the root act on the nervous system and help to overcome situations of emotional stress or depressive states. Its extract can also be used to reinvigorate the faculties of memorization and intellectual concentration.

The anti-fatigue effects of Ginseng were studied on 90 subjects (21 men and 69 women) with chronic fatigue, both physically and mentally. According to this study, published in the journal "PLoS One" (2), the administration of Ginseng root extract for 4 weeks showed a significant improvement in cognitive performance and mood, greater than the improvement in physical performance. This result is in agreement with the results of other clinical studies (3-4-5).

## References

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3. Reay JL, Kennedy DO, Scholey AB "Single doses of Panax ginseng (G115) reduce blood glucose levels and improve cognitive performance during sustained mental activity" *J Psychopharmacol* 2005 19: 357–365.
4. Kennedy DO, Scholey AB, Wesnes KA "Dose dependent changes in cognitive performance and mood following acute administration of Ginseng to healthy young volunteers" *Nutr Neurosci*. 2001, 295–310.
5. Reay JL, Scholey AB, Kennedy DO "Panax ginseng (G115) improves aspects of working memory performance and subjective ratings of calmness in healthy young adults" *Hum Psychopharmacol* 2010 25: 462–471.