Form 300 mg tablet
Daily intake 1 tablet with meal, 2 tablets per day
Active ingredients (daily intake) Standardized Panax Ginseng root extract 150 mg (equivalent to 1,800 mg of root powder), standardized Green Tea extract 120 mg
Application Food supplement, additional source of ginsenosides and polyphenols

**Daily intake will provide with 120 mg of ginsenosides from Panax Ginseng root and 108 mg of Green Tea polyphenols. 1 tablet is equal to 900 mg of Panax Ginseng root powder (3 standard capsules) and 2 cups of Green Tea (2000 ORAC).**

| Item N 1707 | 60 tablets | 30 days supply |
| Item N 1708 | 90 tablets | 45 days supply |

**I. ITEM INTRODUCTION**

**I.I. INGREDIENTS OF PANAX GINSENG EXTRACT PLUS ARE FOUND TO BE BENEFICIAL FOR THE FOLLOWING:**

- Stress induced illnesses
- Weakened immune system
- Mental health, social functioning, quality of life
- Aging processes
- Recovery from surgery
- Sexual performance
- Progression of Alzheimer's, senility
- Memory, thinking, learning
- All cause mortality
- Cardio-vascular:
  - atherosclerosis,
  - coronary artery disease,
  - high cholesterol and blood sugar,
  - heart attack,
  - coronary heart disease
- Cancers
- Liver ailments
- Low metabolism
- Glaucoma and other common eye diseases

**I.II. PROPERTIES OF PANAX GINSENG EXTRACT PLUS INGREDIENTS:**

- Ginsenosides are active complex carbohydrates extracted from Panax Ginseng root. Ginsenosides have capacity to stimulate or soothe the nervous system, balance metabolic processes, decrease blood sugar, improve muscle tone and stimulate the endocrine system. It enhances the brain's adrenocorticotropic hormone (ACTH) activity without involving the adrenal glands.

  Research has shown that Panax Ginseng is effective in maintaining and restoring the cell's capacity to function and may be considered useful as an **anti-aging treatment**. Panax Ginseng is an “adaptogen” supporting the body’s functions and increasing its resistance to physical, chemical and biological stress.
Green tea contains the highest concentration of powerful antioxidants called polyphenols. Free radicals contribute to the aging process as well as the development of a number of health problems, including cancer and heart disease. Antioxidants such as polyphenols in Green tea can neutralize free radicals and may reduce or even help prevent some of the damage they cause. One cup of Green tea can provide the same potential for improving antioxidant status as around 150 mg of pure vitamin C.

Green tea prevents atherosclerosis, particularly coronary artery disease; lowers total cholesterol and raises HDL ("good") cholesterol; protects against cancers; controls blood sugar; prevents the development of type-1 diabetes and slow its progression; protects the liver; boosts metabolism; helps burn fat; reduces the risk of all cause mortality.

1 cup of tea a day reduced the risk of heart attack by almost 50%, 3-4 cups a day decreases the risk of death from coronary heart disease by 58%.

I.III. PANAX GINSENG EXTRACT PLUS IS RECOMMENDED TO:

- For individuals with weakened immune system, especially elder people, to cope with various stressors, including physiologic, emotional, and endogenic (external)
- Increase the number of immune cells in the blood
- For individuals undergoing chemotherapy and radiotherapy
- To speed up recovery from surgery
- For enhancing sexual performance, increased sperm production, sexual activity, sexual performance, increasing libido (sex drive)
- For slowing the progression of Alzheimer's, decrease senility, improve memory, thinking, learning
- For elder people to reduce all cause mortality
- For prevention of cardio-vascular diseases: atherosclerosis, coronary artery disease, heart attack, coronary heart disease
- For lowering cholesterol and blood sugar
- Individuals with liver ailments
- For improving metabolism, as well as burning excessive fat
- Against glaucoma and other common eye diseases
- Healthy individuals, for promotion of over-all health status, mental health, social functioning, and quality of life

II. INFORMATION FOR SPECIALISTS

REPORTED BENEFITS OF PANAX GINSENG EXTRACT PLUS INGREDIENTS:

The ginsengs are some of the most frequently purchased herbal supplements. Historically, Panax ginseng has been used for a variety of health benefits, especially for its adaptogenic and tonic effects for people fatigued or under stress.

Panax is an adaptogen, having a non-specific action on various functions of the body that increases its ability to cope with various stressors, including physiologic, emotional, and endogenic (external) stress. Thus, Panax ginseng can reduce susceptibility to illness.

The main constituents responsible for the activity of Panax ginseng are the ginsenosides (including Rg1 and Rb1 among others). There are over 20 saponin triterpenes in ginseng. The triterpenoid structure is similar to that of steroid hormones. It is thought that ginsenosides act at hormone receptor sites, especially in the hypothalamus and pituitary glands, stimulating secretion of adrenocorticotropic hormone (ACTH). ACTH stimulates the production of adrenal hormones and other factors, leading to balance and regulation of the hypothalamic/adrenal axis that may have been influenced by stress.

The Rb1 groups are reported to have an ability to improve stamina and learning capacity, as well as sedative and hypoglycemic (lower level of blood glucose) properties. The Rg1 groups reportedly raise blood pressure slightly in some instances and are mild central nervous system stimulants. Asian or Korean ginseng (Panax ginseng) contain more Rg1 group than American ginseng, they may be more suitable for individuals who are non-hypertensive, athletes, fatigued or with high stress jobs.

Ginsenosides reportedly stimulate RNA (Ribonucleic acid), protein synthesis and cholesterol production in the liver. They may also stimulate the production of precursors to adrenal hormones. Ginsenosides may increase hepatic rough endoplasmic reticulum and have carbohydrate-sparing and stamina-increasing activity in muscle tissues. They also claim to increase enzyme activity and fatty acid production.
Studies report that Panax ginseng lowers cortisol levels in diabetics, having a positive benefit with regard to insulin regulation. In non-diabetic subjects, Panax ginseng elevates cortisol levels - showing the "adaptogenic" effect of Panax.

Panax ginseng reportedly has hypertensive (high blood pressure) and hypotensive (low blood pressure) effects that are dose dependent. Lower doses have produced a hypertensive effect, and higher doses have a hypotensive effect.

Panax ginseng may decrease total cholesterol, triglycerides and platelet adhesiveness and may decrease "bad" LDL cholesterol levels increase HDL “good” cholesterol, making it valuable in cardiovascular health.

Ginseng is claimed to exhibit some estrogen-like activity and may improve vaginal lubrication in menopausal women. Panax ginseng may reduce the risk of viral infection. Additionally, Panax ginseng is reported to have anticancer and anti-aging effects on cells and immuno-stimulating activity, especially to the reticuloendothelial system (RES, part of the immune system that consists of the phagocytic cells located in reticular connective tissue).

Panax ginseng is possibly helping the body fight off infection and disease. Several clinical studies report that Panax ginseng can improve immune function. Studies have found that Panax ginseng seems to increase the number of immune cells in the blood, and improve the immune system's response to a flu vaccine. In one study, 227 participants received either ginseng or placebo for 12 weeks, with a flu shot administered after 4 weeks. The number of colds and flu were 67% lower in the group that took ginseng.

Panax ginseng may have protective effects for individuals undergoing chemotherapy and radiotherapy. Studies have reported a decrease in weight loss and greater white blood cell counts in lab animals administered ginseng simultaneously with chemotherapeutics. Panax ginseng may also speed recovery from surgery. Panax ginseng has been reported to help the body adapt to physiologic stress caused by chemotherapy and radiation.

A randomized, double-blind, placebo controlled trial involving 30 individuals indicated that Panax ginseng seemed to improve mental health and social functioning after 4 weeks of therapy in the areas measured. A study of 501 men and women living in Mexico City found significant improvements in quality of life measures (energy, sleep, sex life, personal satisfaction, well-being) in those taking Asian ginseng. Another well-designed study found that people taking a nutritional supplement with ginseng reported better quality of life than those taking the same supplement without ginseng.

Panax ginseng is widely believed to be capable of enhancing sexual performance. In animal studies, Panax ginseng has increased sperm production, sexual activity, and sexual performance. A study of 46 men has also shown an increase in sperm count as well as motility. Another study in 60 men found that Panax ginseng increased libido (sex drive) and decreased erection problems.

Individual reports and animal studies indicate that Panax ginseng may slow the progression of Alzheimer's, decrease senility, and improve memory and behavior. People who take ginseng often say they feel more alert. Several studies report that Panax ginseng may slightly improve thinking or learning. Early research shows that Panax ginseng may improve performance on such things as mental arithmetic, concentration, memory, and other measures. Some studies have also found a positive effect with the combination use of Panax ginseng and Ginkgo biloba.

Panax ginseng may offer some positive benefits as a general tonic for improved stamina and overall health, especially for stressful conditions, fatigue, concentration, and recovery from illness.

People consumed tea leaves steeped in boiling water as many as 500,000 years ago. Today, tea is the most widely consumed beverage in the world, second only to water. Studies suggest that Green tea in particular has many health benefits.

Green tea is made from unfermented leaves and reportedly contains the highest concentration of powerful antioxidants called polyphenols. Antioxidants are substances that scavenge free radicals - damaging compounds in the body that alter cells, tamper with DNA (genetic material), and even cause cell death.

Many scientists believe that free radicals contribute to the aging process as well as the development of a number of health problems, including cancer and heart disease. Antioxidants such as polyphenols in Green tea can neutralize free radicals and may reduce or even help prevent some of the damage they cause.

One cup of Green tea can provide the same potential for improving antioxidant status as around 150 mg of pure vitamin C.

Green tea has been extensively studied in people, animals, and laboratory experiments.
Results from these studies suggest that Green tea may be useful for the following health conditions:

- Antioxidant properties of Green tea may help prevent **atherosclerosis, particularly coronary artery disease**.
- Research shows that Green tea **lowers total cholesterol and raises HDL ("good") cholesterol**.
- Numerous clinical studies have shown that polyphenols of Green tea helps **protect against cancers**. Researchers also believe that polyphenols help kill cancerous cells and stop their progression. Green tea shown positive clinical results for the following types of cancer: bladder cancer, breast cancer, ovarian cancer, colon or rectal cancer, esophageal cancer, lung cancer, pancreatic cancer, prostate cancer, skin cancer, stomach cancer.
- Green tea has been used traditionally to **control blood sugar** in the body. Green tea may help prevent the development of type-I diabetes and slow the progression once it has developed by regulating glucose in the body.
- Green tea seems to **protect the liver** from the damaging effects of toxic substances such as alcohol.
- Clinical studies suggest that Green tea extract may **boost metabolism** and **help burn fat**.
- Studies also show that drinking Green tea is associated with **reduced risk of all cause mortality**.

*People consuming at least one cup of tea a day reduced their risk of heart attack by almost 50%, a study found. The men and women who drank one or more cups of tea a day had a 44% reduction in heart attack risk compared to non tea drinkers. Previous studies have produced much the same results.*

A Dutch investigation of more than 800 men between 65 and 84 showed that drinking even more tea - between three and four cups a day - decreased risk of death from coronary heart disease by 58%. ([http://news.bbc.co.uk/2/hi/health/389059.stm](http://news.bbc.co.uk/2/hi/health/389059.stm))

Healthful substances found in green tea penetrate into tissues of the eye and raises the possibility that Green tea may protect against **glaucoma** and **other common eye diseases**, according to a new report published in the *Journal of Agricultural and Food Chemistry*. The report is the first to document how the lens, retina and other eye tissues absorb these substances. Researchers point out Green tea catechins have been among a number of antioxidants thought capable of protecting the eye. Those include vitamin C, vitamin E, lutein and zeaxanthin. Researches conducted experiments with laboratory rats that drank Green tea. Analysis of eye tissues showed beyond a doubt that eye structures absorbed significant amounts of individual catechins. The retina absorbed the highest levels of gallocatechin, while the aqueous humor tended to absorb epigallocatechin. The effects of Green tea catechins in reducing harmful oxidative stress in the eye lasted for up to 20 hours.

### External links:

**PANAX GINSENG**
- Therapeutic Research Faculty: [http://www.naturaldatabase.com/(S(qe0qov0fqrze5q45skvibsum))/nd/Search.aspx?cs=nds&pt=100&id=1000](http://www.naturaldatabase.com/(S(qe0qov0fqrze5q45skvibsum))/nd/Search.aspx?cs=nds&pt=100&id=1000)
- Yahoo Health: [http://health.yahoo.net/natstandardcontent/ginseng](http://health.yahoo.net/natstandardcontent/ginseng)
- Integrative Medical Arts Group, Inc.: [http://home.caregroup.org/clinical/altmed/interactions/Herbs/Panax_ginseng.htm](http://home.caregroup.org/clinical/altmed/interactions/Herbs/Panax_ginseng.htm)
- Botanical.com: [http://www.botanical.com/botanical/mgmh/g/ginsen15.html](http://www.botanical.com/botanical/mgmh/g/ginsen15.html)

**GREEN TEA**
- University of Maryland Medical Center (UMMC): [http://www.umm.edu/altmed/articles/green-tea-000255.htm](http://www.umm.edu/altmed/articles/green-tea-000255.htm)

### References:


