

# SIBERIAN GINSENG

## What is SIBERIAN GINSENG?

Siberian Ginseng root is also known as Ciwujia or Eleuthero Ginseng. The shrub grows 3 to 10 feet high and is covered with thorns. The wrinkled and twisted root contains a mixture of compounds; one group called eleutherosides has been shown to be primarily responsible for its adaptogenic activity. The main and most active of these eleutherosides are B and E. Among the other ingredients are polysaccharides which have been shown to display immune modulating activity. For centuries the Chinese have prized Siberian Ginseng to prolong life, enhance health and stimulate both a healthy appetite and a good memory. \*

## What are the benefits?

Siberian Ginseng may be used on a daily basis to support both men and women. Unlike other ginsengs that are too strong to be taken without harmonizing herbs, it can be taken long term without interrupting the sensitive balance of the body's systems. One of the many actions of Siberian Ginseng is to increase your body's resistance to stress. When stress levels are high, the body's systems become imbalanced. Symptoms of this imbalance may be fatigue, insomnia, depression, anxiety, irritability, lowered resistance, muscle fatigue and aches, depleted energy and lack of sexual drive and reduced mental and physical performance. Studies have established that it acts as an adaptogen and helps people handle stressful conditions as well as excel in athletic and mental activities. It has been shown to increase energy and stamina and help the body resist viral infections and environmental toxins. It has also been shown to be beneficial in reducing the side effects associated with radiation and chemotherapy. \*

## Supplement recommendation:

For the most effective benefits, look for a product that has been naturally extracted and grown or wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Adaptogen and immune supporter\***
- **Helps enhance energy and increase stamina\***
- **Helps adapt to stress\***
- **Enhances well-being and mental clarity\***
- **Helps slow premature aging\***
- **Supports sexual vitality\***
- **Increases concentration and improves performance\***
- **Increases mental and physical work capacity\***
- **Helps combat environmental pollutants and toxins\***
- **Beneficial in reducing side effects of radiation and chemotherapy\***

### Supporting Research:

Asano K, et al. Effect of *Eleutherococcus senticosus* extract on human physical working capacity. *Planta Medica*. 1986;3:175-177

Blumenthal M, ed. The Complete German Commission E Monographs: *Therapeutic Guide to Herbal Medicine*. Boston, MA: Integrative Medicine Comm; 1998

Blumenthal M, Riggins CW. *American Botanical Council's Popular Herbs in the US Market: Therapeutic Monographs*, Austin, TX: ABC; 1997

Farnsworth N, Wagner H, Kikino H. *Economic and Medicinal Plant Research*. London, England: Academic Press Inc; 1985:1

Foster S. *Siberian Ginseng (Eleutherococcus senticosus)*. Austin, TX: Amer Botanical Council; 1990

Gagnon D. Soothe Your Frazzled Nerves; *Delicious magazine*; May, 1997; pgs 58-60

Hacker B, Medon P. Cytotoxic effects of *E. senticosus aqueous* extract against L1210 leukemia cells. *J Pharm Sci*. 1984;73:270-272

McRae S. Elevated serum digoxin levels in a patient taking digoxin and Siberian ginseng. *Can Med Assoc J*. 1996;155:293-295

Newall CA, Anderson LA, Phillipson JD. *Herbal Medicines: A Guide for Health Care Professionals*. London, England: The Pharmaceutical Press; 1996

\* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.