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ESSENTIALS

SIBERIAN GINSENG

To support energy levels and stress response.

Nutritional Information

One Tablet provides:

Siberian Ginseng Extract 35 mg

(equivalent to 875 mg herb powder)
Providing:

Eleutherosides 280 µg

Take one tablet, one to three times daily with food.
Swallow with water.



SUMMARY

- Extracted from 875 mg Siberian ginseng
- Provides 280 µg Eleutherosides
- Providing 35 mg Siberian Ginseng extract

DESCRIPTION

Siberian ginseng, also called Eleuthero and *Acanthopanax senticosus*, contributes to physical and mental performance. It is an adaptogenic herb said to increase the body's resistance to stress and build up general vitality. It is used to improve stamina and energy levels, concentration, work efficiency and productivity. Siberian ginseng also improves diabetes type 1 and 2.

HOW DOES SIBERIAN GINSENG BENEFIT HEALTH?

Athletes

Siberian ginseng has an anti-fatigue action¹, enhances endurance capacity and elevates cardiovascular functions in recreationally trained males by increasing the oxygenation of cells². Siberian ginseng may decrease lactic acid build up and increase the utilisation of fat³. Studies show that Siberian ginseng increased endurance times by 23%, as well as improving peak oxygen saturation by 12%⁴.

Stress and depression

Siberian ginseng is an adaptogenic herb and helps to modulate the stress response and maintain stable energy levels throughout the day. Its anti-stress properties are largely due to lignans and iridoid glycosides⁵. Siberian ginseng influences activities of the pituitary-adrenal axis⁶. Siberian may have anti-depressive effects. It mediates the central monoaminergic neurotransmitter system⁷ (networks of neurons involved in the regulation of emotion, arousal, and certain types of memory).

Diabetes

Siberian ginseng has been shown to have antidiabetic effects and improves both type 1 and type 2 diabetes⁸. It improves insulin sensitivity and protects pancreatic alpha and beta cells from diabetic damage. Siberian ginseng improves hepatic glucose metabolism by up regulating glycolysis and down regulating gluconeogenesis.⁹ Another study found that 480 mg per day of eleuthero significantly lowered fasting and post-meal blood glucose levels in those with diabetes type 2¹⁰.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING SIBERIAN GINSENG?

Siberian Ginseng is intended exclusively for adults and is not recommended for:

- Children
- Pregnant and breastfeeding women

FEATURES

- 875 mg extract equivalent
- 35 mg extract
- Standardised
- Suitable for vegans

HEALTH NEEDS



ENERGY



SPECIALIST
HEALTH



STRESS & HECTIC
LIFESTYLE

SCIENTIFIC REFERENCES

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