



# Capsule ERGO GING

## Panax Ginseng 500mg



Natural Anti-Oxidant

### Description :

The main ingredient of Capsule ERGO GING is Asian Ginseng (*Panax ginseng*). Asian Ginseng (*Panax ginseng*) has become one of the most popular Ayurvedic herbs in the Western world. And it is no wonder, with all the benefits this beloved root has to offer! Ashwagandha has been used in Ayurveda for thousands of years as a rasayana (rejuvenative) and it is renowned as an adaptogenic herb, which means it is used to help the body resist physiological and psychological stress by adapting to the needs of the body.

Ginseng has beneficial antioxidant and anti-inflammatory properties (read more). Some test-tube studies have shown that ginseng extracts and ginsenoside compounds could inhibit inflammation and increase antioxidant capacity in cells (read more). For example, one test-tube study found that Korean red ginseng extract reduced inflammation and improved antioxidant activity in skin cells from people with eczema (read more). The results are promising in humans, as well. One study investigated the effects of having 18 young male athletes take 2 grams of Korean red ginseng extract three times per day for seven days. The men then had levels of certain inflammatory markers tested after performing an exercise test. These levels were significantly lower than in the placebo group, lasting for up to 72 hours after testing (read more). However, it should be noted that the placebo group got a different medicinal herb, so these results should be taken with a grain of salt and more studies are needed. Lastly, a larger study followed 71 postmenopausal women who took 3 grams of red ginseng or a placebo daily for 12 weeks. Antioxidant activity and oxidative stress markers were then measured. Researchers concluded that red ginseng may help reduce oxidative stress by increasing antioxidant enzyme activities.

### Composition :

Each Capsule Ergoging contains 500mg *Panax Ginseng* dry powder..

### Indication & Usase :

Anti-Oxidant properties, Increase vitality, Strengthes immunity, General Nervous & Memory weakness, Mental Stress, Antiety, Anorexia, Viral infection, Side effects of Alcohol, Adjuvant therapy for Diabetes.

### Dosages :

2 Capsules 1-2 times daily or as directed by the registered physician.

### Adverse effects :

Ginseng is a very powerful spice and can cause negative reactions in the body like :

- Dry mouth, headache, dizziness, blurred vision.
- Stomach upset, diarrhea.
- Allergic reactions, skin reactions.
- Rapid heartbeat, high blood pressure.
- Nervousness, insomnia, and in serious cases, delirium (restlessness and illusion).
- Edema (water retention).
- Interaction with medications (diabetic drugs, antidepressants, morphine, stimulants, etc.)
- Excessive intake of ginseng may cause Ginseng Abuse Syndrome which may cause breast tenderness, genital bleeding, hepatotoxicity, hypertension, convulsions, seizures, and reproductive toxicity.

### Note :

- It is not recommended for pregnant and lactating women.
- Avoid use of ginseng root for more than three months. Remember, everything in moderation! Always consult a medical professional before adding it to your regular diet or supplement regimen.

**Contraindications :** This could interfere with medications used for diabetes and cause blood sugar levels to go to low. If you have diabetes, monitor your blood sugar closely. High or low blood pressure: Ashwagandha might decrease blood pressure.

**Storage :** Keep in a cool, dry place & away from direct sunlight.

**Presentation :** 30's Capsules in a Container.

**D.A.R. No. :** AYU-91-A-48

**Manufacturing Licence no. :** Ayu-073



Manufactured by :

**Ergon Pharmaceuticals (Ayu)**

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