

Product Profile

GINGER

Zingiber officinale

Liquid extract of dried rhizome.

Actions: Warming, aromatic flavor. Heart tonic and warming circulatory and metabolic stimulant. Antioxidant and anti-inflammatory. Immunomodulating. Stomachic, digestive and carminative; prevents or relieves nausea. Expectorant.

Uses: Atonic dyspepsia; pain and cramps of stomach and bowels; relieve stomach and intestinal gas. Diarrhea and dysentery. Nausea (especially motion sickness). Fevers, colds and coughs. Cold skin, hands and feet. Painful menstruation. Heart disease and poor circulation. Hypercholesterol.

Dose: Take 30 to 40 drops in half-cup water, 2 to 5 times per day.

Cautions: Do not take undiluted extract drops internally. Discontinue or lower dosage if stomach irritation occurs.



Excerpted from the *Therapeutic Herb Manual* by Ed Smith. The *Therapeutic Herb Manual* is available for purchase by calling Herb Pharm at: 1-800-348-4372.

**This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.*