

# CHINESE GINSENG

*Panax ginseng*

Liquid extract of dried root.

# AMERICAN GINSENG

*Panax quinquefolius*

Liquid extract of fresh root.

**Actions:** Adaptogenic tonic that moderates harmful effects of stress (physical, mental/emotional, heat/cold and pollution). Enhances physical and mental energy, endurance, stamina and performance; improves sexual function, potency and fertility; increases resistance to disease and speeds recuperation from illness. Withdrawal from drug addictions. Stomach tonic.

**Uses:** Excellent rejuvenating tonic (especially for the aged). Debility and lack of physical and mental energy; chronic tiredness; nervous exhaustion; sexual debility. Weak immune system function. Moderates ill effects of radiation and chemotherapy. Chronic stomach problems.

**Dose:** Take 30 to 40 drops, 2 or 3 times per day.

**Cautions:** While not a stimulant, Ginseng may create sleeplessness in some individuals if taken in the evening. Best not taken during acute infections or fevers.



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.

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