

# Panax ginseng 500 mg

# **Enhances physical & mental performances**

## Composition:

Each Capsule contains Panax ginseng 500 mg standardized extract.

### Description:

Panax ginseng is the world's best-known herb that has been used medicinally in Asia for more than 5000 years. The active ingredients of Ginseng are a set of compounds called ginsenosides. It boosts up energy, combats the physical stress & empowers the immune system. It can also improve concentration and sperm counts.

#### Indications:

- Increases vitality
- Acts as a sex stimulant
- Enhances libido
- ⇒ Increases physical endurance
- Prevents impotence
- Reduces fatigue and stress
- Strengthens immunity
- Adjuvant therapy for diabetes
- Acts as an anti-oxidant.

## Dosage & administration:

1 to 2 Capsules twice daily or as directed by the physician.

#### Side effects:

There is no known serious side-effects. Insomnia, over stimulation, epistaxis, headache, nervousness and vomiting may occur in rare cases.

Contraindications: No absolute contraindication.

## Drug interactions:

The concomitant use of Ginseng with phenelzine, warfarin and caffeine is not recommended.

#### Precautions:

Excessive doses may mildly elevate blood pressure and/or cause hypersexuality. Safety in young children and individuals with severe hepatic or renal disease is not known. Caution is advised in patients taking insulin.

### Use during pregnancy & lactation:

No known restrictions in the use of Ginseng during pregnancy & lactation are available.

**Storage:** Keep in a cool and dry place, away from direct sunlight. **How supplied:** Each box contains 5 x 4 Capsules in blister strip.



