Creative Enzymes®

Asian Ginseng Extract (Standard)

Cat. No. EXTW-020

Lot. No. (See product label)

Introduction

Description	Ginseng Extract is extracted from the root and leaf of Panax ginseng C. A. Mey, which is the specie of slow-growing perennial plants with fleshy roots, belonging to the genus Panax of the family Araliaceae. Ginseng is found only in the northern hemisphere, in eastern Asia (mostly Korea, northeastern China, Bhutan and eastern Siberia), typically in cooler climates.
Applications	1.Ginseng Extract to alleviate motion sickness, pregnancy, post-operative nausea and vomiting 2.Mainly suitable for coronary heart disease, angina pectoris, heart rate is too slow, too fast, premature ventricular bo, blood pressure disorder, neurasthenia, menopausal syndrome

Product Information

CAS No.	Ginsenoside Rg1: 22427-39-0 Ginsenoside Rb1: 41753-43-9 Ginsenoside Rb2: 11021-13-9 Ginsenoside Re: 52286-59-6 Ginsenoside Rc: 11021-14-0 Ginsenoside Rf: 52286-58-5
Molecular Formula	Ginsenoside Rg1: C42H72O14 Ginsenoside Rb1: C54H92O23 Ginsenoside Rb2: C53H90O22 Ginsenoside Re: C48H82O18 Ginsenoside Rc: C53H90O22 Ginsenoside Rf: C42H72O14
Molecular Weight	Ginsenoside Rg1: 801.01 Ginsenoside Rb1: 1109.29 Ginsenoside Rb2: 1079.26 Ginsenoside Re: 947.15 Ginsenoside Rc: 1079.26 Ginsenoside Rf: 801.01
Purity	10.0%-80.0% Ginsenoside UV
Function	Indications: Anti-fatigue
Notes	A common side effect of P. ginseng may be insomnia, but this effect is disputed. Other side effects can include nausea, diarrhea, headaches, nose bleeds, high blood pressure, low blood pressure, and breast pain. Ginseng may also lead to induction of mania in depressed patients who mix it with antidepressants. Ginseng has been shown to have adverse drug reactions with phenelzine and warfarin, but has been shown to decrease blood alcohol levels. Ginseng extract may cause nosebleeds, headaches, vomiting, elevated blood pressure, anxiety and insomnia. UMMC warns that women who are pregnant, breastfeeding or at high risk for breast cancer should avoid ginseng. The extract may negatively interact with diabetes medications, blood thinners, antidepressants and antipyschotic medications. In addition, people on certain types of ADHD medications, such as amphetamines or methylphenidate, should avoid ginseng because it may enhance the stimulant effect of these drugs and increase their side effects. For general support, the suggested dosage typically entails 200 mg of an extract standardized to contain 4 percent to 7 percent ginsenosides, the primary active components in Panax ginseng. If consuming the herb raw, the suggested dosage ranges from 1 g to 2 g daily. Condition-Specific Dosages Clinical trials looking at the effects of Panax ginseng on a particular condition have used the following daily dosages, according to Medline Plus and the University of Pittsburgh Medical Center: Diabetes, 200 mg; erectile dysfunction, 2,700 mg in three divided doses; sexual arousal in menopausal women, 3,000 mg; preventing cold and flu, 100 mg.