

Korean Ginseng 1200mg

(Panax Ginseng)

Presentation

A green round coated tablet.

Each tablet delivers:

Dry extract equivalent to:	
Korean Ginseng Root (Panax Ginseng)	1200mg
(as 120mg extract)	
providing Ginsenosides	24mg

Tableted with:

DiCalcium Phosphate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Copper Chlorophyllin, Glycerin), Anti-caking Agents (Silicon Dioxide, Magnesium Stearate), Stearic Acid.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8555



Uses

Korean Ginseng, sometimes referred to as Chinese, Asian or Panax Ginseng, has been used in Chinese medicine for thousands of years. The part of the plant used is the slow growing root which is harvested after four to six years. Traditionally Korean Ginseng has been used to improve well-being, especially in the over 50's and is now one of the most extensively studied herbs in use today. Korean Ginseng is often recommended to improve energy levels due to its mild stimulatory properties; however researchers have also focused on other potential aspects such as its influence on immunity and blood sugar levels. The main active ingredients in Korean Ginseng are found in the root and include more than 20 compounds classified as ginsenosides. Lamberts® Korean Ginseng contains 1200mg of Korean Ginseng root in the form of a concentrated 120mg extract, with a guaranteed 24mg of ginsenosides. The worldwide market for this herb is huge and there are very significant differences in the quality and purity of the raw materials on offer. Lamberts® insist on rigorous quality tests in the UK to ensure the potency and purity of the ginseng used in this product.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

