



## Name Siberian Ginseng

### Caps

Code	Size	Duration
C42-54	54 Capsules	Usually lasts 18 days
C42-100	100 Capsules	Usually lasts 33 days

### Area concerned

Energy, adrenal glands, nervous system, menopause/hormone system

### Ingredients

Siberian ginseng 325mg minimum per capsule.

### Description

**Siberian Ginseng** has been widely used by athletes, and in some studies, it was used by people carrying out jobs demanding great concentration, and in difficult conditions, such as radiography and proof-reading. Siberian ginseng has been used by menopausal women, who have been happy with it. Author *Leslie Kenton* (who recommends *Specialist Herbal Supplies*) recommends it highly for this purpose. Studies have shown it can assist the natural anti-allergic response of the body. Therefore, some people use it to help avoid developing hay fever.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of between 1 and 4 months. Have a break for a few weeks, then repeat if desired.

### Cautions

Do not take in high blood pressure or heart disease. Do not take alongside Warfarin or other blood thinning drugs.

### Companion Products

90-day Nerve Programme; 90-day Menopause Programme; Adreno Capsules or Drops; Bedtime Capsules or Tea; Femarone 40+ Capsules or Drops; Mega-Ton Drops; Nve Capsules or Tea; Nve-Restor Drops; Super Spirulina Tablets; Valerian & Passiflora Drops.

### Caps

### Drops

Code	Size	Duration
D41-50	50ml	Usually lasts 28 days
D41-100	100ml	Usually lasts 55 days

### Area concerned

Energy, adrenal glands, nervous system, menopause/hormone system

### Ingredients

Siberian ginseng fluid extract only

### Description

**Siberian Ginseng** is a useful, generally supportive herb. It comes from a completely different family from Panax Ginseng. It is the root of a thorny shrub growing in Eastern Russia and Japan. It is widely used by men or women, whereas the more expensive panax ginseng is usually recommended only to be used by men. The root contains eleutherosides from which it is thought to derive its benefits. This herb has been extensively tested in Russia. It is widely taken to help the body's natural anti-stress faculties. It supports the mental, physical, emotional and environmental aspects of a person.

### Standard use

12-15 drops in a little water or juice, 3 times a day. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of between 1 and 4 months. Have a break for a few weeks, then repeat if desired.

### Cautions

Do not take in high blood pressure or heart disease. Do not take alongside Warfarin or other blood thinning drugs.

### Companion Products

90-day Nerve Programme; 90-day Menopause Programme; Adreno Capsules or Drops; Bedtime Capsules or Tea; Femarone 40+ Capsules or Drops; Mega-Ton Drops; Nve Capsules or Tea; Nve-Restor Drops; Super Spirulina Tablets; Valerian & Passiflora Drops.

### Drops