



PANAX GINSENG C.A. MEYER

Improves energy, endurance and vitality

WHAT IS UNIQUE ABOUT PANAX GINSENG C.A. MEYER?

Panax Ginseng C.A. Meyer is made to a strict standard. You can be assured of a minimum percent level of ginsenosides and the primary ginsenosides, Rg1 and Rb1 are in correct ratio. During the extraction process careful consideration is taken to preserve the characteristics present in the in the four to six-year-old main root, not just the saponins (ginsenosides). This ginseng continues to validate the traditional Asian folklore surrounding ginseng with hard scientific data.

ARE ALL GINSENG PRODUCTS EQUAL?

Panax ginseng is not the only ginseng available. There are many different types of ginseng: American ginseng, Japanese ginseng and Siberian ginseng, to name a few. There are many different preparations: dried roots, tea, tablets, capsules. Can anyone know which variety, form and dosage is most efficacious?

Each ginseng has different properties and will give different results in controlled studies. For instance, American ginseng looks similar to Asian or Panax ginseng and is a well respected medicine. However, it does not contain the same ratio of active ingredients as Panax ginseng, giving much different results.

To complicate matters further, in each species it is important to consider the part of the plant used, the age of the particular root, the method of isolating the ginseng and the ratio of the active ingredients.

Only the main roots are considered valid therapeutically. However, many commercial ginseng preparations use the lateral rootlets extensively which are lower in cost but have a very different chemical composition from the main root. Plant age is critical to attaining the maximum content of the active principles. In good quality pharmaceutical preparations only the main roots of four to six-year-old plants are used.

It is also important to have a correct ratio of active principles because they often have antagonistic activities. For example, ginseng is known to enhance mental alertness and performance but it also relieves stress and has a calming effect.

Some ginseng products are diluted with fillers such as lactose and exhibit very little of the restorative effects of Panax ginseng.

A manufacturer has to know ginseng well to make a good quality, efficacious product. It's more than buying powdered ginseng on the open market and encapsulating it. Those products have no guarantee of active ingredients and cannot exhibit reproducible results in the laboratory. A College of Pharmacy, Philadelphia study found that seven out of seventeen ginseng products tested had no detectable level of ginsenosides present.

HOW IS GINSENG AN ADAPTOGEN?

The term "adaptogen" was coined by Russian pharmacologist, Brehkman. It could only be applied to substances which were, above all, harmless, causing minimum physiological imbalance, being a specific in action and enhancing resistance to adverse biological situations. Panax ginseng meets these requisites in every way.

Panax ginseng is an adaptogen because it helps the body to positively react to stress no matter what that stress may be. Panax ginseng can help the body to cope better with stress and to normalize more quickly after stress. It increases the body's ability to adapt.

CAN GINSENG BE BOTH A TONIC AND A STRESS RELIEVER?

The active principles Rg1 and Rb1 have opposing actions: Among its many effects, Rg1 is primarily a stimulant, enhances mental acuity, has hypertensive effects, and activates brain activity when measured by EEG.

The pharmacological effects of the Rb1 group: hypertensive, central nervous system depressant, anticonvulsant, analgesic, tranquilizing. (Mowrey)

Because the actions of the two main groups of active principles are so contradictory, it is important that they are in proper balance, the balance which most closely matches the plant in nature. "Each fraction's action is mediated by the action of the other fraction... The proper Rg/Rb balance guarantees that the appropriate tonic response will be induced. The trick in producing a truly superior guaranteed potency ginseng is getting the Rg concentration up where it belongs." (Mowrey)

IS PANAX GINSENG EFFECTIVE FOR OTHER AILMENTS?

Although Panax ginseng is not specifically taken to cure a particular disease it does have immune enhancing properties. In animal studies, mice treated with ginseng extract at a dosage of 10, 50, and 250 mg/kg orally for 5-6 days responded by enhanced formation of antibodies to a primary and secondary challenge with sheep red cells. Besides increased production of IgG and IgM, (immunoglobulin G and immunoglobulin M – two of five classes of fluid antibodies produced by the body) natural killer cell activity was increased. (Jie)

Chinese hospitals routinely use ginseng in emergencies to treat patients for shock and to restore blood pressure, especially after heart attacks. "The way that ginseng can both lower and raise blood pressure may seem a puzzle to some. However the puzzle is not created by ginseng. It is rather the result of western assumptions that a drug ought to change some body process in one direction only. In fact in oriental medicine remedies that work in more than one direction are the norm." (Fulder)

HOW IS PANAX GINSENG MADE?

As there are so many variables to contend with in making a high quality ginseng product, Natural Factors Panax Ginseng C.A. Meyer guarantees that the extract is a concentration of the main roots of four to six-year-old plants which is standardized to contain a minimum level of 7% ginsenosides with a proper Rg1/Rb1 ratio. Careful consideration is taken to preserve the characteristics of the main root, not just the ginsenosides. To achieve this consistent standard there must be excellent quality control at all levels of manufacture. Even the method of preparation is critical because improper extraction procedures can alter the active principles.

"Without knowing why, tradition has always demanded that extreme, almost fanatic, care be taken in all aspects of the production of the very best ginseng. Perhaps such measures have to do with protecting the sensitive and highly prized Rg1 fraction. Perhaps in

no other instance is the Guaranteed Potency concept better applied than in the case of ginseng." (Mowrey)

The manufacturers of Panax Ginseng C.A. Meyer have developed a specific analytical method, or a finger-print, of the ginseng extract. The technique makes it possible to control the quality of the roots and prepare a standardized extract with a reproducible pharmacological and clinical profile. Their analytical method easily detects whether an extract is adulterated with other types of ginseng or if the ratio of ginsenosides is incorrect.

DOES PANAX GINSENG BENEFIT WOMEN?

Panax ginseng is considered to benefit men more than women because it amplifies male hormonal qualities. It seems to be more stimulating for males than females, but the difference is slight and applies only before menopause. A placebo-controlled study of 144 women showed that ginseng eliminated distressing menopausal symptoms in 60% of the patients compared with 19% in the placebo group. Most persons, male or female, benefit from the energy of Panax ginseng in old age.

It is more stimulating than other types of ginseng. Stephen Fulder, "It shouldn't be taken by people with especially nervous, hyperactive, or "hot" disposition unless at times of exhaustion, convalescence or aging." (Fulder)

KEY REFERENCES

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- Mowrey, D.B., "Guaranteed Potency Herbs: Next Generation Herbal Medicine"
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