



**Ginseng - *Eleutherococcus senticosus* / *Panax ginseng* / *Panax quinquefolius***

<b>Description</b>	Ginseng is extracted from the root of several different species of the Panax group of plants from the Far East and North America.
<b>Traditional Use</b>	Used through the ages as a tonic, ginseng helps with stamina and stress resistance and is often referred to as an adaptogen. Adaptogens help the body to adapt to prevailing situations which could be stressful.
<b>Commercial Availability &amp; Dosage</b>	Ginseng can be found in tablets and capsules, in standardised extracts. Some experts recommend that you stop taking ginseng for a week every month and then resume your regular dose.
<b>Precautions / Contra-Indications<sup>1</sup></b>	Ginseng is generally contraindicated in acute infections with fever and in hypertension.
<b>Pregnancy &amp; Breastfeeding</b>	Not suitable for use if pregnant or breast-feeding.
<b>Adverse Effects<sup>1</sup></b>	Overuse may result in headaches, insomnia, and palpitations.
<b>Interactions<sup>1</sup></b>	Not to be taken if taking warfarin, digoxin, tranquillisers or anti-depressants
<b>References</b>	1. Braun & Cohen. Herbs and Natural Supplements: An evidence-based guide. Churchill Livingstone, 2005.