

## SIBERIAN GINSENG

This plant (*Eleutherococcus senticosus*) is commonly found in Siberia as well as parts of China and Korea.

It is often called "Russia's secret plant" and was used by the sporting fraternity as well as Russian cosmonauts.

The term Ginseng is probably an incorrect name for this product as it is a completely different plant although it does belong to the same botanical family. Siberian ginseng does not contain ginsenosides as does the Korean ginseng but contains eleutherosides as the main active ingredient.

### The Benefits of Siberian Ginseng

**Physical or intellectual fatigue** - may enhance the recuperative power of the body.

**Concentration** - studies with radio operators showed an increased ability to concentrate.

**Stamina** - studies have shown ginseng can increase the stamina of athletes.

### Properties

Siberian ginseng has been called an "adaptogen" because it helps the body to adapt to unfavourable circumstances.

The main active ingredient in Siberian ginseng are the eleutherosides of which there are ten. It also contains several vitamins and minerals. These constituents help Siberian ginseng to exhibit the following properties:

- Anti-toxic
- Prophylactic - tends to prevent disease
- Antiviral
- Anti-hypertensive - lowers blood pressure
- Anti-stress
- Immunostimulant
- Hypoglycaemic - reduces blood sugar

### Contra-indications/ Precautions

Should be avoided by people with cardiovascular disease (including hypertension), diabetes mellitus, asthma, schizophrenia and other nervous system disorders.

### Why Choose Natures Aid Siberian Ginseng?

Each Natures Aid Siberian Ginseng tablet provides 600mg of *Eleutherococcus senticosus* root at a very competitive price and is suitable for vegetarians.