Siberian Ginseng 1500mg

(as 115mg extract)

quantity
60

type
tablets

code
8560

Presentation

A green round coated tablet.

Each tablet delivers:

Siberian Ginseng equivalent to (as 115mg of a 13:1 extract) providing	1500mg
Eleutheroside E	710µg
Eleutheroside B	164µg

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians Ⓥ **and vegans** Ⓥ

Uses

A considerable amount of scientific work on the chemistry, pharmacology and clinical effects of Siberian Ginseng, (or Eleutherococcus), has been published over the past three decades.

As a potent physiological adaptogen, Siberian Ginseng is used to combat stress and fatigue but is more commonly used as a prophylactic agent (preventative) rather than as a remedial preparation. Unlike Panax Ginseng, Siberian Ginseng does not contain ginsenosides and is therefore regarded as a more 'gentle' preparation.

Key constituents of Siberian Ginseng are a large group of active compounds, referred to as eleutherosides. These substances are frequently used as markers during standardisation processes. Standardised extracts are favoured by Lamberts® since the extraction and concentration procedures ensure that the herbal product is far more potent than those products based on powdered whole herb.

Each tablet provides 115mg extract made from over 1500mg of dried herb and is therefore likely to be 15 times stronger than a product containing simply 100mg of powdered plant material.

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.