

# Siberian Ginseng

## 650 mg

## Caplets



## Product Summary:

Siberian ginseng (*Eleutherococcus senticosus*) root is classified as an adaptogen, able to help the body adapt to stress and restore balance. It is helpful for fatigue, especially mental fatigue. Siberian ginseng supports and enhances adrenal function and strengthens the immune system. Well known naturopathic physician, and author, Donald Brown, shows how Siberian ginseng helps to adapt to stress: "While stress can eventually wreak havoc on a number of body systems, its initial target is the adrenal glands. Chronic stress can overwhelm the adrenals and lead to chronic fatigue, poor immune function, and improper blood sugar metabolism. As an adaptogen, eleuthero helps us adapt to stress. It does this by providing fuel to the adrenal glands, allowing them to function optimally when challenged by stress. This means eleuthero should be considered as a daily supplement for anyone experiencing stress on a regular basis."<sup>1</sup>

## Properties/Uses:

The claim as approved by the *Natural Health Products Directorate* (NHPD): Used in herbal medicine to help improve mental and/or physical performance after periods of mental and/or physical exertion.



NERVOUS



## Pharmacology:

The applicable parts of Siberian ginseng are the root and leaf. The root, which is most commonly used, contains active compounds referred to as eleutherosides A through M. Eleutheroside B (syringin) and eleutheroside E (syringaresinol) are the most plentiful and are used as marker compounds for Siberian ginseng products. The eleutherosides include a variety of diverse compounds including saponins, coumarins, lignans, phenylpropanoids, betulinic acid, vitamin E, and provitamins like beta-carotene). Several constituents are thought to have antioxidant and possible anticancer effects. There's also preliminary evidence that suggests it might act as an antioxidant and prevent damage in ischemic stroke. Siberian ginseng root, the lignan constituent sesamin, and the phenylpropanoid syringin seem to have immunostimulatory effects. Siberian ginseng increases lymphocyte counts and phagocyte activity. Siberian ginseng constituents have a variety of other pharmacological effects. Protocatechuic acid seems to inhibit platelet aggregation. Siberian ginseng constituents have a variety of other pharmacological effects. Eleutherosides A through G, particularly eleutheroside G, appears to have hypoglycemic activity. Other constituents are also thought to be anti-inflammatory, sedative, diuretic, gonadotropic, estrogenic, protein-anabolic, and stimulate the pituitary-adrenocortical system. Siberian ginseng root extract seems to inhibit RNA-type viruses including human rhinovirus, respiratory syncytial virus (RSV), and influenza A virus, but has no effect on DNA viruses such as adenovirus or herpes simplex type 1 virus (HSV-1). Bacterium. The leaves contain saponins that might have hypoglycemic effects and antihistaminic effects. Whole plant extracts, as well as root extracts, seem to have an inhibitory effect on cytochrome P450 (CYP450) enzymes. Preliminary evidence suggests that Siberian ginseng might inhibit CYP1A2, CYP2C9, CYP2D6, and CYP3A4. However, Siberian ginseng does not appear to inhibit drug metabolism by CYP2D6 and CYP3A4 in humans.<sup>3</sup>





## Manufactured product information:

**Manufacturer:**

WN Pharmaceuticals® Ltd.

**Size/UPC:**

100's ..... 7 77747 10261 7

**NPN:**

80028856

**Expiry Date:**

36 months from date of manufacture

**Active Ingredient:**

Each caplet contains:

Siberian Ginseng 15:1 Extract (*Eleutherococcus senticosus*) (root) ..... 43.35 mg  
(equivalent to 650 mg dried root)

**Non-Medicinal Ingredients (in descending order):**

Microcrystalline cellulose, dibasic calcium phosphate dihydrate, magnesium stearate,

**Appearance:**

Beige, speckled caplet.

**Packaging:**

175 cc white round bottle with safety seal under a 38 mm white induction sealed cap with vented interior seal and a label applied to the bottle. Lot number and expiry date are printed on label applied to exterior of bottle.

**Storage:**

Store in tightly sealed containers in a cool, dry place.





## Dose:

In tablet form, the dosage for Siberian Ginseng should be 0.2 – 1 g three times a day.<sup>4</sup>

## Directions:

**(Adults):** 1 –2 caplets, 2 times daily, or as recommended by a physician. Consult a physician for use beyond 1 month.

## Caution:

The caution as approved by the *Natural Health Products Directorate* (NHPD): KEEP OUT OF THE REACH OF CHILDREN. Consult a physician if symptoms persist or worsen or if you are pregnant or breastfeeding. Consult a physician prior to use if you have any type of acute infection. Do not use if you have high blood pressure. STORE AT ROOM TEMPERATURE IN A DARK, DRY PLACE. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

## Deficiency Symptoms:

N/A.

## Drug Interactions/Contraindications:

The contraindication to appear on the label as submitted to the *Natural Health Product Directorate* (NHPD) is: Do not use if you have high blood pressure. Consult a health care practitioner if you are pregnant or breastfeeding.

A constituent of Siberian ginseng, dihydroxybenzoic acid, appears to inhibit platelet aggregation. Concomitant use with anticoagulant or antiplatelet drugs might increase the risk of bleeding.<sup>5</sup>



## Toxicity/Adverse Reactions:

Siberian ginseng is generally well tolerated, and side effects are infrequent. However, side effects, including insomnia, irritability, melancholy, and anxiety, are often reported at higher dosages. In individuals with rheumatic heart disease, symptoms such as pericardial pain, headaches, and elevations in blood pressure have been reported.<sup>6</sup>

The German Commission E lists eleuthero as contraindicated in high blood pressure. Huang, (Huang, K.C. *The Pharmacology of Chinese Herbs*. 1993. CRC Press.) however, states that the glycosides contained in eleuthero lower blood pressure, and that the herb “exerts a tranquilizing effect” on the central nervous system.<sup>7</sup>





## Allergen Content/Ingredient Sensitivity:

NO	YES
Artificial Colors	
Artificial Flavors	
Artificial Sweeteners	
Corn Products	
Egg Products	
Fish	
Gluten	
Hydrolyzed Plant Protein	
Lecithin	
Milk Products	
Peanuts	
Preservatives	
Sesame Products	
Shellfish	
Soy Products	
Starch/Modified Starch	
Sulphites (<10 ppm)	
Tartrazine	
Tree Nuts	
Wheat Products	
Yeast	

**ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTION:**

Free of animal products

**NOT ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTION:**

Kosher





**References:**

1. Brown, Donald J. *Herbal Prescriptions for Better Health*. 1996. Prima Publishing.
2. [www.naturaldatabase.com/monograph](http://www.naturaldatabase.com/monograph)
3. [www.naturaldatabase.com/monograph](http://www.naturaldatabase.com/monograph)
4. Hoffman, David. *The Complete Illustrated Holistic Herbal*. 1996. Element Books
5. [www.naturaldatabase.com/monograph](http://www.naturaldatabase.com/monograph)
6. Murray, Michael, N.D. *The Pill Book Guide to Natural Medicines*. 2002. Bantam
7. American Herbal Products Association's *Botanical Safety Handbook*. 1997. CRC Press.

**Revision # 00**

