

# Panax Ginseng

A highly potent extract of *Panax ginseng* designed to improve cognition, energy, mood and immune function. Sustainably sourced, traceable and GMO free.

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- 300mg (3:1-4:1 extract; Dried Herb Equivalent [DHE] 900mg-1200mg) of *Panax ginseng* root extract per vegetable capsule, standardized to contain a minimum of 4% ginsenosides
- Designed to improve cognition, energy, mood and immune function
- Guaranteed to be free of quintozone, a commonly used fungicide that has been previously detected in *Panax ginseng* samples
- A part of the Herbal Matrix series, containing sustainably sourced, traceable and GMO free herbs with potent therapeutic properties

*Panax ginseng*, commonly known as Korean red ginseng or 'true' ginseng, has traditionally been used for its ability to improve cognitive function, energy and mood. Indeed, modern research has confirmed that it can have acute anti-fatigue effects, improvements in social function and increases in reaction time.

Additionally, recent evidence has found that *Panax ginseng* can be beneficial in other areas such as immune function, exercise performance, male fertility, blood flow, low libido related to menopause

and blood glucose regulation. There appears to be a wide range of effective evidence-based dosages depending on the clinical indication, ranging anywhere from 40 - 400 mg per day with total ginsenoside content typically between 2-3%.

**Panax Ginseng** from Cyto-Matrix contains a potent 300 mg of *Panax ginseng* root extract per vegetable capsule, standardized to contain a minimum of 4% ginsenosides. This formula is also guaranteed to be free of quintozone, a commonly used fungicide that has been previously detected in Panax ginseng samples. Each bottle of Panax Ginseng contains 60 vegetable capsules. These active ingredients are confirmed as per high-performance liquid chromatography (HPLC), the most accurate and reliable testing available for herbal extracts.

**Panax Ginseng** is a part of the Cyto-Matrix Herbal Matrix Series, containing sustainably sourced, traceable and GMO free herbs with potent therapeutic properties. Each herb is extracted and tested to ensure the standardization of active ingredients, ultimately leading to efficacious, predictable and reliable products. The Cyto-Matrix Herbal Matrix Series of herbal extracts is beneficial for both the health of individuals, and also the health of our planet and future generations.

### Each capsule contains

Panax ginseng extract ..... 300mg  
(root, Panax ginseng) 4% ginsenosides, 3:1- 4:1, DHE 900mg -  
1200mg



\*PhytoProof® is a registered trademark of  
Euromed USA, Inc.

### Storage Conditions

Do not use if safety seal is broken.

### Non-Medicinal Ingredients

Vegetable-grade magnesium stearate, brown rice  
flour, maltodextrin, microcrystalline cellulose.

Capsule: hypromellose.

### Recommended Use Claim

Helps support cognition. Used in Herbal Medicine as  
an adaptogen to help increase energy and resistance  
to stress (e.g. in case of mental and physical fatigue  
related to stress), to help enhance physical  
performance, to reduce mental fatigue and as  
supportive therapy for the promotion of healthy  
glucose levels.

### Directions of Use

Adults - Take 1 capsule, 1-2 times per day or as  
directed by a healthcare professional.

### Cautions and Warnings

Do not use if safety seal is broken. Consult a  
healthcare professional prior to use if you are  
pregnant, breastfeeding or have diabetes. Consult a  
healthcare professional prior to use if you are taking  
antidepressant medication, blood thinners or  
digoxin.

### Duration of Use

Consult a healthcare professional for use beyond 3  
months.

### Known Adverse Reactions

Stop use if you experience insomnia, anxiety or  
headaches.