



Ginger

INTRODUCED 1997

What Is It?

Ginger extract provides nutritional support for the gastrointestinal and cardiovascular systems.*

Uses For Ginger

Gastrointestinal: The volatile oil components of ginger are responsible for its nutritional activity. Ginger helps to stimulate digestive enzymes and increases the production and secretion of bile from the liver and gall bladder. Research suggests that it also supports healthy serotonin receptor function in the GI tract.*

Cardiovascular: Ginger supports the cardiovascular system by maintaining healthy leukotriene and thromboxane production, supporting healthy platelet function. Research suggests that it may also support healthy calcium channel activity and blood flow. Additionally, preliminary evidence suggests that ginger may promote fat and glucose metabolism.*

What Is The Source?

Ginger extract is derived from *Zingiber officinale* root and standardized to contain 5% gingerols by means of supercritical CO₂ extraction. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 1-4 capsules per day, in divided doses, between meals.


Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Ginger is usually well tolerated, however doses of 5 grams or more per day have been associated with abdominal discomfort, heartburn or diarrhea. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Ginger may be contra-indicated with blood thinning medications. Consult your physician for more information.

Ginger extract (Zingiber officinale)

each vegetable capsule contains	 v 00
ginger (Zingiber officinale) extract	500 mg
(standardized to contain 5% gingerols)	
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
1-4 capsules per day, in divided doses, between meals.	

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.