

PANAX GINSENG

Ginseng is believed to restore and enhance normal well-being and has become one of the most popular herbal remedies in the world today.



Benefits :

- **Stress reliever:** Ginseng is known to reduce the levels of stress and acts as a stimulant. It also regulates metabolism and increases energy levels.
- **Anti-aging benefit:** Ginseng helps slow the signs of aging as it is a significant source of antioxidants which halt the formation of free radicals and another anti-aging substance called maltol.
- **Mental stimulant:** Ginseng tea helps stimulate brain cells thereby improving concentration, thinking ability and memory.
- **Aids in erectile dysfunction:** Ginseng acts as a potent aphrodisiac and is believe to help those men with erectile dysfunction.
- **Helps control weight:** Ginseng tea is a natural appetite suppressant and helps in fighting obesity.
- **Blood sugar control:** Studies show that ginseng may help diabetics to control blood sugar levels as it creates sugar-lowering effects in fasting and after-meal blood sugar levels.
- **Menstrual problems:** American ginseng tea helps reduce the pain of menstrual cramps.
- **Precaution:** However, like all health supplements, it must be used under medical supervision as it can cause allergy, headaches, gastrointestinal and sleep problems. Pregnant and breastfeeding women and those who are under medication should avoid using ginseng.

Possible side effects of taking ginseng :

Although ginseng is generally considered to be safe to consume, the following side effects have been reported:

- Headaches
- Elevated heart rate
- Nausea
- Restlessness
- Difficulty sleeping.
- Women may also experience swollen breasts and vaginal bleeding.

Feel free to contact us, email or visit us at the following venue:

Winner Trading 文華藥業

Address: 53-59 Chelmsford St, Kensington, Melbourne,

Trading Hours: Mon to Sat 10am to 5:30pm

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**Wholesales &
Retails**



人蔘 PANAX GINSENG

《神農本草經》中記載人蔘：『補五臟、安精神、定魂魄、止驚悸、除邪氣、明目、開心、益智、久服輕身延年』。

營養功效：

- 對中樞神經系統的作用，可調節神經功能。
- 提高機體的適應性。
- 調節心血管系統。
- 抗休克。
- 加強肝臟的解毒功能。
- 抗衰老。
- 提昇免疫系統減少感冒。
- 抗壓防老增進記憶力。
- 調節身體機能改善慢性疾病

使用注意：以下時機服用人蔘，
應避免服用或聽從專業醫師指示後使用：

- 有血熱吐血、頭暈
- 不宜與藜蘆、皂角、五靈脂、蘿蔔、茶同用。
- 懷孕期間禁用
- 服用後會出現不適症狀



如有任何疑問，歡迎致電或發郵件查詢

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