



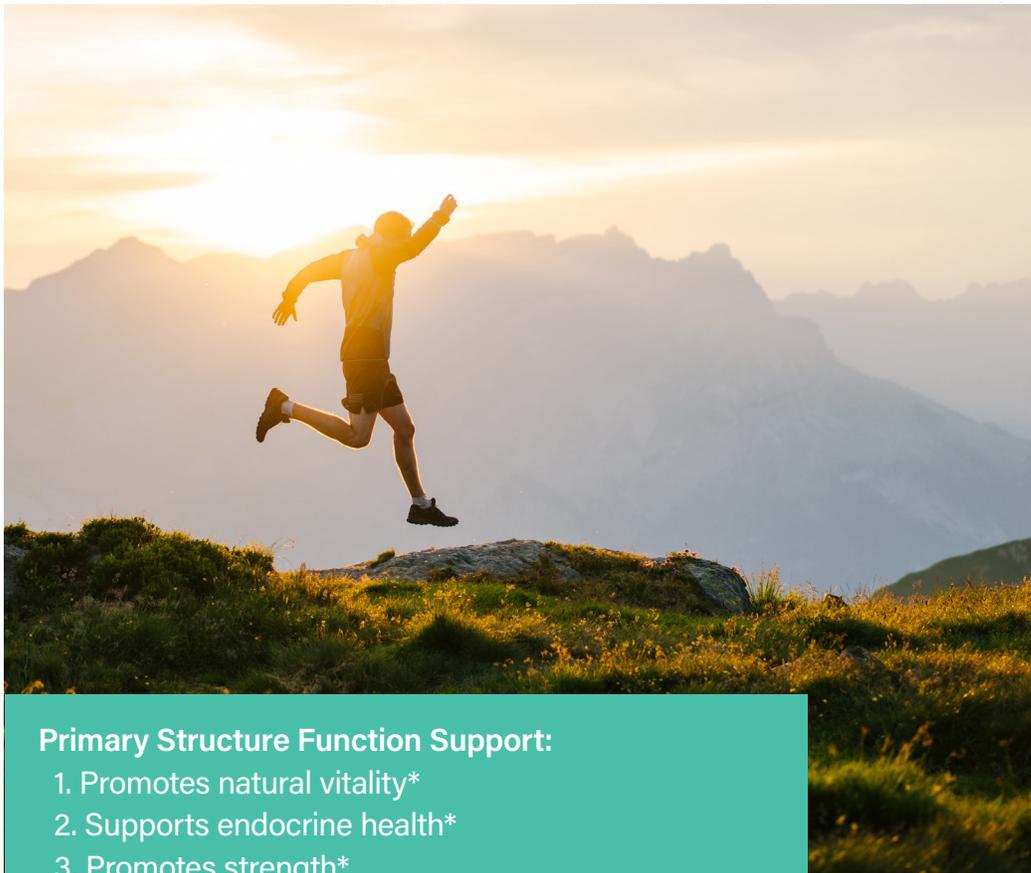
# Ji-Lin Ginseng Helps to Support Wellbeing, Vitality and Strength\*

TARGETED BODY SYSTEMS: OVERALL WELLNESS, VITALITY\*

*Panax ginseng* is a celebrated adaptogen, meaning that it will promote homeostasis or equilibrium, to help balance vitality, strength and wellbeing. This is why Ji-Lin Ginseng can be both calming or energizing, depending on the individual needs. Traditionally known to support warmth or yang, "*panax*" *ginseng* is derived from the same Greek word as panacea, meaning a solution or remedy. Ginseng may also be used to support the endocrine system. Ji-Lin Ginseng is manufactured and tested in the USA following the highest quality standards.\*



PANAX GINSENG



## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 50

	Amount Per Serving	% Daily Value
Asian Ginseng ( <i>Panax ginseng</i> ) Root	900 mg	†

† Daily Value not established.

Plant Fiber Capsules

### Primary Structure Function Support:

1. Promotes natural vitality\*
2. Supports endocrine health\*
3. Promotes strength\*
  - 3.1. Supports aerobic performance\*
  - 3.2. May help the body overcome physical exhaustion\*
  - 3.3. May help support physical performance\*
4. Adaptogen\*
5. Supports wellbeing and overall wellness\*



100 Capsules | Code: 20090



# Ji-Lin Ginseng Helps to Support Wellbeing, Vitality and Strength\*

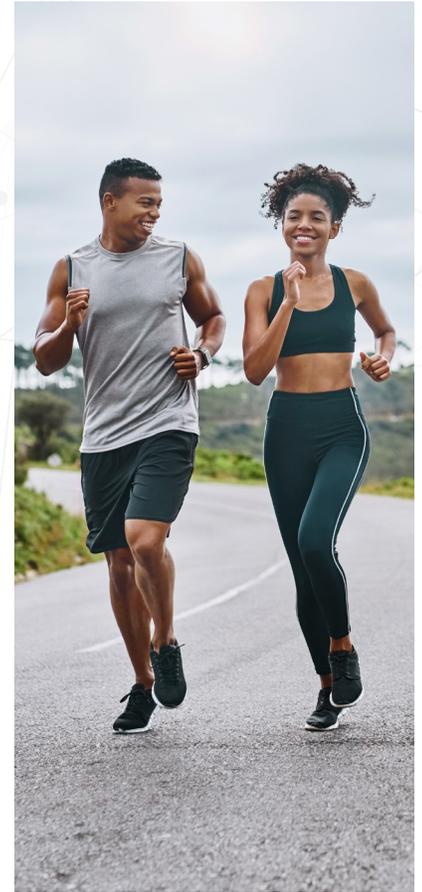
## THE SCIENCE BEHIND THE INGREDIENTS



**Asian ginseng**, has long been considered the “king of herbs” throughout the world. Its prominence is evident in early Chinese history. It is a rare plant that is only harvested after a long growing time. Its root needs at least 6-8 years before harvesting. In ancient times, people believed ginseng root to be the crystallized essence of earth formed in the shape of a man. Thus, they thought it had supernatural powers. Ginseng grows all over the world, but only a few areas can produce high-quality ginseng. The ginseng root used in our Ji-Lin Ginseng is harvested from the northern province of China. It is a high quality premiere grade product which is carefully reviewed and tested to ensure it meets our high quality standards.

Ginseng was included in the first great Chinese herbal work, Shen Nong Ben Cao Jing (The Divine Farmer’s Materia Medica), as an herb used for “enlightening the mind and increasing the wisdom.”

Ginseng, a popular herb which has been widely used in the Orient for over 5,000 years, was the subject of a research review conducted by Japanese pharmacologists in 1985 which confirmed homeostasis (balance) promoting properties. Ginseng has been used to support circulation and energy levels. Soviet ginseng researcher Dr. Brekhman of the Soviet Academy of Sciences calls ginseng an “adaptogen.” He uses this term for herbs which not only help to maintain balance in the body, but which also help the body cope with stress and enhance its natural endurance.\*



# Ji-Lin Ginseng Helps to Support Wellbeing, Vitality and Strength\*

## QUESTION & ANSWERS

**Q** Why should I take Ji-Lin Ginseng?

**A** Panax ginseng is used as a “prophylactic and restorative agent for enhancement of mental and physical capacities, in cases of weakness, exhaustion, tiredness, and loss of concentration” (World Health Organization 1999).\*

**Q** How much Ji-Lin Ginseng should I take?

**A** Because of the wide range of uses and its ability to promote balance, Asian (*panax*) ginseng is used in several of our products. We offer this single ingredient product – Ji-Lin Ginseng to be used independently or to help enhance the performance of our other products. In general, we recommend taking 2 capsules of Ji-Lin Ginseng 2 – 3 times daily or as desired.\*

**Q** How quickly can I expect to experience beneficial effects from taking this product?

**A** Please remember that our products are not drugs, nor are they a replacement for drugs and are not meant to treat, cure or prevent disease. Our products contain wholesome food ingredients, which support a safe and gradual but significant change, without drug-related side effects. As part of a healthy lifestyle, the results you desire may occur gradually. We encourage you to use our products together with the four pillars of health taught in the science of Nutritional Immunology, which empowers people to improve their lifestyle by: (1) making balanced wholesome food choices, (2) staying positive and happy, (3) exercising daily, and (4) getting sufficient sleep.\*

**Q** Will this product interact with any of my medications? Should I take it if pregnant, nursing, or have any health issues?

**A** While these products contain wholesome food botanicals and natural ingredients, as with any changes to diet or lifestyle, you should consult your doctor before using. If you are pregnant, breastfeeding, or have any health issues, we encourage you to check with your health care professional before use.





# Ji-Lin Ginseng Helps to Support Wellbeing, Vitality and Strength\*

## REFERENCES

Bensky, D., Clavey, S., Stöger, E. (2004). *Chinese Herbal Medicine: Materia Medica*. Seattle, WA: Eastland Press. 450-454.

Blumenthal, M., Goldberg, A. and Brinckmann, J. (2000) *Herbal medicine: Expanded commission E monographs*. Integrative Medicine Communications, Newton. 170-177.

Chen, Jau-Fei, PhD. (2015). *Nutrition. Immunity. Longevity*. Chen, Jau-Fei, PhD. (2004). *Enjoying Health & Longevity with Nutritional Immunology*. Chen, Jau-Fei, PhD. (2000). *Nutritional Immunology*.

"Community herbal monograph on Panax ginseng C.A.Meyer, radix." (2014) *European Medicines Agency*. Retrieved from: [https://www.ema.europa.eu/en/documents/herbal-monograph/final-community-herbal-monograph-panax-ginseng-ca-meyer-radix\\_en.pdf](https://www.ema.europa.eu/en/documents/herbal-monograph/final-community-herbal-monograph-panax-ginseng-ca-meyer-radix_en.pdf).

Ernst E. (2002). "The risk-benefit profile of commonly used herbal therapies: Ginkgo, St. John's Wort, Ginseng, Echinacea, Saw Palmetto, and Kava." *Annals of Internal Medicine*;136(1):42-53.

Helms S. (2004). "Cancer prevention and therapeutics: Panax

*ginseng."* *Alternative Medicine Review*. 9(3):259-274.

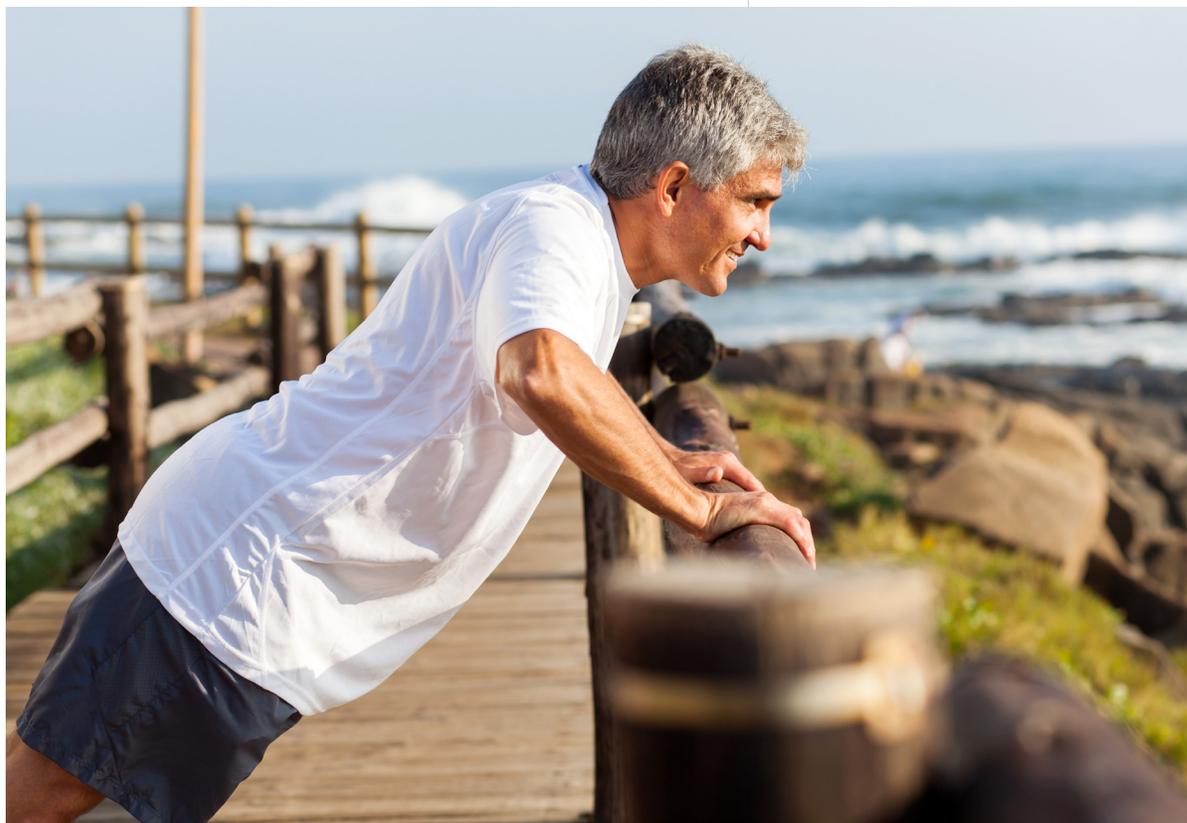
Hwang, E., Park, S.Y, Yin, C.S., Kim, H.T., Kim, Y.M., Yi, T.H. (2017). "Antiaging effects of the mixture of *Panax ginseng* and *Crataegus pinnatifida* in human dermal fibroblasts and healthy human skin." *Journal of Ginseng Research*;41(1):69-77.

Huang, K.C. (1993). *The Pharmacology of Chinese Herbs*, CRC Press, Boca Raton, Florida. 17-44

Li, T.S.C. (2002). *Chinese & Related North American Herbs: Phytopharmacology and therapeutic values*. CRC Press, Boca Raton, FL.;208.

"Monograph: Ginseng, Panax," (2018). Health Canada. Retrieved from <http://webprod.hc-sc.gc.ca/nhp/nd-bdipsn/monoReq.do?id=146&lang=fra>.

"Radix Ginseng Monograph." (2012). *WHO Health Systems Library*. Retrieved from: <http://digicollection.org/hss/en/d/Js2200e/19.html>.



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

\*\*This information provided is intended for E. EXCEL USA only, and is in compliance with USA guidelines and regulations, pursuant to section 403(r)(6) of the Federal Food, Drug, and Cosmetic Act published by the United States Food and Drug Administration (FDA). We at E. EXCEL North America strive to follow all governing regulations for labeling and testing for the USA following the guidelines from the FDA and FTC, and in Canada following the guidelines from Health Canada. Products and ingredients marketed in North America are currently registered in both Canada and the United States. Structure function claims may vary from country to country to meet each specific country rules and regulations. Therefore, E. EXCEL North America is not responsible for claims made in other countries.