



## Korean Pure Red Ginseng 300 mg Capsules

To be taken by adults and young people over 12 years

Active ingredient: Ginseng root powder

1 hard capsule contains: 300 mg powdered red (steam-treated) ginseng root.

Dear patient,

Read the entire information leaflet carefully before starting to take this medicinal product; it contains important information for you.

Always take this medicinal product exactly as described in this leaflet or exactly as prescribed by your doctor or pharmacist.

- Keep this information leaflet. You may want to reread it at a later date. Ask your pharmacist if you need any additional information or advice.
- Please inform your doctor or pharmacist if you notice side effects. This also applies to side-effects not stated in this leaflet. See section 4.
- Please consult a doctor if you do not feel better after three months or even feel worse.

### Information in this leaflet

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### 1. What are Korean Pure Red Ginseng Capsules and what are they used for?

Korean Pure Red Ginseng Capsules are a plant-based medicinal product to strengthen the body.

Korean Pure Red Ginseng Capsules are used as a tonic to strengthen and fortify the body when feeling tired and weak and to counteract poor energy levels and concentration.

### 2. What should I be aware of before taking Korean Pure Red Ginseng Capsules?

#### Korean Pure Red Ginseng Capsules must not be taken

If you are allergic to ginseng root, or to any of the other ingredients in this medicinal product stated in section 6.

Do not use if you are diabetic.

### Warning advice and precautions for application

Please consult a doctor or pharmacist before taking Korean Pure Red Ginseng Capsules?

- If you suffer from feeling weak, tiredness or poor concentration over a long period you should, as is the case with all inexplicit complaints, consult your doctor, as it could be a symptom of an illness that requires medical clarification.
- If you want to take the medicinal product at the same time as taking a coumarin-type anticoagulant (e.g. phenprocoumon, warfarin) please consult your doctor first. In this case, frequent observations of the coagulation of the blood should be made up to 14 days after the medicinal product has been discontinued, in order to adjust the dosage of the anticoagulant medication.
- Patients with diabetes (Diabetes mellitus) should consult their doctor before taking this medicinal product as ginseng preparations can influence the blood sugar level. The blood sugar levels should be closely monitored.

### Children

Sufficient research has not yet been conducted concerning the effect of this medicinal product on children. The medicinal product should, therefore, not be given to children under the age of 12.

### Taking Korean Pure Red Ginseng Capsules together with other medicinal products

Inform your doctor or pharmacist if you take/use, or have recently taken/used, or intend to take/use other medicinal products.



The effectiveness of coumarin-type anticoagulants (phenprocoumon, warfarin) can be reduced when taken at the same time as this medicinal product. Please note that this information also applies to the medicinal products cited if they have been used within the last few hours or days.

Ginseng preparations can effect the blood sugar levels.

Interactions with medication for the treatment of diabetes may be possible, but have not yet been investigated.

### **Taking Korean Pure Red Ginseng Capsules together with food, drinks and alcohol**

No specific requirements.

### **Pregnancy and lactation:**

Please ask your doctor or pharmacist for advice if you are pregnant or are nursing, if you think you might be pregnant or intend to become pregnant before taking/using this medicinal product.

### **Fitness to drive and ability to operate machinery**

No particular precautionary measures are necessary.

### **Korean Pure Red Ginseng Capsules contain sodium.**

This medicinal product contains less than 1 mmol (23 mg) of sodium per dosage unit, i.e. it is almost "sodium-free".

### **3. How should I take Korean Pure Red Ginseng Capsules?**

Always take this medicinal product exactly as described in this leaflet or exactly as prescribed by your doctor or pharmacist. Please consult your doctor or pharmacist if you are unsure.

Recommended daily dose for adults and children over 12 years: Take 2 hard capsules 3 times per day.

Do not take hard capsules whilst lying down. Swallow the tablets, unchewed, with sufficient liquid (ideally with a glass of water).

Please consult your doctor or pharmacist if you feel that this medicinal product is having too great or too little an effect.

### **How long should I take Korean Pure Red Ginseng Capsules for?**

Generally up to three months. Due to the continuous effect of ginseng supplements, it is recommended that you wait a month before starting to take the capsules again.

### **What to do if you take too many Korean Pure Red Ginseng Capsules:**

If you accidentally take one or two more dosages (corresponding with 2 - 4 hard capsules) than instructed it will generally not have any harmful effect. In this case, continue taking the capsules as described in the dosage instructions, or as prescribed by your doctor. If you have taken a significant overdose of this medicinal product it can cause known side effects such as stomachache, nausea and diarrhoea. In this case please inform your doctor. The doctor will decide which measures should be taken.

### **What to do if you forget to take a dose of Korean Pure Red Ginseng Capsules**

Do not take a double dose if you have forgotten the previous dose; instead take the dose as described in this information leaflet or as instructed by your doctor.

### **What must I be aware of before stopping use of Korean Pure Red Ginseng Capsules?**

It is generally considered harmless to stop the treatment or to end it prematurely.

Please consult your doctor or pharmacist if you have any further questions on taking this medicinal product.

### **4. What are the possible side effects?**

As is the case with all medicinal products, this medicinal product can have side effects, but they do not necessarily affect everyone. Sensitive people may suffer from nausea, stomach complaints and mild diarrhoea.

### **Reporting side effects**

Please inform your doctor or pharmacist if you notice side effects. This also applies to side-effects not stated in this leaflet. You can register any side-effects directly with Bundesinstitut für Arzneimittel und Medizinprodukte, Abt. Pharmakovigilanz, Kurt-Georg-Kiesinger-Allee 3, D-53175 Bonn, website: [www.bfarm.de](http://www.bfarm.de).

By reporting any side-effects, you can make a contribution towards more information will be made available on the safety of this medicinal product.



## 5. How should Korean Pure Red Ginseng Capsules be stored?

Keep this medicine out of the reach of children!

Do not store above 30 °C.

Do not take this medicinal product if the "use by" date on the container and carton has expired. The use by date relates to the last day of the month in question.

Never dispose of medicinal products in your waste water (e.g. toilet or sink). Ask your pharmacist how you should dispose of the medicinal product if you no longer use it. This helps you contribute towards protection of the environment. For more information please visit [www.bfarm.de/arzneimittelsorgung](http://www.bfarm.de/arzneimittelsorgung).

## 6. Pack contents and additional information

### Korean Pure Red Ginseng Capsules contents:

The active ingredient is ginseng root powder

### Other ingredients are:

gelatin, purified water, sodium dodecyl sulfate

### What Korean Pure Red Ginseng Capsules look like and pack contents

Transparent hard capsules with yellow-brown powder.

Korean Pure Red Ginseng Capsules are available in packs with 200 or with 3 x 200 hard capsules.

**This information leaflet was last updated in April 2020.**

## Patient information

### What you need to know about ginseng

#### Origin:

Panax ginseng C. A. Meyer is the botanical name for the ginseng species found and cultivated in the historical Kingdom of Korea. This area includes the present-day states of North and South Korea as well as the bordering area of southern Manchuria to the north. Panax ginseng of this origin therefore also has the name Korean ginseng.

#### Cultivation conditions:

Effective ginseng has a growth period of 5 to 6 years. Only then does it contain the maximum amount of active ingredients, particularly ginsenosides. The ground must rest for 8 to 10 years before replanting, as the root takes all of the ground's nutrients.

#### Quality assurance:

In order to fulfil the regulations of German and European pharmaceutical law, the authorised medicinal product is analysed, monitored and processed in Germany. This guarantees a consistent standard of quality, where the retention of the characteristics of the raw material is of paramount importance.

#### Active ingredient contents/ginsenoside concentration:

Besides the ginsenosides, good ginseng contains valuable vitamins - for example vitamin C, B vitamins and folic acid - as well as minerals and trace elements.

KGV's ginseng preparations are manufactured and tested according to the guidelines of the European Pharmacopoeia. With KGV's ginseng products, you get quality products with a high ginsenoside content and a balanced ginsenoside spectrum at the same time.

#### Red ginseng:

Red ginseng comes from a gentle damping action after harvest. This traditional procedure is only used on roots that are 5 or 6 years old. On the one hand, it serves as a natural preservative for the ingredients; whilst on the other hand the biological enzyme process turns ginsenosides from the Rg group into Rh-ginsenosides. Rh-ginsenosides have been credited with a special significance for the fortification of the immune system and the battle against free radicals in the body.

# Kräuterhaus Sanct Bernhard

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**With best wishes for your health!**

Art. No.: 51+52

For risks and side effects please read the information leaflet and consult your doctor or pharmacist.