



## Herbaginsan Ginseng Elixir

Fluid

Active ingredient: Ginseng root extract 1.25 g/5.0 ml

To be taken by adults

**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 or your medical specialist.

- 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 or medical specialist 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 feel worse or if, after 14 days, you do not feel better.

### Information in this leaflet:

1. What is Herbaginsan Ginseng Elixir and what is it used for?
2. What must I be aware of before taking Herbaginsan Ginseng Elixir?
3. How should I take Herbaginsan Ginseng Elixir?
4. What are the possible side effects?
5. How should Herbaginsan Ginseng Elixir be stored?
6. Pack contents and additional information

### 1. What is Herbaginsan Ginseng Elixir and what is it used for?

**Areas of application:** Herbaginsan Ginseng Elixir is a traditional herbal medicine for the treatment of fatigue such as tiredness and weakness.

This medicine is a traditional medicine that is exclusively registered on the basis of years of application for the application areas.

### 2. What must I be aware of before taking Herbaginsan Ginseng Elixir?

**Herbaginsan Ginseng Elixir must not be taken,**

- If you are allergic to Ginseng root or any other components of this medicinal product stated in section 6.

### Warning advice and precautions for application

In the case of on-going symptoms or the occurrence of side effects not listed in this information leaflet, you should consult a doctor or another qualified health professional.

### Children and adolescents

Insufficient research has been conducted into children and youngsters under 18 years of age taking this medicinal product. It should, therefore, not be given to children and youngsters under the age of 18.

### Taking Herbaginsan Ginseng Elixir alongside other medicinal products

Interactions with other medicinal products have not been investigated.

Please inform your doctor or pharmacist if you take, or have recently taken, or intend to take other medicinal products.



## **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.

Insufficient research has been conducted into safety during pregnancy and lactation. The Herbaginsan Ginseng Elixir is not recommended for pregnant and nursing women.

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

Studies on the effect of taking Herbaginsan Ginseng Elixir on roadworthiness and the ability to operate machines have not been conducted.

## **Herbaginsan Ginseng Elixir contains 16 vol.% alcohol**

When taken in line with dosage instructions, each dosage includes up to 0.65 g of alcohol per 1 measuring cup. The product poses a health risk to people suffering from liver disorders, alcohol problems, epilepsy, patients with organic brain damage, and to pregnant women, women during lactation and children. The effects of other medicinal products may be reduced or increased.

## **3. How should I take Herbaginsan Ginseng Elixir?**

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

**The recommended dose is:** Adults take 1 x 5 ml measuring cup (= 5 g) of fluid 1-2 times daily.

Use by children and youngsters under 18 is not foreseen.

## **Patients with limited renal function/liver function**

Insufficient data is available for concrete dosage recommendations for limited renal/liver function.

## **How to take the medicine**

Herbaginsan Ginseng Elixir should be taken mornings and/or evenings with sufficient fluid (preferably a glass of drinking water), in the evenings after mealtimes.

## **How long to take the medicine for**

Generally up to 3 months. Consult a doctor if your symptoms continue to worsen or if there is no improvement after 2 weeks.

## **What to do if you take too much Herbaginsan Ginseng Elixir**

If you accidentally take one or two more dosages than instructed it will generally not have any harmful effect. In this case, continue taking the medicine as described in the dosage instructions, or as prescribed by your doctor. When taking significantly higher doses, the alcohol content must be taken into account. Countermeasures after overdosing are usually not necessary. Consult your doctor if you experience any complaints.

## **If you forget to take Herbaginsan Ginseng Elixir**

Do not take a double dose if you have forgotten to take the previous dose.

## **If you stop taking Herbaginsan Ginseng Elixir:**

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

Please consult your doctor or pharmacist or medical specialist 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.



After taking preparations made from ginseng root, hypersensitivity reactions (skin rash, itching), sleep disorders and gastrointestinal complaints (e.g. abdominal pain, nausea, vomiting, diarrhoea, constipation) may occur. The frequency is not known.

## Reporting side effects

Please inform your doctor or pharmacist or medical specialist if you notice side effects. This also applies to side effects not stated in this leaflet. You can register any side effects directly with the 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 being available on the safety of this medicinal product.

## 5. How should Herbaginsan Ginseng Elixir be stored?

Keep this medicine out of the reach of children!

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

### Note on shelf life after opening

The product should be used within 1 month of being opened.

### Storage conditions

This medicinal product does not need to be stored in any particular way.

## 6. Pack contents and additional information

### 5 ml (equivalent 5 g) fluid Herbaginsan Ginseng-Elixir contain:

**Active ingredient:** 1.25 g extract of ginseng root (1:1), extraction agent ethanol 34 % (V/V).

**Other ingredients:** Ethanol 96 %, purified water.

**Packet sizes available:** Packet containing 250 ml liquid.

**This information leaflet was last updated in May 2019.**

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