

Ginseng, American

Panax quinquefolius L.

[Fam. Araliaceae]

OVERVIEW

Medicinal use of Asian ginseng (*Panax ginseng*) dates back at least 5,000 years in Asia. American ginseng is produced in North America from a plant that has similar but different chemistry and slightly different biological activity. In the U.S., it is used in a wide range of tonic, energy, and immune-stimulating dietary supplements.

USES

Promotes blood sugar metabolism in healthy people and persons with type 2 (non-insulin dependent) diabetes.

DOSAGE

In general, short-term use may not be beneficial, so continued use over an extended period of time is usually recommended. However, American ginseng was shown in clinical trials to be effective in lowering blood sugar levels directly after meals in both healthy and diabetic (type 2) persons when taken during or just after the meal.

DECOCTION (TEA): Simmer 3–6 g dried root in 720–960 ml water for approximately 45 minutes; alternatively, simmer 2 to 9 g.

INFUSION (TEA): Pour 150–240 ml boiling water over 1–2 g dried root and steep for 20 minutes.

DRY ROOT POWDER: 3 g daily for regulation of postprandial (after meal) glycemia (blood sugar level) in type 2 diabetes mellitus (non-insulin dependent diabetes).

DRY EXTRACT: 330 mg, 3 times daily, for improvement of oxygen uptake during moderate exercise.

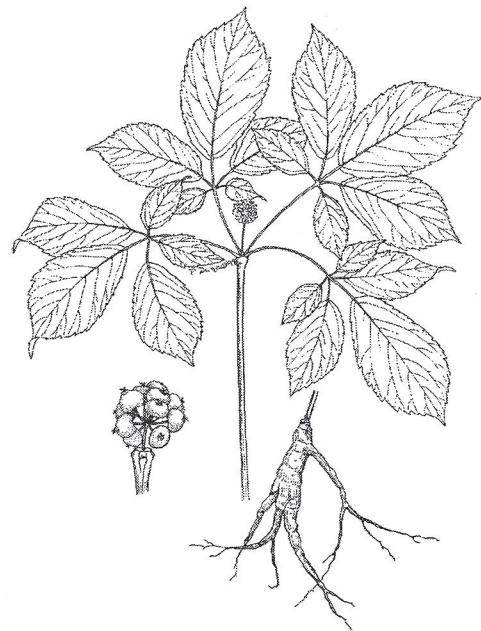
CONTRAINDICATIONS

None known.

PREGNANCY AND LACTATION: None known.

Comments

When using a dietary supplement, purchase it from a reliable source. For best results, use the same brand of product throughout the period of use. As with all medications and dietary supplements, please inform your healthcare provider of all herbs and medications you are taking. Interactions may occur between medications and herbs or even among different herbs when taken at the same time. Treat your herbal supplement with care by taking it as directed, storing it as advised on the label, and keeping it out of the reach of children and pets. Consult your healthcare provider with any questions.



ADVERSE EFFECTS

None known.

DRUG INTERACTIONS

None known. Diabetics may need to monitor insulin levels because of the blood sugar-lowering effect.



AMERICAN
BOTANICAL
COUNCIL

The information contained on this sheet has been excerpted from *The ABC Clinical Guide to Herbs* © 2003 by the American Botanical Council (ABC). ABC is an independent member-based educational organization focusing on the medicinal use of herbs. For more detailed information about this herb please consult a qualified healthcare provider. To view updates and corrections to *The ABC Clinical Guide to Herbs*, to order a copy, or become a member of ABC, visit www.herbalgram.org.