



Ginseng and Ginseng Products 101:What are You Buying?

Hwee Ling Koh, Hai Ning Wee, Chay Hoon Tan

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Choosing the herbs or herbal products that are suitable and safe for use is essential for any consumer. This is especially true when it comes to Ginseng, one of the most commonly used and highly regarded herbs in Traditional Chinese Medicine. This book consolidates knowledge from official pharmacopoeias, latest scientific research and on-the-ground survey of Singapore's local market conducted by the authors. From exploring the medicinal benefits and safety concerns of the herbs, to inspecting the labels of the various products available on our local market, this book is an invaluable resource for any discerning consumer interested in finding out more, buying or using ginseng and ginseng products.

This is an easy-to-read guide to the various herbs and products related to "Ginseng". It introduces the reader to the traditional uses and latest scientific research regarding Chinese/Korean ginseng, Notoginseng, American ginseng, Siberian ginseng and five-leaf ginseng (Jiao Gu Lan), including their names, pharmacological activities, phytoconstituents, indications, dosage, safety considerations (e.g. side effects and herb-drug interactions).

Our team has delved into the local market and surveyed over three hundred ginseng and ginseng products. Glossary of terms, explanations of Traditional Chinese Medicine terminologies, pharmacological activities, drug-herb interactions and a list of major chemical components from five herbs and their respective pharmacological activities, and products information are presented clearly in the Appendices.

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