

# Chapter 5.

## Chinese Red Ginseng Powder

---- *Panax ginseng* C. A. Meyer

General Description

Literature References

The *Panax ginseng* C. A. Meyer Powder Preparation

Product Specifications

Attachment

### Literature References:

- Harkey MR, Henderson GL, Gershwin ME, Stern JS, Hackman RM. Variability in commercial ginseng products: an analysis of 25 preparations. Am J Clin Nutr. 2001 Jun;73(6):1101-6.
- Tachikawa E, Proof of the mysterious efficacy of ginseng: basic and clinical trials: Preface. J Pharmacol Sci. 2004 Jun;95(2):139.
- Tachikawa E, and Nakanishi K. Proof of the mysterious efficacy of ginseng: basic and clinical trials: suppression of adrenal medullary function in vitro by ginseng. J Pharmacol Sci. 2004 Jun;95(2):140-4.
- Kaneko H, and Nakanishi K. Proof of the mysterious efficacy of ginseng: basic and clinical trials: clinical effects of medical ginseng, korean red ginseng: specifically, its anti-stress action for prevention of disease. J Pharmacol Sci. 2004 Jun;95(2):158-62.
- Nishijo H, Uwano T, Zhong YM, Ono T. Proof of the mysterious efficacy of ginseng: basic and clinical trials: effects of red ginseng on learning and memory deficits in an animal model of amnesia. J Pharmacol Sci. 2004 Jun;95(2):145-52.

# Chinese Red Ginseng Powder

— *Panax ginseng* C. A. Meyer

## General Description

For thousands of years ginseng root (*Panax ginseng* C. A. Meyer) has been a valued medicinal herb in traditional oriental healing. References to ginseng can be found in writings dating back over two millennia. There are mentions of ginseng use during the Qin and Han dynasties, 221 BC - 220 AD. Often coveted by the Asian royalty and military aristocracy, ginseng has been a rare and treasured herb with a medicinal association stretching far back into the ancient traditions of long past ages. Ginseng was known to be a potent source of vitality, longevity; and equally important to the Eastern philosophy it sharpened the mind and memory, and restored the body's natural balance of elemental energy.

Ginseng is one of the most widely used herbal drugs and is reported to have a wide range of therapeutic and pharmacological activities. The two major species of commerce are *Panax ginseng* C.A. Meyer (Asian ginseng), and *Panax quinquefolius* L. (North American ginseng). Both species contain active ginsenoside saponins, but there are significant differences in their identity and distribution. It has been observed that over thirty ginsenosides have been identified from *Panax* spp. however six of these, Rg1, Re, Rb1, Rc, Rb2, and Rd constitute the major ginsenosides accounting for over 90% of the saponin content of ginseng root.

### • Literature References

- Harkey MR, Henderson GL, Gershwin ME, Stern JS, Hackman RM. Variability in commercial ginseng products: an analysis of 25 preparations. *Am J Clin Nutr.* 2001 Jun;73(6):1101-6.
- Tachikawa E, Proof of the mysterious efficacy of ginseng: basic and clinical trials: Preface. *J Pharmacol Sci.* 2004 Jun;95(2):139.
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## The *Panax ginseng* C. A. Meyer Powder Preparation

The *Panax ginseng* C. A. Meyer was planted in the Ginseng farm of North China Pharmaceutical Corporation based on the standard planting, harvesting, drying and storing procedure which has been established for twenty years. The dried ginseng was powdered for dietary supplementary use.

### Product Specifications

Product Name: Ginseng Powder  
Content: 2.66% total ginsenosides, see nutrition facts in the table below.

Ginsenosides	%
Rb1	0.99
Rb2	0.42
Rc	0.28
Rd	0.11
Re	0.40
Rg1	0.46
<b>Total</b>	<b>2.66</b>

Manufacturer: North China Pharmaceutical Corporation  
380# East Heping Rd., Shijiazhuang, Hebei Province, China.  
PC050015

#### Microorganisms:

Total plate count	Less than 10 CPU/g
<i>E. coli</i>	Less than 30 CFU/100g
Pathogenic bacteria	Not detected

#### Heavy Metals:

Arsenic	< 1.0 ppm
Cadmium	< 1.0 ppm
Mercury	< 0.5 ppm
Lead	< 1.0 ppm
Copper	< 20 ppm

#### Pesticide Contamination:

Hexachlorobenzene	Not Detected
Quintozene	
Pentachloronitrobenzene (PCNB)	Not Detected
Pentachloroaniline	Not Detected
Pentachlorothioanisol	Not Detected
Lindane	Not Detected

***Panax ginseng* C. A. Meyer Powder**

**Literature References**

- Harkey MR, Henderson GL, Gershwin ME, Stern JS, Hackman RM. Variability in commercial ginseng products: an analysis of 25 preparations. *Am J Clin Nutr.* 2001 Jun;73(6):1101-6.
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