

Fermented Ginseng **Q and A**

1. Can I take with my Doctor prescribed medications?

Yes, but do not take your LiquidCaps at the same time you take your medications. Take it 30 minutes before or 60 minutes after you take your medication. Ginseng is very liver supportive so there will be a tendency for you to have an increased uptake of your drugs. Working with their physicians many people have been able to reduce and sometimes eliminate their pharmaceutical drugs as they experience balance.*

2. Can I take with my other vitamins and minerals?

Yes, this is an enzyme fermented ginseng which works to bring your body into homeostatic balance so it works synergistically with other supplements. We recommend taking it by itself so you can more directly and specifically experience the benefits of what Fermented Ginseng brings to you and your unique health situation. Also too rapid absorption of other supplements can be avoided.*

3. Will I notice it right away or will it take time?

Taken together with your other treatments in many cases patients notice an effect even the first day. When taken consistently on a daily basis most patients notice benefits within the first week or two. On some occasions it takes longer. Science and research has shown that GS15-4 Fermented Ginseng working to bring your body into balance beginning on the first day. This is why many notice it immediately. You can be confident that with consistent daily use your body will receive support to recover from and manage stress.*

4. How will it affect my sleep?

Most people experience a great improvement in sleep. Sleep difficulties are often related to stress overload. Fermented Ginseng LiquidCaps are very effective to help your mind and body manage stress.*

5. Will it give me energy?

Most people feel a unique experience of smooth energy. This is a fully balanced enzyme fermented ginseng, therefore it is not over stimulating. It is known to increase energy and stamina while having a soothing effect on the nervous system.*

6. Are there any side effects?

How will it affect my blood pressure?

There are no known negative side effects with our LiquidCaps. Always consult your doctor. Full balanced ginseng has been shown to support maintaining blood pressure at normal healthy levels with prolonged use. When people have high blood pressure it is recommended that they begin with lower dosages in the beginning and gradually ramp up.*

7. Is it possible to detox and get a reaction?

Yes. This is very helpful to your body to remove toxins. However, ginseng mono preparations have been shown to be remarkably safe and non-toxic even with high dosages. If you are detoxing you may feel slight flu like symptoms. In this case you should simply take smaller doses. Always consult your doctor for any questions on detoxing.*

8. How much should I take it? How long?

It is safe to take even with 10 or more doses / day because its fundamental effect is to bring you into balance. As a whole food, this enzyme fermented ginseng should be taken daily on an ongoing basis.*

9. If I am pregnant can I take it?

If you are pregnant always consult with your doctor before taking any supplements. In Korea, ginseng is commonly used as part of a healthy food based protocol for pregnant women.*

10. How will it affect my Libido?

Several studies have shown that ginseng is beneficial for sexual function and satisfaction. Because Fermented Ginseng LiquidCaps are fully balanced, high absorption ginseng we receive consistent reports on its positive effect on both Men and Women's libido.*

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Individual results may vary.