

Korean Ginseng 60 Vegetable Capsules

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Naturlider Korean Ginseng has a tonic and revitalizing action that translates into an improvement in fatigue and tiredness. This will help increase physical strength, so it is also involved in good sports performance.

DESCRIPTION

Naturlider's Korean Ginseng has **toning and aphrodisiac** properties. Clinical research on ginseng has confirmed its tonic and revitalizing action, that is, improvement of the physical and intellectual state.

It also has a positive effect on the reduction of **cholesterol** levels, blood **triglycerides** and blood **sugar** .

Ginseng root is native to Siberia, northwest China, and Korea, where it can grow among the trees of pine and fir forests. It prefers an exposure to the shade and a humid ground.

The Chinese people consider this plant a remedy for all diseases, currently its popularity is enormous and it is used in various food preparations.

- Each capsule contains 500 mg of Korean Ginseng (*Panax ginseng*) root, standardized to 10% ginsenosides, with magnesium stearate and silicon dioxide as anti-caking agents as additional ingredients.
- Korean ginseng root is recognized as one of the most health-promoting herbs in the world. It has been shown to strengthen the immune system, increase stamina, and promote healthy blood circulation. In addition, it improves memory, concentration and helps relieve stress.
- Korean ginseng is recommended for both men and women who need an extra boost to combat fatigue.
- Additionally, Korean ginseng acts as a sexual enhancer, working as an aphrodisiac for both men and women.
- It is recognized as one of the most famous adaptogens, as it helps the body to better cope with stress and increases its ability to adapt.

