

Ginger

100 capsules, Single herb, Stock No. 300-6

There is an old Indian proverb that says, "Every good quality is contained in ginger." Ancient Indians used their native ginger in cooking, to preserve food and to treat digestive problems. This widely used condiment has a recorded history of medicinal usage in China dating from the 4th century B.C.

Did you know?

The ancient Chinese sailors who used ginger to prevent seasickness were probably right. Ginger's anti-nausea action relieves motion sickness and dizziness (vertigo) better than the standard drug treatment, Dramamine®, according to one study published in the British medical journal Lancet.¹

NSP Advantage

100 capsules. Single Herb.

Ingredients: 500 mg of the finest ginger (*Zingiber officinale*) root.

Ginger contains naturally-occurring amounts of magnesium, manganese, potassium, and silicon.

Recommendation: Take one capsule with a meal twice daily.

1. Castleman, Michael, The Healing Herbs, Rodale, 1991, page 187.

Features & Benefits

- Stimulates the production of digestive fluids and saliva.
- Relieves upset stomach, indigestion, cramps, flatulence, and diarrhea.
- Stimulates circulation which may help relieve pain and inflammation associated with rheumatic conditions.
- Relieves motion sickness and morning sickness.
- May provide relief from nausea following chemotherapy treatments.
- Ginger has traditionally been used as an antispasmodic and helps prevent nausea and vomiting associated with motion sickness, postoperative nausea and seasickness.
- Ginger also helps relieve digestive upsets/disturbances including flatulence, spasmodic indigestion and constipation. Ginger has been used traditionally as a spasmolytic (anti-spasmodic).
- Ginger has also traditionally been used to treat dysmenorrhea and ovarian neuralgia, and helps to relieve pain associated with menstruation.