

DUOLIFE

Ginseng

Food supplement

DUOLIFE Ginseng is a food supplement **from the Pure Formula line** containing a composition of extracts from three ginseng species in a concentrated dose. It is enclosed in capsules made of HPMC, an organic cellulose derivative, with delayed release time.

Ginseng boosts vitality and concentration. It also helps maintain sexual prowess. Panax ginseng root extract is standardised to contain 7% ginsenosides, American ginseng root extract is standardised to contain 5% ginsenosides, while Siberian ginseng root extract is standardised to contain 0.8% eleutherosides. Thanks to standardisation, the amount of ginsenosides and eleutherosides in the product is guaranteed.



Simple, targeted composition



Product with comprehensible purpose



Convenient form of use



Naturally sourced ingredients

When to use DUOLIFE Ginseng?

DUOLIFE Ginseng is a food supplement **from the Pure Formula** line containing a composition of extracts from three ginseng species in a concentrated dose. It is enclosed in capsules made of HPMC, an organic cellulose derivative, with delayed release time.

Ginseng boosts vitality and concentration. It also helps maintain sexual prowess. The ginseng extracts in the product are standardised to contain the active compounds: ginsenosides and eleutherosides. Thanks to standardisation, the amount of ginsenosides and eleutherosides in the product is guaranteed.

DUOLIFE Ginseng food supplement is intended for use as support for optimal body functions in the case of:

- ▶ people suffering from low energy and vitality levels;
- ▶ people wishing to maintain the body's physical fitness, including those practising sports;
- ▶ people wishing to maintain sexual prowess;
- ▶ people wishing to maintain the body's mental fitness;
- ▶ people who want to support concentration, memory, and cognitive processes on a daily basis;
- ▶ knowledge workers, including students and pupils;
- ▶ people exposed to chronic stress;
- ▶ people who want to support normal antioxidative processes.

How does ginseng found in the DUOLIFE Ginseng food supplement work?

DUOLIFE Ginseng is a food supplement based on high-quality extracts from three ginseng types: Panax ginseng standardised to contain 7% ginsenosides, American ginseng standardised to contain 5% ginsenosides, and Siberian ginseng standardised to contain 0.8% eleutherosides. Thanks to standardisation, the amount of ginsenosides and eleutherosides in the product is guaranteed.

Ginseng root extracts found in **DUOLIFE Ginseng** support:

- ▶ energy and vitality;
- ▶ body's physical condition;
- ▶ body's mental condition;

- ▶ concentration, memory;
- ▶ sexual prowess;
- ▶ immune system functions;
- ▶ stress reduction;
- ▶ antioxidative processes.

i **Instructions for use:** 2 capsules a day, with a meal. Do not exceed the recommended daily dose. The product should not be a substitute for a varied diet. A balanced diet and healthy lifestyle are essential for the proper functioning of the body.

i **It is beneficial to combine the DUOLIFE Maca food supplement with:**
DUOLIFE My Mind, ProRelaxin®, DUOLIFE Day, DUOLIFE Chlorofil, DUOLIFE Vita C, DUOLIFE Vita C Powder, DUOLIFE My Blood, Shape Code® Protein Shake, other products from the DUOLIFE Pure Formula line.

Precautions

- ▶ Do not use if you are hypersensitive to any of the ingredients of the product.
- ▶ Do not use in children.
- ▶ Do not use in pregnant or breastfeeding women.
- ▶ If you have a chronic condition or are taking medication, consult your doctor before using the product.

i **Ingredients – content in a daily dose (2 capsules):** true ginseng (*Panax ginseng* C.A. Mey) extract, 1:1 (200 mg), standardised to 7% ginsenoside content (14 mg), American ginseng (*Panax quinquefolius* L.) extract, 2:1 (200 mg), standardised to 5% ginsenoside content (10 mg), apple fibre, Siberian ginseng (*Eleutherococcus senticosus*) extract, 3:1 (120 mg), standardised to 0.8 eleutheroside content (0.96 mg), anti-caking agent: silicon dioxide (from rice), vitamin B6 (pyridoxal 5'-phosphate) – 2.8 mg (200% NRV*). Coating ingredient: hydroxypropyl methylcellulose (HPMC).

* NRV – Nutrient Reference Value for an average adult.

Discover the ingredients of the DUOLIFE Ginseng food supplement

Ginseng (*Panax ginseng* C.A.Meyer) root extract 1:1 standardised to 7% ginsenoside content

Panax (Korean) ginseng is a type of ginseng with activating, **energising, vitality boosting properties**. It is one of the plants most very often used in the medicine due to its proven, very broad health promoting effect (hundreds of clinical studies). Main active substances in the plant are ginsenosides (about 40 different compounds), belonging to saponins. Their content in the roots reaches 2-3%. Ginsenosides have strong antioxidant properties, protecting cells against the destructive influence of free radicals. Thus, they can, for example, protect vascular endothelium, cardiomyocytes in the heart and neurons in the brain. Ginsenosides can also support **the regulation of neurotransmission thanks to their properties that activate the body physically and mentally, fostering the maintenance of concentration and supporting memory. They also boost vitality and help maintain optimal sexual functions**^{1,2}. *Panax ginseng* C.A. Mey **boosts libido** in both men and women. **It also helps fight erectile dysfunction**. It is directly linked to the high content of ginsenosides.

Ginseng is a strong **adaptogen**. The term adaptogen refers to a substance allowing the body to react to physical, chemical and biological stress agents, by increasing a non-specific body response to a given stressor. An adaptogen increases the body's ability to adapt to changing conditions in its environment³. Thanks to these properties, *Panax* (Korean) ginseng is particularly valuable in the diet of people **participating in sports**. First and foremost, it's worth mentioning here the **strengthening effect during the periods of long-lasting and intense physical and mental exertion**. Research suggests that the above-mentioned effect is conditioned by ginsenosides that participate in **reactions of hormonal changes that regulate the body's response to stress**^{4,5}.

American ginseng (*Panax quinquefolius* L.) root extract, 2:1 standardised to 5% ginsenosides content

American ginseng has been used for centuries by traditional herbalists. The American variety of ginseng is a rich source of bioactive ingredients such as ginsenosides that give the plant adaptogenic properties⁶. The effect of American ginseng, however, is slightly different to that of the Korean and Siberian types. Thanks to **toning properties**, it fosters the minimisation of negative impact of the stress on the body and may support people that need not only an energy boost, but also wish to **reduce mental strain**^{7,8}. At the same time, the American variety works perfectly together with the two other ginseng varieties found in the DUOLIFE Ginseng product, **supporting the general good physical and mental condition of the body**. A variety of Panax ginseng (as popular as the American variety) fosters body activation and is more recommended to people affected by energy crash⁹. On the other hand, American ginseng **fosters relaxation and winding down. It also supports the immune system functions**¹⁰.

Siberian ginseng (*Eleutherococcus senticosus*) root extract, 3:1 standardised to 0.8 eleutherosides content

Siberian ginseng originates in Far East Asia. This plant's underground organs (rhizomes with roots) are sourced as pharmacopoeial raw ingredient. They are rich in glycosidic compounds, derivatives mainly of phenylpropene, lignans and coumarin – commonly referred to as eleutherosides. Siberian ginseng root extract has been used in folk medicine for over 4,000 years. Currently, it's recommended as a product **boosting vitality in the states of physical and mental strain, sleep disorders and in people having trouble focusing**^{11,12}. Siberian ginseng is also considered to be an **adaptogen**¹³. Thanks to that, this ingredient helps boost the body's immunity to stress and its ability to adjust to changeable environmental conditions³.

The DUOLIFE Ginseng food supplement also contains apple fibre and vitamin B6, which synergistically support the action of the main ingredient – ginseng.

Apple fibre

Apple fibre found in the DUOLIFE Ginseng food supplement is a natural bulking agent with valuable properties. This substance is not digested or absorbed by the body, yet it supports the process of digestion and the functioning of the intestines. Therefore, it contributes to increase peristalsis and accelerate intestinal transit, fostering regular bowel movements. Fibre promotes the development of the gut microbiota, which might also indirectly support the nervous system functions.

Vitamin B6

Vitamin B6 promotes blood pressure regulation, proper heart function and muscle contraction. It contributes to the proper functioning of the nervous system, helping to minimise the adverse effects of excessive stress and maintain an optimal mood. In addition, vitamin B6 supports the immune system functioning, contributes to the healthy skin appearance and promotes proper iron metabolism. Importantly, vitamin B6 promotes the efficient absorption of magnesium from the gastrointestinal tract, helping to improve its bioavailability¹⁴.

What makes the DUOLIFE Ginseng food supplement stand out?

- ▶ **Simple, targeted composition** – based on the main active ingredient **with known properties and a concentrated dose**.
- ▶ **Product with comprehensible purpose** – featuring health statements on the label, which makes it easier to recommend the product.
- ▶ **Naturally sourced ingredients**.
- ▶ **No artificial fillers, preservatives or unnecessary additives**.

- ▶ **Convenient form of use – capsules made of organic cellulose derivative (HPMC;** hypromellose; hydroxypropyl methylcellulose) with delayed release time, supporting the protection of active ingredients against the acidic pH of the gastric juice.
- ▶ **Uniformity of the Pure Formula line – easy recommendation** – 1 packaging contains 60 capsules for 1 month of use (2 capsules a day).
- ▶ The supplement can be easily adjusted to the individual needs of the body.
- ▶ The product is **LACTOSE-FREE** and **GMO free**.
- ▶ The product is **GLUTEN-FREE** – suitable for people with gluten intolerance.
- ▶ The product is **suitable for vegans and vegetarians**.
- ▶ Multilingual label.

i Reference list for DUOLIFE Ginseng formulation can be found in the separate sheet of the binder.

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