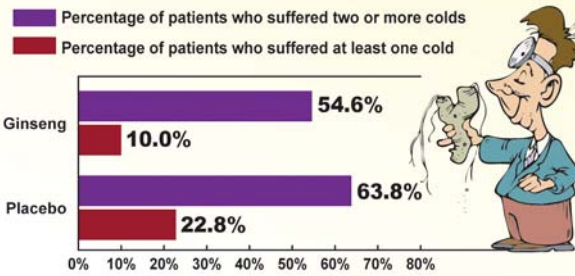


Tell Your Patients: Ginseng Reduces Frequency of Cold Symptoms

These study findings are perfect to share with those patients who still think over-the-counter medications are the answer to annoying cold symptoms. Study participants were instructed to take two capsules containing an extract from North American ginseng or two placebo capsules every day for four months during the flu season. People in the ginseng group had fewer colds and cold symptoms, and were less likely to suffer from recurring colds and flu, than people in the placebo group.



Source: Predy GN, Goel V, Lovlin R, et al. Efficacy of an extract of North American ginseng containing poly-furanosyl-pyranosyl-saccharides for preventing upper respiratory tract infections: a randomized controlled trial. *Canadian Medical Association Journal*, Oct. 25, 2005;173(9):1043-1048.