



White American Ginseng Extract

What is White American Ginseng?

White American Ginseng, also known as *Panax quinquefolius*, is a powerful adaptogen, a non-toxic herb that naturally helps fight stress, provide stable energy boosts and bring balance to the body. Ginseng is associated with Asian agriculture American Ginseng is actually imported by China due to its highly revered benefits.

What's In It?

American Ginseng (*Panax quinquefolium*) Extract: For centuries, ginseng has been used to help revitalize balance in the body, especially in Chinese and Native American medicine. This extract contains a variety of active ginsenosides, which can help promote energy and calmness. Ginsenosides are pharmacological components of ginseng that can aid blood flow, the nervous system and certain brain neurotransmitters. Some studies suggest ginseng can also support healthy metabolism, cardiovascular health, and body responses to stress and aging. White American ginseng is said to contain more beneficial ginsenosides than other varieties.

Suggested Use

Take one teaspoon daily. Shake gently before using. It may be taken straight or mixed in a juice/smoothie.

Why Do We Make It?

According to a report by the Pew Research Center, families oftentimes feel stressed, tired and rushed when trying to balance daily life activities like working and spending time with loved ones. It becomes hard to just sit and concentrate sometimes. An American Institute of Stress report adds that 77% of Americans regularly experience physical symptoms from this stress.

Those who feel the pressure of anxiety and exhaustion turn to supplements and energy drinks; however, these can pack dangerous amounts of vitamins, taurine, guarana and sugar/substitutes. These drinks can also leave users with an undesired crash and constant exposure can be detrimental to health. White American Ginseng encourages sustainable energy and clear concentration naturally, without a crash.

Dave Sandoval's Product Pairing Suggestions

Dave suggests pairing White American Ginseng with:

- Bee Energetic: helps provide healthy adrenal support
 - CHARGE Spray: can help boost energy
 - Super Life Formula: may help boost male vitality
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Allergens

This product is gluten-free and vegan.

Certifications

Purchase Information

To purchase White American Ginseng Extract, [click here](#).

To purchase this product as part of Stress Reduction Pack, [click here](#).

More Information

<https://blog.puriumcorp.com/?s=ginseng>

Related Information

If you have a medical condition, are pregnant or breastfeeding, consult a medical practitioner before consuming any dietary supplements.

FDA Statement

These products and statements have not been evaluated by the Food and Drug Administration. These products and statements are not intended to diagnose, mitigate, treat, cure or prevent any disease.

Studies and Support:

<https://www.medicalnewstoday.com/articles/262982.php>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3659633/>
