


# Red Ginseng Energy

Increased Energy & Improved Mental Clarity\*



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**Red Ginseng Energy** with HRG80™ delivers 7 times more rare, noble ginsenosides than conventional ginseng for maximum benefits:

- Mental and physical energy
- Resilience during stress<sup>^</sup>
- Mindful focus and concentration
- Stamina and endurance
- Healthy cortisol, serotonin, and GABA levels<sup>^^</sup>


**Recommendations:** Take 1 capsule daily. May increase to 1 capsule twice daily, or as directed by your healthcare practitioner. Results improve with continued use.

If pregnant or nursing, consult a healthcare practitioner before use.

<sup>^</sup>Occasional stress <sup>^^</sup>Supports healthy levels already within normal range

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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## Red Ginseng Energy

Increased Energy & Improved Mental Clarity\*

CLINICALLY STUDIED  
**HRG80™ RED GINSENG**

30 Capsules

**VEGAN NON-GMO** DIETARY SUPPLEMENT

**SUPPLEMENT FACTS**

Serving Size: 1 Capsule  
Servings Per Container: 30

Amount Per 1 Capsule (Veg):	%DV
Korean Red Ginseng ( <i>Panax ginseng</i> ) 200 mg	**
Root Powder (HRG80™) containing rare, noble ginsenosides	

\*\*Daily Value (DV) not established

**Other Ingredients** cellulose powder, hydroxypropyl methylcellulose (vegetable cellulose capsules), silica, vegetable source magnesium stearate.

**No** sugar, salt, yeast, wheat, gluten, corn, soy, dairy products, artificial coloring, artificial flavoring, or artificial preservatives.

HRG80™ is grown without pesticides.

Manufactured by a cGMP compliant facility exclusively for:  
EuroMedica 955 Challenger Drive Green Bay, WI 54311  
866-842-7256 euromedicausa.com

## Mental and physical energy

### Resilience during stress<sup>^</sup>

### Mindful focus and concentration

### Stamina and endurance

### Healthy cortisol, serotonin, and GABA levels<sup>^^</sup>

## Energy and Focus for a Busy Life

In a busy world, it's easy to lose focus, get stressed, and feel low on energy. To regain your sense of vitality, you need to feel balanced, not bogged down. As one of the world's oldest adaptogens, red ginseng has been recommended for centuries for exactly that reason.\*

Red Ginseng Energy from EuroMedica® brand supplements takes ginseng to the next level. It features HRG80 ginseng, specially grown using ultra-clean, pesticide free cultivation that makes it safe, reliable, and boosts levels of valuable compounds called noble ginsenosides. The result is a more powerful red ginseng that helps you stay resilient in the face of stress<sup>^</sup> and feel energized all day long.\*

## The HRG80 Ginseng Difference: Better Grown and Cultivated, Better Healthy Results

HRG80 ginseng is not conventionally cultivated ginseng. It is hydroponically grown and carefully tended in ideal, ultra-clean conditions without pesticides, toxins, or processed with harsh solvents.

- Delivers 7X more rare, noble ginsenosides than conventional ginseng for maximum benefits
- Noble ginsenosides are shown to be 17 times better absorbed than classic ginsenosides<sup>††</sup>
- Whole root red ginseng for full spectrum action
- Ultra-clean: grown without pesticides
- Great for men and women

To view all our products, go to [euromedicausa.com](https://euromedicausa.com)  
For more information call **866.842.7256**

<sup>^</sup>Occasional stress. <sup>^^</sup>Supports healthy levels already within normal range. 17 times more noble (rare) ginsenosides versus standard ginseng extracts.

<sup>††</sup>Compared to classic ginsenosides in an in-vitro scientific (Caco-2) study.

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## Frequently Asked Questions for Red Ginseng Energy

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### Q. I've heard that ginseng is susceptible to picking up toxins or pesticides through its roots. Is this something I need to worry about with your product?

A. No. The HRG80™ ginseng that we feature in our red ginseng supplements is hydroponically grown in ultra-clean conditions. Because the ginseng roots are carefully cultivated and provided with optimal growing conditions without the need for pesticides or exposure to soil-borne toxins, the plant thrives and produces the beneficial compounds we look for that make a good supplement. Those compounds include noble ginsenosides, which are rare in conventionally grown ginseng roots.

### Q. How absorbable are the compounds from ginseng?

A. That depends on the quality of the ginseng, an individual's level of healthy gut bacteria, and the quantity of compounds in the ginseng that you start with. Much of the conventionally grown ginseng contains what are known as classic or common ginsenosides. These are converted in the gut into noble ginsenosides, which are more easily absorbed in the intestines and used by the body. However, the conversion rate may be slow and cumbersome in the digestive system, and doesn't guarantee that you'll see any energizing benefits from the botanical.

HRG80 ginseng, by comparison, is grown in such a way that it already has more noble ginsenosides in the roots—7 times more than a leading, conventionally grown ginseng supplement. In fact, a Caco-2 study found that the ginsenosides in HRG80 were **17 times more** absorbable than a leading European ginseng supplement. The traditional Korean steaming process helps ginsenosides become more absorbed or bioavailable as well, but starting off with a higher level of rare, noble ginsenosides makes good sense if you want to see results.

### Q. Will ginseng make me jittery?

A. Our Red Ginseng Energy supplement helps you feel more energized by helping you feel more resilient to stress. After all, stress is exhausting. But although stressful days can make you tired, they don't make you more relaxed. Because ginseng has adaptogenic qualities, stresses won't seem so demanding. You may find that not only do you feel more energized during the day, you'll also feel more relaxed at bedtime, and have a better night's sleep.\*^

### Q. What makes it "red" ginseng? Isn't all ginseng the same?

A. Although both red and white *Panax ginseng* (also known as Asian ginseng) are from the same species, they are not processed the same way. White ginseng is generally air dried, while red ginseng is traditionally steamed, which gives it a red/brown color. Steaming can help make ginseng compounds—known as ginsenosides—better absorbed, and that may be one of the reasons that Korean practitioners typically preferred red ginseng.

### Q. Can women take Korean red ginseng? I've always thought it was more for men.

A. Yes, women certainly can take Korean red ginseng. Although sometimes it has been viewed as a "male" ingredient, ginseng has also been used for women for a variety of reasons. Ginseng has been successfully used in clinical studies for women regarding menopause, mental well-being, libido, energy, and other aspects of overall health.\* There have also been published human studies that show no negative impact on hormonal balance. For more information, we have listed studies and reviews below.

Kim HG, Cho JH, Yoo SR, et al. Antifatigue effects of Panax ginseng C.A. Meyer: a randomised, double-blind, placebo-controlled trial. PLoS One. 2013 Apr 17;8(4):e61271.

Lee HW, Choi J, Lee Y, Kil KJ, Lee MS. Ginseng for managing menopausal woman's health: A systematic review of double-blind, randomized, placebo-controlled trials. Medicine (Baltimore). 2016;95(38):e4914.

Oh KJ, Chae MJ, Lee HS, Hong HD, Park K. Effects of Korean red ginseng on sexual arousal in menopausal women: placebo-controlled, double-blind crossover clinical study. J Sex Med. 2010 Apr;7(4 Pt 1):1469-77.

Seo SK, Hong Y, Yun BH, et al. Antioxidative effects of Korean red ginseng in postmenopausal women: a double-blind randomized controlled trial. J Ethnopharmacol. 2014 Jul 3;154(3):753-7.

### Q. What is the difference between Korean and American ginseng?

A. There are several other herbs that have been known as "ginseng". These include *Eleutherococcus senticosus*, often simply called eleuthero, which was once commonly known as Siberian ginseng, and *Panax quinquefolius*, which is grown and harvested in the United States. *Panax quinquefolius* (commonly called American ginseng) shares common characteristics with *Panax ginseng*, but is considered a separate species.

## What to Pair with Red Ginseng Energy

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### Active B Complex

Delivers the biologically active forms of vitamin B6, B12, and folate that support a healthy heart, brain, and cognitive function.\*

### Essential Multivitamin

Helps you build a foundation of nutrients every day. It delivers nutrients in absorbable forms that are gentle on the stomach and readily utilized by your body to support energy and vitality.\*

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^Occasional stress.

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