



NATURE'S SUNSHINE

Korean Ginseng

GOOD FOR

Immune System

Adrenals

Nervous System

SIZE **100 Capsules**

ITEM # **665**

SERVING **1**

SUPPLY **50 days**

DIRECTIONS FOR USE Take 1 capsule with a meal twice daily.

— How the Key Ingredients Work

Korean Ginseng has been treasured for thousands of years as one of nature's most powerful tonics for energy, resilience, and overall well-being. This time-honored root works with your body's own systems to help you feel balanced, sharp, and strong from the inside out.

Korean Ginseng – Energy & Fatigue Support — Ginseng has been used for millennia in Traditional Chinese Medicine as a go-to remedy for tiredness and low energy. It helps your body manage the everyday demands that wear you down, supporting a more sustained, natural sense of vitality rather than the quick spike-and-crash of stimulants.

Korean Ginseng – Stress & Adrenal Balance — When life gets overwhelming, your body's stress-response system works overtime. Ginseng has traditionally been used to help the body handle stress more gracefully, supporting the glands and hormonal pathways involved in your stress response so that chronic pressure feels a little less draining over time.

Korean Ginseng – Men's Hormonal Health — A recent clinical trial involving men experiencing age-related hormonal changes found that a ginseng berry extract taken daily for eight weeks led to meaningful improvements in energy, mood, and sexual health scores, as well as healthier testosterone levels, compared to a placebo group.

Korean Ginseng – Antioxidant Protection — Every day your cells face oxidative wear from pollution, stress, and normal metabolism. Ginseng's naturally occurring active compounds, known as ginsenosides, are well-studied for their ability to bolster the body's own antioxidant defenses, helping protect cells and tissues from everyday oxidative stress.

Korean Ginseng – Heart & Arterial Wellness — A 2025 review of multiple clinical trials found that ginseng supplementation supports healthy blood pressure levels and helps keep arteries more flexible and responsive. Healthy arterial function is essential for good circulation and long-term cardiovascular well-being.

Korean Ginseng – Circulation & Endothelial Function — The inner lining of your blood vessels, called the endothelium, plays a huge role in keeping blood flowing smoothly. Research shows ginseng supports endothelial health, which means better circulation throughout the body — from your heart all the way to your extremities.

Korean Ginseng – Mental Clarity & Focus — Ginseng has long been prized not just for physical energy but for mental sharpness too. Traditional use and modern interest both point to ginseng as a supportive herb for concentration and cognitive performance, making it a popular choice for people who want to stay mentally on top of their game.

Korean Ginseng – Immune System Support — One of ginseng's most celebrated traditional roles is as an immune tonic — an herb that helps keep the body's natural defenses in good working order. Regular use has historically been associated with greater resilience during seasonal challenges and everyday immune demands.

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