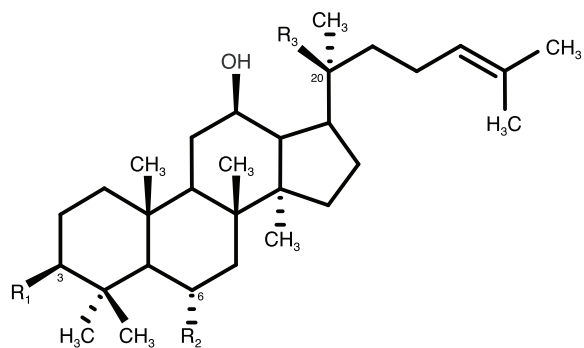


# Health & Nutrition Sciences

## Panax Ginseng: Helps Support Mental Stamina

Consumers are looking for ingredients to help with mental energy management.

What is Panax ginseng?



Panax ginseng is derived from the root of a plant grown in Korea, northeastern China, and far eastern Siberia. The main active components are ginsenosides.



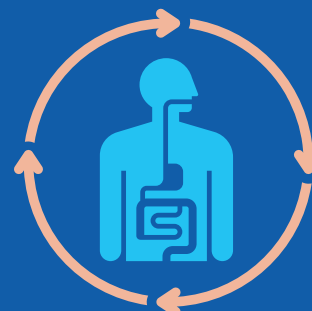
Potential mechanisms by which Panax ginseng exerts its cognitive benefits:<sup>1</sup>



Promotion of Neurogenesis



Antioxidant and Anti-inflammatory Effects

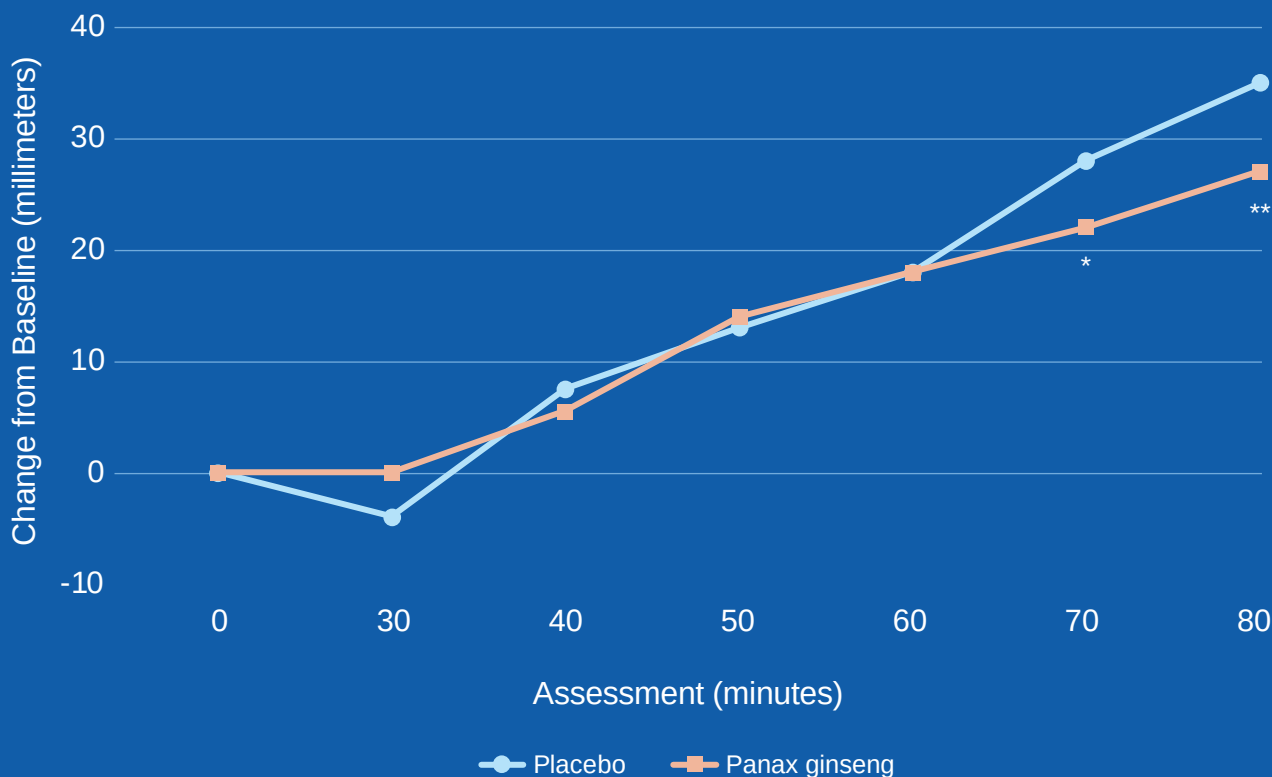


Glucoregulation

# Health & Nutrition Sciences

## Panax ginseng has been shown to reduce feelings of mental fatigue.

Two studies have shown that people who consume 200mg of Panax ginseng (standardized to contain 4% ginsenosides) had decreased subjective ratings of mental fatigue on a visual analogue scale, compared to placebo, while completing a series of cognitive demand tests.<sup>2,3</sup>



Soulboost Lift contains 200mg of Panax ginseng (4% ginsenosides) to help support mental stamina.



References:

1. Smith, I., Williamson, E. M., Putnam, S., Farrimond, J., & Whalley, B. J. (2014). Effects and mechanisms of ginseng and ginsenosides on cognition. *Nutrition Reviews*, 72(5), 319–333.
2. Reay, J. L., Kennedy, D. O., & Scholey, A. B. (2005). Single doses of Panax ginseng (G115) reduce blood glucose levels and improve cognitive performance during sustained mental activity. *Journal Of Psychopharmacology*, 19(4), 357-365.
3. Reay, J. L., Kennedy, D. O., & Scholey, A. B. (2006). Effects of Panax ginseng, consumed with and without glucose, on blood glucose levels and cognitive performance during sustained 'mentally demanding' tasks. *Journal Of Psychopharmacology*, 20(6), 771-781.