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Multi Weight Loss
Diabetes
Purpose
Management
Herbal
Memory
Product For
Enhancement
Erectile
Cancer Prevention
Stress Etc

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**Dysfunction
Skin Care**

Weight Loss

Diabetes

Management

Memory Enh

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Cancer Prevention

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Ginseng Uses Dosages Side Effects

Single doses of up to 10 grams have also been safely used.

American ginseng can

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cause some side effects including diarrhea, itching, trouble sleeping (insomnia), headache, and nervousness. Rare

Dysfunction Skin

American Ginseng: Uses, Side Effects, Interactions, Dosage Management

Taking Panax ginseng with these medications used for depression

might cause too much stimulation. This might

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cause side effects such as anxiousness, headache, restlessness, and insomnia.

Panax Ginseng: Uses, Side Effects, Interactions, Dosage

Common side effects may include: diarrhea; insomnia; headache; rapid heartbeat; increased or decreased blood pressure; breast tenderness and vaginal

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bleeding.

Effects Etc Of The
**Ginseng Uses, Side
Effects & Warnings -
Drugs.com**

Ginseng: Side-Effects,
Dangers,
Contraindications.

Ginseng should not be
used in strong doses
(risk of diarrhea and,
occasionally, high
blood pressure...) It
should not be taken
simultaneously with
other stimulating
substances! Dosage

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should be reduced in the case of over-stimulation (then gradually increased again).

GINSENG (Panax): Uses, Benefits, Side-effects, Dosage?

There have been no reports of any bothersome side effects from the consumption of Ginseng. However, if you have diabetes, you should monitor your

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blood sugar levels
before taking Ginseng.
If you are on any other
medication, then you
should consult your
doctor beforehand.

Panax Ginseng: Health Benefits, Dosage and Side Effects ...

Common side effects
may include: diarrhea;
insomnia; headache;
rapid heartbeat;
increased or decreased
blood pressure; breast

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tenderness and vaginal bleeding. Etc Of The

Ginseng - Side Effects, Dosage, Interactions - Drugs

However, side-effects reported from ginseng include: allergic reactions, such as itching or a rash digestive problems including nausea and diarrhoea headaches sleep issues changes to blood pressure 14

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Ginseng: Health The Benefits, Side Effects, Dosage | Holland ...

Inappropriate use of P.
ginseng or ginseng
abuse syndrome

includes symptoms
such as hypertension,
diarrhea,

sleeplessness,

mastalgia, skin rash,

confusion, and

depression. Two cases

of new onset acute

manic episodes

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Dosages, Side Effects, Etc. Of The
Multi Purpose
Herbal Product

subsequent to high doses have also been reported.

Ginseng Uses, Benefits & Dosage - Drugs.com Herbal Database

When taken by mouth:
Ginkgo LEAF EXTRACT is LIKELY SAFE for most people when taken by mouth in appropriate doses. It can cause some minor side effects such as stomach upset,

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headache, dizziness ...

Effects Etc Of The

**Ginkgo: Uses, Side
Effects, Interactions,
Dosage, and**

Warning

Side Effects & Safety.

When taken by mouth:

Eleuthero is **LIKELY**

SAFE for most adults

when taken for up to 3

months. While side

effects are rare, some

people can have

nausea, diarrhea, and

rash. In...

Stress Etc

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Eleuthero: Uses, Side Effects, Interactions, Dosage, and ...

There are several side effects that have been reported from Korean ginseng use, these include: Insomnia (the most common side effect) Increasing the side effects of caffeine (such as jitteriness)

Korean Ginseng: Benefits, Side Effects, Dosage, and

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**12 Benefits of Ginkgo
Biloba (Plus Side
Effects & Dosage)**

Written by Ansley Hill,
RD, LD on May 29,
2018 Ginkgo biloba, or
maidenhair, is a tree
native to China that
has been grown for
thousands ...

**12 Benefits of
Ginkgo Biloba (Plus
Side Effects &
Dosage)**

Side Effects & Safety

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When taken by mouth:
Ashwagandha is
POSSIBLY SAFE when
taken for up to 3
months. The long-term
safety of ashwagandha
is not known. Large
doses of ashwagandha
might cause ...

Ashwagandha: Uses, Side Effects, Interactions, Dosage, and ...

Siberian ginseng side
effects are rare, but
may include

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drowsiness, changes in heart rhythm, sadness, anxiety and muscle spasms. Some users have experienced mild diarrhea. In high doses, increased blood pressure may occur.

Eleuthero (Siberian Ginseng) Benefits, Dosage and Side ...

Liver damage. Severe allergic reactions. This is not a complete list of side effects and other serious side effects

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may occur. Call your
doctor for information
and medical advice
about side effects. You
may report side effects
to FDA at
1-800-FDA-1088.

Panax Ginseng: Side Effects, Dosages, Treatment ...

Diabetes
Management
Memory
Enhancement
Cancer Prevention
Strengthening
Women may
experience additional
side effects, such as
vaginal bleeding and
breast tenderness.
These side effects are

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serious enough that women battling breast cancer are told to avoid ginseng.

Ginseng: Not a Miracle Drug

Siberian ginseng is **LIKELY SAFE** for most adults when taken by mouth, short-term.

While side effects are rare, some people can have drowsiness, changes in heart rhythm, sadness, anxiety, muscle

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spasms, and other side effects. In high doses, increased blood pressure might occur.

Siberian Ginseng: Health Benefits, Uses, Side Effects ...

Short-term red ginseng use is considered safe for most people. Over time, the plant may affect your body. Side effects don't occur in everyone who takes ginseng.

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