How to Print

Trust The Leaf™

Ginger

Latin Name
Zingiber officinale

Description
Encapsulated Ginger root with a guaranteed natural potency of 1.5% essential oil, mainly gingerol and shogaol.

Usage
Ginger root eases the discomfort associated with travel and stimulates digestion to promote gastrointestinal comfort.*

Recommended Daily Dosage
Take two capsules two to four times a day with water at mealtimes. The dosage can be repeated on a short-term basis for colds, and warming during chills.



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The following list is for serving size of 2 capsules

Primary Ingredients	***Amount***	***USRDA***
Ginger	1.1 g	0%

Other Ingredients
Gelatin

Sizes & Suggested Retail Price
100 capsules - $7.99
180 capsules - $12.49

Where to BUY?

Synergistic Products
Catnip
Cayenne
Chamomile
Melissa (Lemon Balm)

Quality Issues
Product Quality Issues: Ginger is one of the top ten single herbs.

Usage Warnings

Those who suffer from gallstones should consult their healthcare practitioner before using Ginger.

Product Q&A

1. What part of the Ginger plant is used in this product?
   Nature's Way uses the root.

2. What is the best dosage of Ginger for motion sickness?
   Individual requirements vary; however, German studies have shown that 940 milligrams were more effective than 100 milligrams of dimenhydrinate found in Dramamine. It is optimally taken 20-30 minutes prior to activity.

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.