

Red Ginseng Energy from EuroMedica®

For attention, memory, & stress reduction**

Efficacy of Panax Ginseng Meyer Herbal Preparation HRG80 in Preventing and Mitigating Stress-Induced Failure of Cognitive Functions in Healthy Subjects: A Pilot, Randomized, Double-Blind, Placebo-Controlled Crossover Trial.

Mariage PA, Hovhannisyan A, Panossian AG. Pharmaceuticals 2020. 13;57.

BACKGROUND: The aim of this pilot study was to compare the efficacy of hydroponically cultivated red *Panax ginseng* Meyer root preparation (HRG80) and traditionally harvested six-year-old white *P. ginseng* standard preparation (PGS) with placebo in relieving symptoms of stress.**

METHODS: The effects of HRG80, PGS, and placebo capsules were studied in 50 tired, healthy subjects in a three-arm, randomized, double-blinded, placebo-controlled crossover trial. Efficacy-outcome measures included the accuracy of processing the d2 test for cognitive functions, obtained accuracy score in a computerized memory test, and the perceived-stress (PS) score.

RESULTS: A statistically significant interaction effect between time and treatment ($p < 0.0001$) was observed in the attention d2 and memory tests, indicating that HRG80 treatment was more beneficial than that with a placebo. The effects of PGS were better than those of the placebo, but the difference was not statistically significant. There was a significant difference between the effects of HRG80 and PGS ($p < 0.0001$) that were observed after single (Day 1) and repeated administrations on Days 5 and 12 of treatment.

CONCLUSION: Overall, HRG80 treatment was significantly superior compared to that with the PGS and placebo regarding attention, memory, and PS scores after single and repeated administrations for 5 and 12 days.

Occasional Stress Can Be Tiring. Red Ginseng Energy Can Help.*



There's no doubt that many of your patients feel occasional fatigue; according to the National Safety Council, about 43 percent of Americans feel the same way. Often, stress is the primary cause. Fortunately, the unique HRG80™ red ginseng featured in Red Ginseng Energy from EuroMedica® can help. It supports resilience in the face of stress and can help your patients feel a sense of calm, stamina, and endurance.**

In this clinical study involving internationally recognized adaptogen expert, Alexander Panossian, PhD, HRG80 red ginseng significantly improved focus for people in stressful occupations.† It is the same ginseng we feature in Red Ginseng Energy, so it is available to help anyone who'd like to experience support for concentration, attention to detail, and overall well-being.†



*Occasional stress. **These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

EuroMedica®

Red Ginseng Energy—For memory, attention, & stress reduction^{*^}

What This Means for Your Patients:

Mental acuity all day long*

Resistance to occasional stress*

Alertness, focus, and energy—even after a long day*

According to a Gallup poll, 79 percent of Americans are stressed in some way—that's about 8 out of 10 people, your patients probably included. Over time, that stress has a depleting effect on daily energy levels, focus, and overall quality of life.[^]



Fortunately, HRG80 red ginseng can help. This two-week clinical study compared HRG80™ red ginseng, a leading white ginseng supplement from Europe, and a placebo. This was a crossover clinical study, so all participants were subjects in all three study arms. The people in this study had high levels of occupational stress. They worked in social services, or as tele-operators, engineers, and IT personnel, frequently overloaded with cognitive tasks and exposed to workplace and social demands. That is why attention and accuracy was one of the main focuses of the study. Participants took a standardized, timed test that assessed and compared their ability to focus and concentrate in the morning, and in the afternoon.

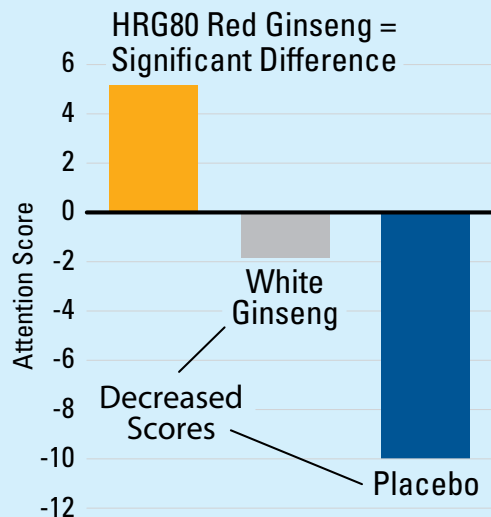
Attention outcomes were measured by the d2 Test of Attention. This timed test tracks the scanning speed and accuracy of individuals as they cross out any letter “d” with two marks around it. That sounds easy, until the realization that each letter d is surrounded by similar letters surrounded by marks, like p and b, as well as other d’s with different numbers of marks.

For individuals in the placebo group, the d2 error rate increased to about 11 more than baseline. The white ginseng only fared slightly better than the placebo. In contrast, the HRG80 groups made fewer mistakes and their score improved by 5 points, starting on the very first day.

This study shows that if your patients are looking for better support for attention and mental endurance, Red Ginseng Energy can help. In very little time, it can help overcome the draining effects of occasional stress to help them stay resilient, focused, and energized.*

[^]Occasional stress. ^{*}These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

HRG80 RED GINSENG = SUPERIOR ATTENTION SCORE*



The attention score for the placebo group decreased to 11 points below the baseline level. The HRG80 group’s attention score showed a significant difference as it bumped to 5 points above baseline, with positive results starting on the first day. Plus, HRG80 red ginseng continued to support attention and focus into the afternoon hours, when the leading white ginseng’s power began to fade.*



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