

Siberian Ginseng

Eleutherococcus senticosus (Rupr. et Maxim.) Maxim

Fluid extract standardized to contain $\geq 0.015\%$ eleutheroside B+E.

The Siberian Ginseng is a thorny bush native to Siberia, North-Eastern China, Korea and Japan.

The active components of rhizome and root are very heterogeneous, consisting in triterpene saponins, glycosides (**eleutherosides**), sterols, coumarins and polysaccharides (eleutherans).

Root and rhizome have traditionally been used as tonic-adaptogens, immunostimulants and performance enhancers. The German Commission E suggests the use of *Eleutherococcus* as tonic against asthenia and fatigue, reduced mental capacities and convalescence. This plant is also known as central nervous system stimulant with an antidepressant function.

Eleutherococcus is contraindicated in case of hypertension.

The suggested dose is 1.0-1.5 ml daily

(half dose compared to the traditional fluid extract with DER 1:1).



Part of plant used: root