



Egyptian Herbal Monograph

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## Volume 3

### Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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## Herbal Formulations Used in Egypt

**Ginseng, Royal jelly, Cod liver oil, Vitamin E, Zinc**

**جنسنگ / رويال جيلي / زيت كبد الحوت / فيتامين هـ / زنك**

### 1. Names & Synonyms

**Ginseng (1)**

***Panax quinquefolius* L.**

**Family:** Araliaceae

**Syns.:** *Aralia quinquefolia* (L.) Decne. & Planch, *Ginseng quinquefolium* (L.) Alph. Wood (2).

**Arabic:** جنسنگ

**English:** Ginseng, American ginseng, American white ginseng, Canadian ginseng, Canadian white ginseng (3).

### 2. Parts used for medicinal purpose

Dried root (1,3-5)

### 3. Major chemical constituents (1)

- **Triterpenoid saponins (Ginsenosides):** A complex mixture of compounds including Rb1, Re, Rc, and Rd (6).
- **Polysaccharides:** Pectins and glucans.
- **Unsaturated fatty acids:** Linolenic acid (7).
- **Others:** Starch,  $\beta$ -amylase, vitamins (B1, B2, B12, pantothenic acid, biotin), choline, fats, minerals.

### 4. Medicinal Uses (Indications)



For helping immune function.

For symptoms of asthenia such as fatigue and weakness.

## 5. Herbal preparations correlated to medicinal use

Combination of ginseng powder extract (Extraction solvent: 36% ethanol & Water), lyophilized royal jelly powder, cod liver oil, vitamin E and zinc.

**Herbal preparations are in pharmaceutical dosage forms. The pharmaceutical form should be described by the pharmacopoeia full standard term.**

## 6. Posology and method of administration correlated to medicinal use

### Adults and elderly

Combination of 100-300 mg ginseng extract, 150-450mg of lyophilized royal jelly, 500-1500 mg of cod liver oil, 2.5-7.5 mg of vitamin E and 2.5-7.5 mg zinc, daily.

### Duration of use:

- Up to 3 months.
- If symptoms persist for more than 2 weeks during the use, consult your doctor or pharmacist.

**Method of administration:** Oral use.

## 7. Contraindications.

- Hypersensitivity to active substance(s) and to other plants of the same families
- If breast cancer or other estrogen-dependent conditions are present, ginseng should not be used (4).

## 8. Special warnings and precautions for use

- If the symptoms worsen during the use of the medicinal product a doctor or a pharmacist should be consulted.
- The use in children and adolescents under 18 years of age is not recommended (5)



- Diabetic patients should consult a physician prior to use (5).

## 9. Interactions with other medicinal products and other forms of interaction

- Blood thinner and Digoxin (5).

### Lab Test (4)

- Blood glucose: The product may decrease blood glucose.
- Plasma partial thromboplastin time, INR: The product may increase plasma partial thromboplastin time and INR.
- Serum digoxin: The product may falsely increase serum digoxin.

## 10. Fertility, pregnancy and lactation

- Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended.
- Fertility data available.

## 11. Effects on ability to drive and use machines

No studies on the effect on the ability to drive and use machines have been performed.

## 12. Undesirable effects

- None reported (3, 5) but allergic reactions, which can be severe may be occurred in sensitive patients after ingestion of the product.
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

## 13. Overdose

No case of overdose has been reported.

## 14. 13.Relevant biological activities



Not required as per Egyptian guidelines for registration of herbal medicines.

## 15. Additional information

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## 16. Date of compilation/last revision

20/04/2026

### References

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