



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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American Ginseng, Cod Liver Oil, Royal Jelly, Vitamin E, Zinc
جنسنگ / زيت كبد الحوت / رويال جيلي / فيتامين هـ / زنك

1. Names & Synonyms

American Ginseng (1)

***Panax quinquefolius* L.**

Family: Araliaceae

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

Arabic: Ginseng جنسنگ

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

2. Parts used for medicinal purpose

American Ginseng: Dried root (1,3-5)

3. Major chemical constituents (1)

American Ginseng

- **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, β -amylase, vitamins (B1, B2, B12, pantothenic acid, biotin), choline, fats, minerals.



4. Medicinal Uses (Indications)

- A) For helping immune function.
- B) For symptoms of asthenia such as fatigue and weakness.

5. Herbal preparations correlated to medicinal use

Combination of American 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 American ginseng extract, 150-450 mg 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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