

Balanced Ginseng

(U.S. product)

Article No. 02265 (30-day supply)

A caffeine-free lift from the world's most popular herb! In the Chinese system of medicine, ginseng is regarded as an adaptogen in that it helps the body adapt to stresses.* 30 caplets; one per day.

- **Panax Ginseng:** The rarest variety of ginseng, in a highly standardized extract. Ginseng provides active compounds called ginsenosides, which are said to be responsible for its legendary ability to increase stamina, endurance and exercise tolerance.* Watkins Balanced Ginseng contains 75% more active ginsenosides than the most popular brand.
- **Traditional Chinese support herb blend:** In China, ginseng is never given alone. It is always taken in combination with a group of other adaptogenic support herbs. The most popular of these herbs are included in Balanced Ginseng. All of these herbs are currently being studied for their beneficial effect on the immune system.*
- **Watkins Bio-Activator™ Blend (Black Pepper and Ginger):** Scientific studies strongly suggest that black pepper and ginger may help to protect and maximize the potency of vitamins and nutrients in the body.*

**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.*



Supplement Facts

Serving Size 1 Caplet

	Amount Per Serving	%DV
Panax ginseng standardized root extract	100 mg	†
Watkins Traditional Chinese Support Herb Blend	300 mg	†
Astragalus root, licorice root, reishi mushroom, schisandra berry		
Watkins Bio-Activator™ Blend	25 mg	†
Black pepper fruit, ginger root, cellulase plant enzyme		

†Daily value (DV) not established.

Other ingredients: Dibasic calcium phosphate, microcrystalline cellulose, cellulose gum, stearic acid, silicon dioxide, magnesium stearate, pharmaceutical glaze

Directions: For adults: take one caplet per day with any meal.

Testimonial —

Individual results may vary. Consult your physician before taking any dietary supplements.

“I work the night shift and I’ve found that when I take Watkins Balanced Ginseng before my shift, I can get through the night with all kinds of energy. If I don’t take it, I feel tired in the early morning. What a difference it makes!”

— **Elaine Olson, Saskatchewan**