

SEE Adaptogen Chart

***Panax* spp. - Ginseng**

PANAX GINSENG (Asian Ginseng)

ROOT. Tincture [1:5, 70% alcohol]. KIRIN (dark red Chinese cured root) 5-20 drops. SHIU-CHIU (light red Chinese cured) 10-30 drops. KOREAN RED, 5-15 drops. WHITE (Chinese or Korean uncured) 20-40 drops, all to 3X a day. Capsules, "Red Ginseng" (Kirin or Korean Red) to 4 a day. "White", to 6 a day. Chewing root pieces is more reliable than the unidentifiable substances found in capsules. With the cost of Ginseng, tinctures are the most bioavailable form.
STATUS : C

PANAX QUINQUEFOLIUM (American Ginseng)

ROOT. Tincture [1:5, 70% alcohol]. WILD ROOTS (morally objectionable), 5-10 drops. WOODSGROWN ROOTS. 10-20 drops. CULTIVATED ROOTS. 20-40 drops. CULTIVATED RED ROOTS (Michigan and Wisconsin cured roots), 15-30 drops. Any other "American Red Ginseng" is a blatant fake. LEAVES. 30-60 drops, Cold Infusion, 2-4 ounces. All above forms to 3X a day.
STATUS : **W/RARE!C**

ELEUTHEROCOCCUS (*Acanthopanax*, Siberian Ginseng)

ROOT. Tincture [1:5, 60% alcohol] 20-60 drops. Cold Infusion, 2-4 ounces, both to 3X a day.

CENTELLA ASIATICA (*Hydrocotyle asiatica*, Gotu Kola, Brahmi)

HERB. Fresh Plant Tincture [1:2], 15-30 drops to 3X a day. Standard Infusion, 1-2 ounces. Dry Herb Tincture [1:5, 50% alcohol] 20-40 drops, to 4X a day.
STATUS : **W/LA/C**