

FLORDIS®

✓ CLINICALLY  
PROVEN

Clinically proven  
Ginsana® increases  
energy, immunity-  
and respiratory  
function.<sup>1-9</sup>



SWISS  
QUALITY

FLORDIS™

Ginsana®

Extract of Panax ginseng G115®

CLINICALLY RESEARCHED

**Supports energy and physical performance  
and strengthens the immune system**

Each capsule contains:  
100 mg Panax ginseng extract G115®

60 CAPSULES

SFI



Ginsana is a natural medicine clinically  
researched in patients for over 20 years  
to help support energy performance.  
It contains a specific extract of Panax  
ginseng (G115) renowned for being  
one of the world's best quality  
traded ginsengs.

Ginsana has been shown to help  
increase oxygen and glucose uptake  
and supply, while improving blood  
circulation to the most important  
muscles in the body. Long-term  
results show a significant improvement  
in VO2 max (maximum oxygen uptake)  
together with a significant increase in  
maximum heart rate. Further research  
indicates reduced lactate production.

**Ginsana®**  
**Set up your best defence**

SFI

# Clinically proven to support energy, endurance and immune function



**Immunity**



**Respiratory**



**Energy**

**Ginsana is the only natural medicine containing, in each capsule, 100mg of standardized ginseng extract G115, the most extensively studied ginseng in the world.**

G115 is standardised to contain the optimal concentration of 4% ginsenosides, clinically shown to be the optimal amount of active compounds required to significantly improve energy, immunity and respiratory functioning.



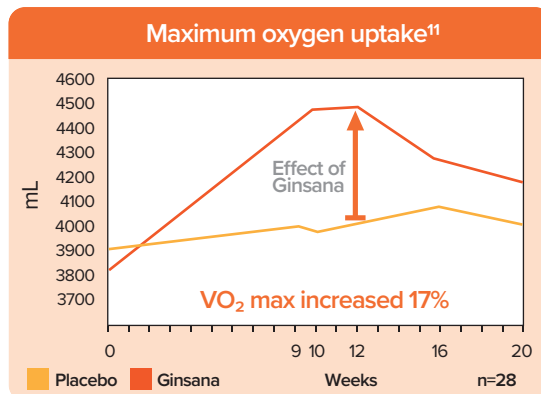
# Enhances energy metabolism



## Energy:

**Ginsana is clinically researched to improve energy utilization, by increasing the uptake and binding of oxygen to haemoglobin. By increasing cellular respiration, Adenosine Triphosphate ATP is more readily available for use by the body.<sup>5,11</sup>**

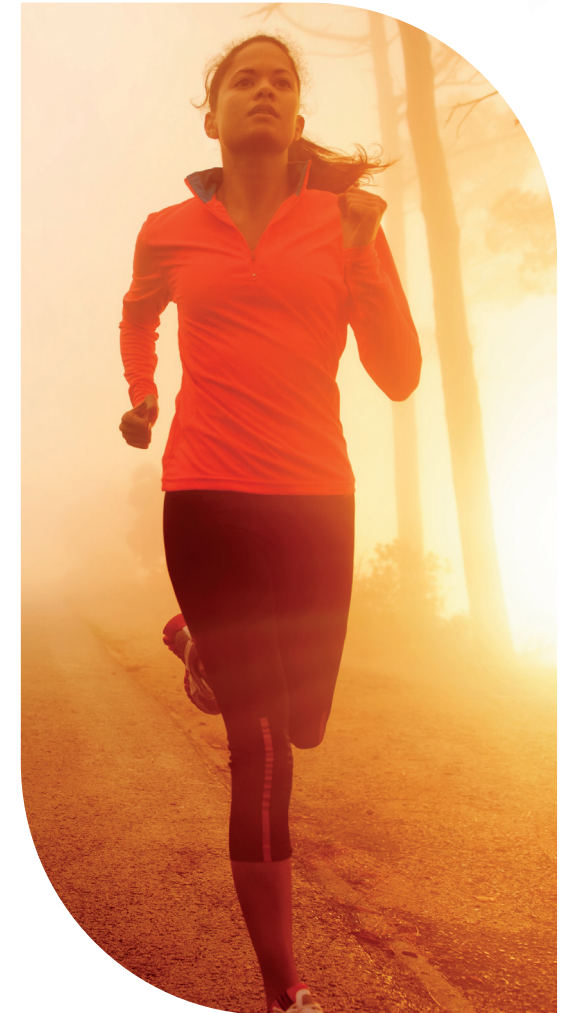
As certified by the International Olympic Committee (IOC) in Geneva, and the World Anti-Doping Agency (WADA), Ginsana does not contain any doping substance and does not cause dependence. Locally, Ginsana® is listed in the “green category” of the MIMS Drugs in Sport (2017) publication (p.58 & p. 152): <http://www.mims.co.za/DrugsInSport2017/mobile/index.html>



## Ginsana (G115):<sup>5,11</sup>

- Increases oxygen uptake and binding to haemoglobin
- Improves haemoglobin re-oxygenation and oxygen uptake in athletes: resting pO<sub>2</sub> (oxygen in blood) uptake and transport of oxygen into the organs increased from 100% (baseline) to 129% after treatment
- Raises general cellular activity (ATP) expressed as a pronounced increase in physical and mental capacities
- Improves physical activity and is valid in time of physical fatigue
- Improves physical efficiency (endurance)
- Reduces recovery rate (reduce blood lactate levels) following physical exertion
- Improves convalescence

**Ideal for athletes, individuals looking to improve energy levels, as well as those who may fall ill and find energy levels lower than usual.**



# Set up your best defence



## Immunity:

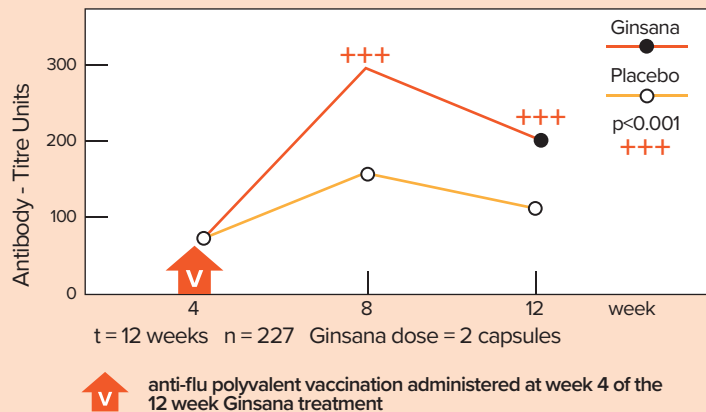
**Ginsana, the source of natural energy to enhance immune system functioning throughout the year, particularly during the change of season.<sup>1,2,7,8,9</sup>**

Optimal functioning of the immune system is critical to our health, as it is the primary barrier against viruses and bacteria, as well as other infective agents.

Ageing, stress, poor nutrition and sudden weather changes weaken the immune system. When this occurs, there may be an increased risk of contracting “seasonal flu” a typical disease of viral origin estimated to affect adults 2 to 5 times a year.

Ginsana significantly supports and strengthens immune system functioning after illness; and assists in the recovery of fatigue and exhaustion often experienced with colds and influenza.

Improved immune response in volunteers taking Ginsana, compared to placebo<sup>7</sup>



## Ginsana (G115):

- Reduces the risk of contracting influenza &/common cold threefold<sup>1,7,9</sup>
- Reduces the duration and severity of influenza and colds<sup>1,7,9</sup>
- Potentiates the effects of influenza vaccination<sup>1,7,8</sup>
- Strengthens the production of immune system components, namely antibodies and modulating pro-inflammatory cytokines<sup>1,7,9</sup>
- Significantly increases antibody levels (Ig A and Ig M)<sup>1,7,8</sup>
- Significantly increases Natural Killer (NK) Cells<sup>2</sup>
- Reduces bacterial count, due to enhanced macrophage and NK cell response and overall immune response (including *S. pneumoniae* and *H. influenza*) in patients undergoing concurrent treatment with an antibiotic (amoxicillin) compared to placebo<sup>2</sup>

# STUDY: Ginsana strengthens the efficacy of vaccination against common cold &/ influenza



## STUDY:

### Ginsana strengthens the efficacy of vaccination against common cold &/ influenza<sup>7</sup>

Three-arm randomized, placebo-controlled double-blind study; 227 participants

After 4th week of treatment, participants received an anti-influenza polyvalent vaccination

#### Outcome measures:

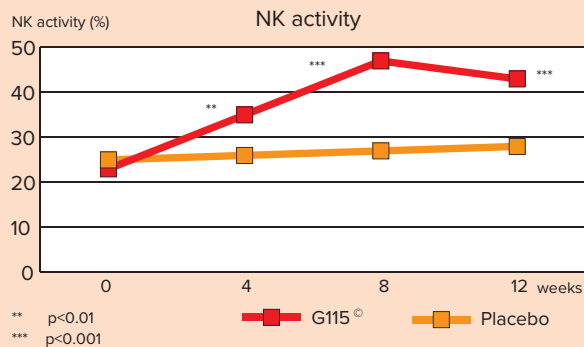
- Incidence of influenza or common cold, immunological parameters such as NK cells and antibody titre
- 2 capsules of Ginsana or matching placebo daily, 12 weeks

#### Results:

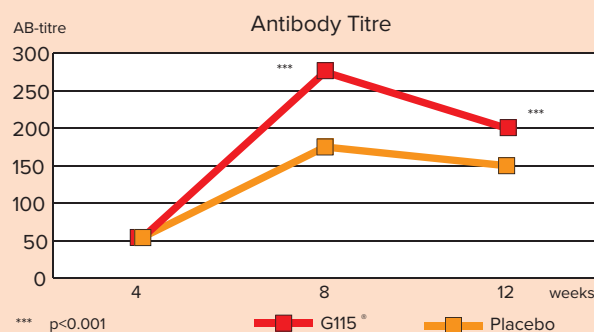
- Proportion of participants catching influenza or cold, was significantly lower in the treatment, Ginsana, group compared to the placebo group (13% vs. 37%)
- Antibody titre units increased after vaccination, and NK cells activity levels were significantly higher after the 8th and 12th week of treatment with G115



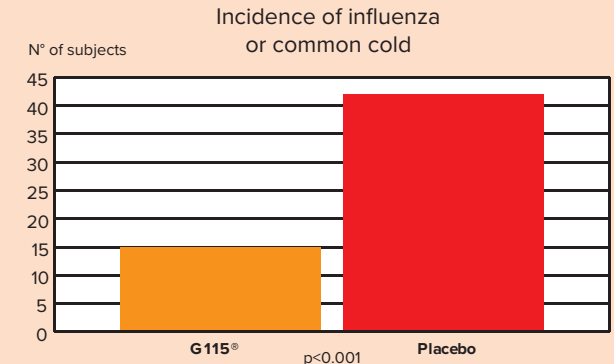
#### The activity of Natural Killer Cells is enhanced during the G115



#### The activity is higher in the treated G115® group compared to placebo



#### The numerical frequency of influenza or common cold proved to be significantly less in the G115® group



Endpoint: Ginsana is able to improve the immune response in vivo humans and can offer additional protection against influenza and common cold.

# Ginsana increases VO<sub>2</sub> max by up to 42% in COPD patients



## Respiratory:

Ginsana supports and strengthens respiratory system functioning, and is beneficial in individuals with respiratory diseases who may fall ill frequently, and experience respiratory difficulty that may impact their quality of life.<sup>2</sup>

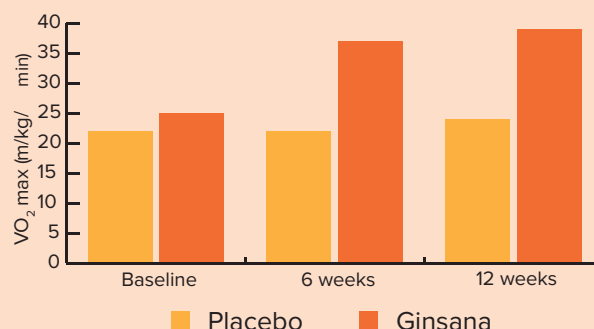
## STUDY:

### Ginsana improves pulmonary functions and exercise capacity in patients with COPD

Double-blind placebo controlled study; 92 participants with COPD (G115 treatment, n = 49; placebo, n = 43)

The results are shown in the table below. The peak increases (percent of baseline value, mean  $\pm$  SD):

Evaluated parameters	Results at 12 weeks treatment
FVC (Forced vital capacity)	32.5 $\pm$ 8.4% p < 0.002
FEV 1.0 (Forced expiratory volume)	27.0 $\pm$ 12.0% p < 0.04
PEF (Peak expiratory flow)	27.5 $\pm$ 5.9 % p < 0.0002
FEF 50 (Forced expiratory flow 50%)	45.4 $\pm$ 11.5 % p < 0.0001
FEF 75 (Forced expiratory flow 75%)	56.9 $\pm$ 11.7 % p < 0.0004
MVV (Maximum Voluntary Ventilation)	40.4 $\pm$ 6.6% p < 0.0001
MIP (Maximum Inspiratory Pressure)	47.0 $\pm$ 18.4% p < 0.04
VO <sub>2</sub> max (Maximal Oxygen Consumption)	37.5 $\pm$ 3.2% p < 0.002



VO<sub>2max</sub> increased  
from 26.6  $\pm$  3.9 to 35.4  $\pm$  2.1 (p < 0.005)  
and to 37.5  $\pm$  3.2 (p < 0.002) ml/kg/min  
after six and twelve weeks, respectively

## Ginsana (G115):

- Reduces bacterial counts in the bronchial system of patients with acute attacks of chronic bronchitis
- Improves pulmonary function, and oxygenation and exercise capacity (VO<sub>2</sub> max) in patients with severe chronic pulmonary disease
- Increases respiratory endurance and muscle strength and maximal oxygen consumption in patients with moderately severe COPD

## Outcome measures:

Pulmonary function tests (PFT's), Maximum Voluntary Ventilation (MVV) and Maximum Inspiratory Pressure (MIP), Maximal Oxygen Consumption (VO<sub>2</sub> max) studied at baseline, and every two weeks during treatment. 2 capsules of Ginsana or matching placebo daily, 12 weeks.

## Results:

Baseline demographics and pulmonary parameters were similar between the groups. In the treatment group (but not the control group) all parameters significantly increased above the baseline and compared with the placebo group. No side effects were observed. Patients suffering from COPD have a beneficial effect on respiratory function after Ginsana.<sup>2</sup>

Ginsana, G115, improves respiratory muscle strength as shown by an increase in FVC, PEF and MIP, and respiratory muscle endurance as reflected by an increase in MVV.

Ginsana, G115, treatment (for at least 3 months) induces an increase and improvement in pulmonary function in patients with moderate severe chronic obstructive pulmonary disease.



# The gold standard of Panax Ginseng



## Unique benefits of Ginsana

- Extensively studied Ginseng extract, G115, > 35 years of research
- In the preparation of Ginsana, only selected white ginseng roots are used; these are harvested after 5 to 7 years growth ensuring optimal concentration of the active therapeutic components, namely ginsenosides
- Excellent safety and tolerability profile
- Negligible drug interaction profile
- No effect on blood pressure
- Safe for use by diabetics
- IOC, WADA and MIMS OTC approval for use in sportspeople and athletes
- Safe from 12 years of age
- Ginsana is suitable for long-term use

## Who can benefit from Ginsana?

- Students (12 YOA and older)
- Sportspeople
- Seniors
- Diabetics
- People with high demanding careers
- Asthmatics/Smokers

## Dosage:

### Adults: (12 YOA and older) :

2 capsules at breakfast, or 1 capsule at breakfast and 1 capsule at lunch (not to be taken after 16H00).

The benefits of Ginsana may be experienced quickly, however optimal results are achieved between 2 and 4 weeks (acute use) and between 4 and 12 weeks (chronic use).

