



Ginger Root

Nature's Harmony® Ginger Root is an exceptional herbal remedy to help prevent the nausea and vomiting of motion sickness, digestive upsets and relieve menstrual pain.

PRODUCT CODE: 400815

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps prevent nausea and vomiting associated with motion sickness and/or seasickness. Traditionally used in Herbal Medicine to help relieve digestive upsets/disturbances including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia, flatulent colic, and as an expectorant to help relieve bronchitis, coughs and colds.	Capsules	For Adults, adolescents, children 6 years and older: For anti-nausea use, take 1 to 4 capsules per day. Take a single dose thirty minutes before travel and every four hours as necessary. For other uses, take 1 to 6 capsules per day.

DESCRIPTION:

Each capsule of Nature's Harmony® Ginger Root contains 500 mg of ginger (*Zingiber officinale*) root. This product is free of dairy, egg, gluten, shellfish, soy, sulfites, and artificial colours, flavours, and preservatives.

Recommended Daily Allowance: N/A

Food Sources: N/A

Causes of Deficiency: Motion sickness, nausea following surgery, seasickness, hormonal imbalance.

Symptoms of Deficiency: Nausea, vomiting, indigestion, gas, constipation, menstrual pain.

Complementary Nutrients: Healthful diet and lifestyle.

HOW IT WORKS:

Ginger root stimulates digestion and keeps the intestinal muscles toned to ease the digestive process. This herb is helpful in combating nausea and vomiting because it promotes the secretion of saliva and gastric juices, stimulates bile flow, and neutralizes acids. The characteristic odour and flavour of ginger root is caused by a mixture of volatile oils, of which the gingerols have analgesic, sedative, antipyretic (reduce fever), antibacterial, and GI tract motility (ability to cause spontaneous motion) effects. As an anti-inflammatory, pain reliever, and antispasmodic, ginger root is effective in easing menstrual cramps and pain. Commonly used as a spice throughout the world, ginger root has a long history of use as a remedy for travel sickness, nausea, indigestion, and menstrual cramps.



DID YOU KNOW...

Ginger beer and ginger ale sprang from the common folkloric usage of the ginger root herb and have been recommended as "stomach settlers" for generations.

Ginger Root

RESEARCH:

The efficacy of ginger root is borne out by extensive modern research that confirms its traditional use for many ailments, especially for combating all kinds of nausea. Results of laboratory studies, as well as from small studies conducted among seasick sailors or ship passengers, found that ginger root is more effective for relieving motion sickness than placebo.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner if symptoms persist or worsen.

LABEL:

Natures Harmony®

Racine de gingembre

Aide à soulager les malaises digestifs

60 capsules

Usage recommandé : Aide à prévenir la nausée et les vomissements associés au mal des transports et/ou au mal de mer. Utilisé traditionnellement en phytothérapie pour aider à soulager les malaises/troubles digestifs dont le manque d'appétit, la nausée, les spasmes digestifs, l'indigestion, la dyspepsie, les coliques ventreuses et, comme expectorant, pour aider à soulager la bronchite, la toux et le rhume.

Dose recommandée (adultes, adolescents, enfants de 6 ans et plus) : Pour un usage antinauséux, prendre 1 à 4 capsules par jour. Prendre une seule dose trente minutes avant le début du voyage, puis à toutes les quatre heures au besoin. Pour les autres usages, prendre 1 à 6 capsules par jour.

Ingédients médicinaux :
Chaque capsule contient :
Extrait de rhizome de gingembre (Zingiber officinale) à 5:1 (500 mg en équivalent séché)100 mg

Ingédients non médicinaux : microcristalline cellulosique, dioxyde de silicium, stéarate de magnésium, gélatine.

Information sur les risques : Consulter un praticien de soins de santé si les symptômes persistent ou s'aggravent. Ce produit ne contient aucun ingrédient laitier, œuf, gluten, crustacés, soya, sulfites, blé, ni colorants, arômes ou agents de conservation artificiels.

RANGER DANS UN ENDROIT FRAIS ET SEC, TENIR HORS DE LA PORTEE DES ENFANTS.

Natures Harmony®

Ginger Root

Helps Relieve Digestive Upset

60 Capsules

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Medicinal Ingredients:
Each capsule contains:
Ginger (Zingiber officinale) rhizome 5:1 extract (500 mg dried equivalent)100 mg

Non-medicinal Ingredients: Microcrystalline cellulose, silicon dioxide, magnesium stearate, gelatin.

Risk Information: Consult a health care practitioner if symptoms persist or worsen. This product does not contain dairy, egg, gluten, shellfish, soy, sulfites, wheat, or artificial colours, flavours or preservatives.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

**Actual Size
Grandeur réelle**

DO NOT USE IF SEAL UNDER CAP IS BROKEN.
NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.

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