

RESEARCH ROUNDUP



It's our goal here at *Good Health Lifestyles* to bring you the latest in cutting-edge research for a variety of common health issues. Because we believe that knowledge is power—especially when it comes to health—we are digging deeper into the exciting new research from leading medical journals and breaking it down to help you get the most from today's science.

Red Ginseng Recharges After Post-Viral Fatigue

THE STUDY ABSTRACT:

Teitelbaum J, Goudie S. An Open-Label, Pilot Trial of HRG80 Red Ginseng in Chronic Fatigue Syndrome, Fibromyalgia, and Post-Viral Fatigue. *Pharmaceuticals*. 2022; 15(1):43.

Chronic fatigue syndrome and fibromyalgia (CFS/FMS) affect 2.1% of the world's population and ~10–25% of people who have had COVID-19. Previous clinical data suggested that a unique *Panax ginseng* (C.A. Meyer, family Araliaceae) root extract (HRG80 Red Ginseng) often resulted in marked improvement. We aimed to study this hydroponic form of red ginseng root, containing high levels of rare ginsenosides, for improving energy, cognition, and stamina. This open-label prospective study included participants with severe CFS/FMS who took a daily supplement of HRG80 capsules (200–400 mg) or tablets (100–200 mg) for one month. A total of 188 subject patients completed the one-month treatment trial. Of these, 60.1% rated themselves as improved, with 13.3% rating themselves as being much better. In this group, the mean composite score improved from 11.9 to 18.8 ($p < 0.001$), with a 67% average increase in energy, 44% average increase in overall well-being, 48% average improvement in mental



clarity, 58% average composite improvement in the previous three measurements (primary outcome measure), 46% average improvement in sleep, 33% average decrease in pain, and 72% average increase in stamina. Our study showed that HRG80 red ginseng root powder resulted in a marked improvement in people with CFS and fibromyalgia. This included the subgroup with post-viral CFS/FMS.

WHAT THIS MEANS TO YOU:

Fatigue can affect anyone. But, whether it's due to a continually overwhelming schedule, a major life event, chronic fatigue syndrome (CFS), fibromyalgia, or even the aftermath of a viral infection, this study shows that a specific formulation of red ginseng (HRG80) can help. The study, which involved 188 people with CFS and fibromyalgia, found that the herb addressed the many-sided aspects of CFS, fibromyalgia, post-viral fatigue, and the common feelings of cognitive and physical lethargy we all experience from time to time. Specifically, supplementing with red ginseng for just four weeks helped restore energy, stamina, restful sleep, and mental clarity—overcoming a

broad spectrum of major challenges for the study participants.

The type of red ginseng used in this study is hydroponically cultivated to concentrate its most valuable compounds, called noble ginsenosides. In fact, it contains *seven times* more of these compounds than conventional ginseng. What's more, noble ginsenosides are absorbed 17 times more effectively than the classic ginsenosides found in most conventionally cultivated supplements. That advantage may account for the dramatic effects seen in this study.

Of the 60 percent of study participants who saw improvements, the results were impressive, especially in four major categories:

- 67 percent average boost in energy
- 48 percent average increase in mental clarity
- 46 percent average improvement in restful sleep
- 72 percent increase in stamina

These findings show that even those with the most severe symptoms can experience a turnaround in their health, and that post-viral fatigue can be overcome. ■