



Gin-Sex

High potency Ginseng Complex with Vitamin E, Zinc, B-12, Niacin and PABA.

CONTENTS	% DAILY VALUE
Niacin (niacinamide) - 100 mg	500
Vitamin E (d-Alpha Tocopheryl) - 100 IU	333
Vitamin B-12 (Cyanocobalamin) - 250 mcg	4167
Zinc (Amino Acid Chelate) - 15 mg	100
Korean Ginseng Root - 250 mg	*
Para-Aminobenzoic Acid (PABA) - 50 mg	*

Serving Size - 1 Coated Tablet

WARNING

- Caution should be taken in patients with **cardiovascular disease or diabetes**.
- Hypertension resulting from Ginseng Abuse Syndrome is associated with prolonged high dose Ginseng with concomitant use of **caffeine**.
- General adverse effects include insomnia, epistaxis, headache, nervousness and vomiting.
- **Mastalgia** (breast pain) has been reported.
- Not recommended for pregnant or nursing mothers.
- Caution should be taken when taking an **antidiabetic agent or insulin** to lower blood glucose because Ginseng has been shown to have hypoglycemic effects.
- See your physician before using Ginseng with the following: **Warfarin/NSAIDS/Antiplatelet Agents**
- Headache, tremors and mania have been reported with concomitant use of **phenelzine** and Ginseng.
- Germanium, present in most Ginseng products, has been reported to possibly cause **loop diuretic resistance**.
- Consult your doctor if you have any of the following conditions: diabetes, low blood pressure, bleeding problems, glaucoma, gout, liver disease or ulcers. All can be aggravated by Niacin.
- Not recommended for **pregnant or nursing mothers or children**.
- Should not be taken by those taking **sulfonamides** because of the Para-aminobenzoic Acid (PABA)
- PABA should be avoided by those with **renal disease**.
- Possible adverse reactions (to PABA) include anorexia, nausea, vomiting, fever and rash.