

# GINGER

Clinically shown to help prevent nausea and vomiting associated with motion sickness and/or seasickness.

**90 capsules 500 mg**

VEGETARIAN

PESTICIDE FREE

GMO FREE

NPN 80004253

## Ginger

Ginger, or *Zingiber officinale*, is a species of plant indigenous to Asia. Its rhizome is used in cooking and traditional medicine. Indian texts dating back 1000 years before the common era recommend ginger for various ailments such as asthma and hemorrhoids. Today ginger, and particularly its root, is commonly known to have anti-vomiting properties. Chinese women have traditionally consumed ginger root during pregnancy to combat morning sickness.

## Motion sickness

Also known as kinetosis, motion sickness manifests in a variety of symptoms, the most frequent being dizziness, fatigue, and nausea. Kinetosis develops in situations where there is a discrepancy between a visual perception of movement or motion and its perception by the vestibular system. For example, some people are unable to read in a moving car because this inhibits their visual perception of the car's movement (by not looking outside), whereas the inner ear feels the movement, resulting in a perception discordance.

## Seasickness

Seasickness, also known as naupathy, is a form of kinetosis characterized by nausea, and in the most extreme cases, vertigo. This can develop after spending time on a craft or boat on water. Similar to motion sickness, seasickness is caused by discord between felt and perceived information due to the rocking of the boat. The person feels the sway and roll of the boat through the vestibular system, but they do not perceive the movement visually in the absence of a fixed point on the sea.



### MEDICINAL INGREDIENT

Ginger rhizome (*Zingiber officinale*).....500mg

### NON-MEDICINAL INGREDIENTS

Magnesium stearate and hypromellose.

### RECOMMENDED DOSE

Adult, adolescent and children of 6 years old and more: take 1 capsule 30 minutes before the trip and 1 capsule every 4 hours, as needed. Take with a glass of water.

### WARNINGS

Consult a health care provider if symptoms persist or worsen.

### ZINGIBER OFFICINALE

*USDA Classification<sup>1</sup>*

*Kingdom : Plantae*

*Division : Magnoliophyta*

*Class : Magnoliopsida*

*Order : Zingiberales*

*Family : Zingiberaceae*

*Genus : Zingiber*

*Species : Zingiber officinale*

## Professionals

In 1982, one study concluded that ginger was more effective than dimenhydrinate (an over-the-counter antihistamine used for treating motion sickness) in reducing symptoms of motion sickness.

In 1988, a treatment with ginger root was shown to significantly reduce common symptoms of seasickness, particularly vomiting and cold sweats, among subjects navigating on the high seas.

Finally, in 2003, researchers hypothesized that ginger's effectiveness in treating nausea associated with motion sickness was due to its capacity to prevent gastric dysrhythmias from developing and by elevating plasma concentrations of vasopressin. The results showed that a preventative treatment with ginger (1000 and 2000 mg) reduced nausea, tachygastric, and plasma vasopressin. Moreover, it was shown to prolong the length of time between occurrences of nausea while shortening the recovery time of subjects. In conclusion, the study showed that ginger is effective in the prevention and treatment of motion sickness.



LEO DESILETS

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### RÉFÉRENCES

- <sup>1</sup> **Mowrey DB, Clayson DE.** *Motion Sickness, Ginger, and Psychophysics.* The Lancet. 319(8273):655-657. 1982
- <sup>2</sup> **Fischer-Rasmussen W, et al.** *Ginger Treatment of Hyperemesis gravidarum.* Eur J Obstet Gynecol Reprod Biol. 38(4):19-24. 1991
- <sup>3</sup> **Grøntved A, Brask T, Kambskard J, Hentzer E.** *Ginger Roots Against Seasickness. A Controlled Trial on the Open Sea.* Acta Otolaryngol. 105(1-2):45-49. 1988
- <sup>4</sup> **Lien HC, et al.** *Effects of Ginger on Motion Sickness and Gastric Slow-Wave Dysrhythmias Induced by Circular Vection.* Am Jour Physiol, Gastrointest Liver Physiol. 284(3):G481-G489. 2003

