

1. How long has ginseng been used by humans?

Thousands of years! The root of *Panax ginseng* has been used as a tonic, energizer, to help aid concentration, and as a restorative to promote health and longevity.*

2. What are the benefits of GinMAX tablets?

- Supports healthy brain and cognitive functions.*
- Promotes mental alertness and focus.*
- Supports all-natural physical and mental energy.*
- Supports healthy memory function.*
- Supports healthy aging.*
- May support healthy immune system function.*

3. What's an adaptogenic?

It's the property of some plants that help them adapt to their harsh surroundings. When taken orally, this property is thought to be enjoyed by humans as well.

4. What's a nootropic?

A nootropic is something that helps support mental performance and overall cognitive functions like memory, alertness, and focus.*

5. Why do you ferment the ginseng?

The key components of *Panax ginseng*, the ginsenosides, are typically poorly absorbed by humans. Scientists have learned that these ginsenosides and their metabolites are better absorbed if the ginseng is fermented.

6. What's the difference between white and red ginseng?

To make red ginseng, the root is steamed and then dried. White ginseng is not steamed, but just dried. Both of our ginsengs are then fermented. GinMAX tablets are the first dietary supplement to contain fermented white ginseng, which is considered to be superior in many respects.* You won't find this specific fermented white ginseng anywhere in the world!

Our red ginseng contains a standardized amount of ginsenosides/ginsenoside metabolites. It can help the body restore vitality, help increase energy levels, can help improve concentration and support brain function.* Its properties suggest it will be more slowly metabolized by the body, leading to increased efficiency. Essentially, it can last longer.*

7. Why did you decide to create a dual-layer tablet?

We wanted to create the best ginseng supplement in the world. Something that could have the quick effects and properties of a white ginseng, but have the potential to last all day like the red. That's why we created a dual-layer tablet—to get the best of both ginsengs.

8. I've read that ginseng will elevate my blood pressure, is this true?

Extensive research suggests that *Panax ginseng* is safe for adults. Individuals with health conditions should always discuss their dietary changes, including use of supplements, with their healthcare provider. Consult with a physician before taking GinMAX tablets.

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

9. How will GinMAX tablets affect me, energy-wise?

GinMAX tablets support an all-natural feeling of energy and vitality.*

10. Can I take all four tablets at the same time?

You can take them at the same time, or spread out over the course of your day. If you have questions for use beyond the directions indicated on the label, you should speak to a qualified healthcare professional.

11. Are GinMAX tablets suitable for my child?

GinMAX tablets are recommended for ages 18+.

12. Are there different types of ginseng? What makes Mannatech's different?

Yes! A number of plants are called ginsengs. While American ginseng (*Panax quinquefolius*) is closely related to *Panax ginseng*, the others are from completely different plants. Siberian ginseng (*Eleutherococcus senticosus*) has similar adaptogenic effects, but Indian (*Ashwagandha*) and Brazilian (*Hebanthe eriantha*) ginsengs are actually not ginsengs at all. Each one provides different benefits, but it's the red and white *Panax ginseng* that Mannatech uses for its potent benefits. Ours is fermented to deliver maximum absorption and efficacy, which means it can act faster and last longer!*

13. My energy drink says it has ginseng in it. Is this the same thing?

While it may be the same type (several leading energy drinks use *Panax ginseng*), it most certainly isn't of the same quality. Not only could there be a ton of sugar in an energy drink, you may also be ingesting other undesirable ingredients that your body will not thank you for.

14. Can I still drink coffee if I take ginseng?

You can. Just be prepared for the possible increases in focus, concentration and even energy.*

15. Can I take GinMAX tablets with other Mannatech products?

Absolutely! Maximize your brain power by combining GinMAX tablets with Ambrotose® powder, or help fight that mid-day slump when you're losing fat by adding it to your TruHealth™ routine. Long story short, GinMAX tablets work well with all of our products!*

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