

<b>Korean</b>	<i>Commonalities</i>	<b>American</b>
Panax ginseng		Panax quinquefolius
	Helps the body to better deal with stress	
	Both contain active ingredients known as ginsenosides	
	Is associated with lowering blood sugar levels in people with type-2 diabetes	
Panax ginseng is traditionally known as the true ginseng because it typically has a higher percentage of overall ginsenosides.		Sometimes discussed as weaker ginseng due to the lesser ginsenoside content
Enhances physical and mental performance under stressful circumstances		Primarily for improving immune function.
Promotes healthy blood sugar regulation – has also been noted for improving sexual health		Used for relieving nervousness and aiding digestion in cases of stress or anxiety
Research supports uses for improving cognitive function and reducing mental fatigue		
In TCM (Traditional Chinese Medicine) Korean ginseng is warming, promoting heat and the production of Yang energy		TCM for Yin and Qi deficiency
Asian ginseng is more effective medicinally, according to the British Columbia Ministry of Agriculture and Food		American ginseng contains more of the ginsenosides better suited to adapt to – and cope with – stress
Korean ginseng has a stronger physiological function than American ginseng because it contains major non-saponin compounds, phenolic and polyacetylene compounds – more than American ginseng.		

*This information is designed for educational purposes only. It is not intended to be a substitute for informed medical advice or care. You should not use this information to diagnose or treat any health problems or illnesses without consulting your pediatrician or family doctor. Please consult a doctor with any question or concerns you might have regarding you or your child's condition.*