

# Cretan thyme honey Minoan Bee™ with red ginseng

Discover the new Minoan Bee™ dietary supplement, which combines pure Cretan thyme honey with the Korean herb red ginseng, offering a range of unique health benefits and beneficial properties for the body.



Choose it for a natural and effective health boost.

## What is red ginseng?

Red ginseng is one of the most popular and globally recognized herbs in the world. It comes from a deciduous plant, which contains more than 40 bioactive substances, called ginsenosides, with multiple benefits for the body.

In Chinese medicine it is predominant and has been used for hundreds of years in traditional medicinal preparations. It is no coincidence that it is referred to as "the root of life" by Chinese culture. Traditionally, the root of the plant is used, which can be consumed in many ways. Commercially it can be found in capsules, powdered tablets or in a tea drink. Nowadays, it can also be found in 150g packs mixed with pure thyme honey from Crete, exclusively from Minoan Bee™.

There are more than ten types of the herb, but the most common are the Asian panax ginseng, the Siberian (free-living) and the American *panax quinquefolius*. The term panax is derived from the Latin word panacea, indicating its healing properties. The word panacea, in Greek, means "cure for everything".

Red and white ginseng come from the same plant, panax ginseng, but their roots have been preserved in different ways. Only ginseng roots that have matured for at least six years can be converted into red ginseng. In Chinese medicine, it is believed that red ginseng enhances "yang"

(stimulating and heating) energy to a greater degree than white ginseng. Asian red ginseng has been used in traditional Chinese medicine as a wellness supplement for centuries.

The root is said to resemble the human body. Instead of arms and legs, it has shoots. This similarity is believed to be why traditional herbalists considered ginseng as a full-body remedy. Today, research shows how effective ginseng is as a natural remedy.

## What are its properties?

Red ginseng has a sweet, aromatic taste. Its root is a panacea in China for diseases. It contributes to better mental performance, learning and improved memory. The benefits of red ginseng are due to the presence of compounds such as ginsenosides, polypeptides, alkaloids and polysaccharides.

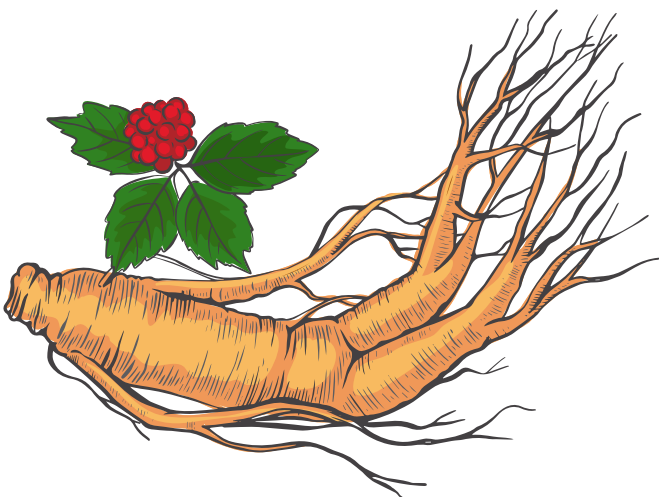
In addition, red ginseng is a good source of minerals such as calcium, potassium, thallium, iron, manganese, copper and zinc. All these nutrients and minerals have many benefits for human health which are discussed below:

- **Beneficial to brain function:** Enhances cognitive function and memory, helping you stay clear and focused. It is beneficial for brain function and has antidepressant properties, including improving mood.

More specifically, research has shown that it can contribute to better cognitive function, mental performance, memory function, stress management, concentration, mental health, mood and well-being. It helps the body to adapt to conditions of intense stress and physical fatigue by strengthening the mechanisms responsible for coping with stress.

In addition, it can help to increase alertness and focus. A study involving people taking doses of Korean red ginseng noted a possible increase in cognitive function.

- **Strengthening the circulatory system:** Evidence shows that red ginseng protects the tissues of the heart from disease and prevents heart attack. It helps manage diabetes, high cholesterol and high blood pressure, which are risk factors for cardiovascular disease.





It also protects the heart from free radicals and reduces oxidative stress. Ginsenosides stimulate the release of nitric oxide, which then causes arteries to relax and blood vessels to widen. This action facilitates blood flow in the body without straining the heart.

It can increase blood circulation and improve heart health. Research has shown the potential value of red ginseng in managing health problems such as hypertension and cardiovascular dysfunction. Red ginseng may also be beneficial as a complementary therapy for people with anemia.

● **Strengthening the immune system:** Strengthens the immune system, protecting against disease and infection due to its vitamin and nutrient content. It is particularly characteristic for its 'adaptogenic' action. This means that it enhances the body's ability to maintain a stable internal environment regardless of the effects of the external environment. Many findings indicate its synergistic action in the treatment of influenza.

● **Strengthening the respiratory system:** It appears to have beneficial properties on lung function as well. In fact, it may even synergistically improve chronic conditions, such as chronic obstructive pulmonary disease, thanks to its antioxidant properties.

● **Reduction of inflammation:** Its natural ingredients help reduce inflammation, providing pain relief and improving the overall health of the body. It is also considered ideal to be taken after a workout for muscle recovery.

● **Reducing blood sugar and aiding digestion:** Contributes to efficient blood glucose metabolism and stimulates the cells of the pancreas, which is involved in insulin production.

Clinical studies have shown that red ginseng prevents the onset of diabetes complications. High levels of oxidative stress, lead to an increase in blood glucose levels. Red ginseng reduces oxidative stress in patients with diabetes. Ginsenosides improve the uptake of glucose by the muscles and is used as a source of energy for the body.

Thus, less glucose remains in the blood. It also increases insulin secretion and thus helps in maintaining normal blood glucose levels.

Traditional Chinese medicine associates red ginseng with improving spleen and stomach function and improving digestion.

● **Anti-aging and antioxidant action:** red ginseng is a powerful anti-aging agent and can help maintain youthfulness. Red ginseng is a powerful antioxidant and can help to promote skin rejuvenation. It supports skin rejuvenation by reducing oxidative stress. It also reduces the action of free radicals and thus protects collagen. In addition, it inhibits the formation of wrinkles and hydrates the skin.

● **Fighting fatigue:** Red ginseng helps reduce feelings of fatigue. It is a natural tonic, both physically and mentally. In fact, it has been described as a natural elixir with a strong "adaptogenic" effect, providing vitality and energy.

Many studies have shown that oxidative stress is a major contributor to chronic fatigue. Red ginseng reduces free radicals and helps reduce oxidative stress.

● **Improving erotic activity:** Red ginseng improves blood circulation and helps with erection. It also increases testosterone release.

● **Improve mental health:** Red ginseng improves concentration levels, as well as enhances thinking, resulting in feeling mentally and spiritually alert. Thus, it helps to reduce mental fatigue.

Korean red ginseng improves cognitive functions in people with dementia. Ginsenosides enhance memory and learning. They also protect brain cells from free radical attack.

It also helps in the transfer of messages from the brain to other parts of the body and in cases of dementia this transfer is affected by the destruction of brain cells. Red ginseng reduces inflammation in brain cells and prevents memory impairment.

● **Improve fertility in women and treat erectile dysfunction in men:** Supports reproductive health and improves sexual function. It supports reproductive function and supports reproductive health. It can improve sexual health (arousal and performance) by stimulating erectile function in men and reducing vaginal dryness in women. There is evidence that it can treat erectile dysfunction, precisely because it improves blood circulation and therefore enhances penile erection. Research has shown that it can also enhance fertility.

In traditional Chinese medicine, red ginseng is an aphrodisiac, which is why it is a treatment for sexual dysfunction. In men, it improves sperm quality as well as quantity. Taking it daily helps in the treatment of erectile dysfunction.

Red ginseng promotes the production and release of nitric oxide which helps to relax muscles.

● **Cancer prevention:** Studies have shown that red ginseng is effective in the management of colon, liver and prostate cancer. Studies have shown that red ginseng is used to treat tumors in the body. It helps to reduce the size

of the tumor and prevents it from spreading to other parts of the body. The compounds present in red ginseng reduce the levels of oxidative stress and inflammation, which play an important role in cancer. In addition, they help in removing toxins from the body and lead to the destruction of cancer cells.

## Safety and possible side effects

According to research, red ginseng is safe and does not cause serious side effects. However, people taking diabetes medication should closely monitor their blood sugar levels when using red ginseng to ensure that these levels do not go too low. In addition, red ginseng can reduce the effectiveness of anticoagulant medications. For these reasons, talk to your doctor before using it.

Red ginseng is not recommended for young children or women who are pregnant or breastfeeding.

### Finally, are there any side effects from consuming ginseng?

In general and according to existing findings, ginseng is considered a safe substance. However, each body may react differently to its intake.

Some of the side effects most commonly noted from taking it are, difficulty sleeping, which is accompanied by hyperstimulation, changes in menstruation and palpitations. In general, it is recommended to start taking the herb from very low doses and gradually increase to the recommended dosage (15g of red ginseng honey per day). It is important to always take it with the agreement of your doctor or pharmacist.

### Interactions:

Panax ginseng may interact with anticoagulant drugs, increasing their action and thus increasing the risk of bleeding. If your medication includes warfarin, clopidogrel, heparin, aspirin and ticlopidine, it is advisable to consult your doctor.

### You should be careful if:

- **You have high blood pressure:** It can increase blood pressure.
- **You may have high blood pressure:** It has been reported to have antiplatelet and anticoagulant properties.
- **You have diabetes:** it can lower blood sugar too much if you are taking diabetes medications.
- **It may cause diabetes if you have diabetes;** it may cause your blood sugar to increase if you take diabetes; you may have a high blood sugar level; you use any stimulant drugs, supplements or other substances: Combining red ginseng with caffeine or any other stimulant substance can cause you to become very nervous, insomnia and palpitations.

Regardless of your health condition, it is recommended that you do not take any form of red ginseng long-term. It is best to give your body breaks given the strength of the herb and its potential for powerful effects.

**Minoan Bee™ pure thyme honey from Crete contains a small amount of the herb red ginseng. This makes it completely harmless to the body.**



## Dosage

The indicated amount depends on many factors (age, weight and the condition you want to improve). Overall, daily doses of 15g of the product per day are recommended (for red ginseng mixed with honey). To maximize its benefits, you should consume honey mixed with red ginseng in 2-3 week cycles with a 1-2 week break in between.

**Recommended intake:** 1 teaspoon morning and noon on an empty stomach. Consume before meals to increase the absorption of nutrients from the foods you consume.

**Method of consumption:** First drink some water to activate the salivary glands. Then place a teaspoon of the product under the tongue until it is absorbed by the salivary glands. In this way, the beneficial substances of the product will be transferred directly into our circulatory system without being destroyed by the gastric juices (in case we swallowed it as a simple food).

For the use of herbs, the quantity and duration of their intake, **consult your doctor, pharmacist or dietician.**

**Conclusion:** red ginseng is a plant with little to no side effects, and you can easily incorporate it into your daily routine and take advantage of its unique benefits.

*If there is magic on Earth  
it is found in the perfection of nature*

## Our products

At Minoan Bee™, our involvement in honey production was born out of our desire to make this nutritional miracle, generously offered by nature, known and easily accessible to everyone. The combination of Cretan thyme honey and Korean red ginseng, make our product unique in both quality and taste.



### Cretan thyme honey with red ginseng

It offers rejuvenation to the body and spirit and enhances strength and vigor. It contributes significantly to improving mood and combating stress.



### Cretan thyme honey with red ginseng and propolis

Recommended for natural well-being, increasing energy and combating fatigue. The antimicrobial action of propolis strengthens the immune system and fights viruses and bacteria in the body.



### Cretan thyme honey with red ginseng, propolis and royal jelly

It is ideal for athletes or people who exercise regularly and for students who are in intense mental activity. It enhances physical and mental stamina, energy metabolism, and oxygen utilization. Studies show that it contributes to the body's recovery after intense exercise. That is why it is considered ideal to be taken after training to revitalize the muscles.

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**Aging and Disease:** Ginseng: an nonnegligible natural remedy for healthy aging.

**Journal of Cosmetic Dermatology:** Bibliometric analysis of the effects of ginseng on skin.

**Journal of Ginseng Research:** Characterization of Korean red ginseng (*panax ginseng meyer*): history, preparation method, and chemical composition.

**Cleveland Clinic:** Ginseng capsules or tablets.



Minoan Bee™ honey mixed with red ginseng is a global patent of CHEON KWAN JANG™ and is available in Greece exclusively from Minoan Bee™.

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