

# FloraFarm Ginseng. And how are you?

Unique in Europe –  
genuine Korean Ginseng of  
German high-quality cultivation.



FloraFarm Ginseng

## Asian wisdom, German cultivation quality – the ideal combination!

For more than two thousand years only countries in the Far East were privileged to cultivate the genuine Korean ginseng (*Panax ginseng* C.A. Meyer). To their knowledge and experience we owe one of the greatest treasures of medicine.

With the beginning of the eighties the history of ginseng cultivation has to be rewritten. Until that time ginseng was considered not to be cultivable in Europe. However, the team from FloraFarm has proved that black is white – and since the beginning in 1982 we look back on more than 30 years of successful ginseng cultivation and marketing!

With plant medicine such as ginseng the methods of cultivation have a decisive influence on quality. FloraFarm works strictly according to the guidelines of Good Farming Practice (GFP) for herbal plants. Therefore, you won't find pesticides, heavy metals or other environmental pollutants in our ginseng roots. In addition, we base our approach on our special rule: „Sapientia lenta“ (SL) – knowledge about the slow and steady way. This means, with regard to cultivation, those who wish to harvest good ginseng need much patience.

Regarding this rule FloraFarm ginseng is allowed to grow for 6 years. In this way our ginseng achieves an optimal content of active agents – the ginsenosides – in the roots and so fulfils the quality criteria for a high grade medicine. Therefore, the abbreviation SL is a quality seal, which is reflected in the names of our ginseng products.

## Ginseng

- strengthens the immune system
- improves the energy balance leading to increased performance and endurance
- strengthens the cardiovascular system/heart performance
- regulates blood pressure
- counteracts those factors causing arteriosclerosis and thrombosis
- increases the ability to concentrate and improves memory
- affects disorders of metabolism in a positive way
- improves sexual and reproductive disorders
- has a restorative effect on the organism and provides strengthening and fortifying as an accompaniment to chemotherapy and following operations



## Ginseng is an „adaptogen“.

After taking ginseng, the body is better able to protect itself against disturbing and illness-inducing influences from outside, or is better able to adjust to the burdens placed on it; i.e. it can adapt to circumstances. The way in which ginseng works is not directed specially against specific illnesses but is, on the contrary, unspecific. So, a healthy body does not apparently react to ginseng. However, when it is subjected to stress or a burden, it can better cope with this than without ginseng.



## For whom and in which dose is ginseng to be recommended?

Ginseng can, in principle, be taken by anyone, irrespective of age. In addition it is recommended for preventing typical widespread diseases and as a defence against ageing. In general, we recommend a **cure for about 3 months** with a daily dosage of 1 to 2 grams of ginseng root with a minimum dosage content of 1.5 percent ginsenosides. If you use FloraFarm Ginseng SL, normally 1 gram of ginseng root (which corresponds to 2 capsules of Ginseng SL) per day is sufficient, as our ginseng demonstrably contains more than double the prescribed minimum content of ginsenosides.

**Taken as a capsule:** Take 2 capsules in the morning, then you will be fit for the rest of the day! **Taken as ginseng root:** If you prefer to take things in their original form and you like the bitter-sweet taste of the root, we recommend that you take 1 gram of the dried root in the first half of the day and let it meld in your mouth as long as possible before you swallow it. Regardless of whether you take root or capsule, the effect will be the same!

**Ginseng SL** is used as a tonic for strengthening and fortifying those suffering from tiredness, weakness, reduced efficiency and ability to concentrate.

**Active ingredient:** The pharmaceutical component is dry ginseng root extract.

Regarding risks and side-effects, please read the package insert and ask your doctor or pharmacist.



## Ginseng also gets under your skin!

### Cosmetic SPECIAL:

The high proportion of ginseng (30 %) substantially improves the perfusion of the skin. It shows very good tolerability, particularly in the case of problematic skin. Excellent effectiveness can be obtained in the case of psoriasis, neurodermitis or difficult to heal wounds. Supportive effect in the treatment of cellulitis. Tested by allergics.



- **Ginseng ointment:**  
For the treatment of locally appearing eczema or irritated skin.
- **Ginseng body lotion:**  
Due to the increased proportion of moisture, particularly recommended for large areas of problematic skin.
- **Ginseng shampoo:**  
Especially suitable for problematic skin on the head, psoriasis, skin eczema or increased scall production through improvement of the perfusion.

### Cosmetic BALANCE:

Our cosmetic series for daily care. The active ingredients of ginseng retard the ageing of the skin, sooth irritations and provide an agreeable and relaxed feeling in the skin. Ginseng improves the binding of the moisture in the skin and thereby ensures, through increased metabolism, better perfusion. No preservatives added.

- **Day and Night cream:**  
Rich, protective creams with vitamin E and aloe vera for sensitive, dry and demanding skin. No fragrances added.
- **Skin care oil:**  
It is quickly absorbed and balances the skin after shower, bath, sauna or swimming.  
Also ideal used as massage oil.



## Soothing refreshment – aloe gel

The legendary potency of the „Empress of medicinal plants“ has been known for thousands of years, thus the Egyptian queens Nefertiti and Cleopatra already used the Aloe vera for personal body-care, as shown on drawings in the tombs of the Pharaohs.

This plant originates from areas with extremely hot summers where it often does not rain for months at a time. In these regions, the „desert lily“ secures its survival with the help of numerous extraordinary substances which our health benefits from. Approximately 160 different ingredients make the aloe plant so valuable. Polysaccharides, vitamins, enzymes, minerals, trace elements as well as amino acids and phytonutrients provide a drug diversity that you will benefit from by using our aloe gel.

Christopher Columbus even described the plant, which impresses with its natural elegance and mysterious beauty, as a „doctor in the pot“. This skin-care product is characterized by a high and extremely pure content of Aloe vera gel. It is extracted from the water storage tissue of aloe plant leaves that are cultivated in the Canary Islands in organic farming and really are true survivors. The gel has a moisturizing, regenerating, soothing as well as antiseptic and astringent effect. Due to this, the aloe gel offers an extra portion of moisture for the daily care of every skin type.

It is also ideal for treating burns, aging spots, stretch marks, tired legs, acne, and suitable for skin cleansing as well as general facial and body-care.



Aloe vera gel protects and preserves the moisture balance of your skin.



### with ginseng for the skin from the mid-thirties

The latest recipe for young skin is at least partially pretty old – more than 2.000 years. In ancient China the soothing effect of ginseng already was used to obtain an even complexion.

The anti-aging cosmetic series GESINE W combines the traditional ginseng root mode of action with the latest scientific knowledge of dermatology. An extraordinary composition of valuable active ingredients such as hyaluronic acid, an exclusive vitamin complex, apricot kernel and almond oil and especially ginseng make this cosmetic a very special one. The combination of ginseng and other carefully selected ingredients lead to:

- delay in the aging process
- alleviation of skin irritation and
- improved moisture retention.

The results are a wrinkle reducing and evenlevelled complexion – no matter if *früh.* or *spät.* All products are dermatologically tested.

#### *früh.*

##### Care for the day

Revitalizing moisturizer with anti-aging power. By stimulation and increased moisture binding your skin's volume is filled and the aging process effectively counteracted. The pleasant creamy texture optimizes the natural protective function of your skin and make it look remarkably smoother.

*früh.* gives you a bright and well-groomed look – all day long.

#### *spät.*

##### Recovery during the night

Regenerating and nourishing cream that optimizes the functions of your skin overnight. It stimulates the collagen production, protects against free radicals and strengthens the regeneration of cells. This cream visibly reduces the signs of aging whilst leaving your skin velvety smooth.

*spät.* offers your skin an optimum regeneration phase at night. No matter how long it lasts.

Essential for an even complexion and a radiant appearance is the optimal cleaning of our skin.

Thus, subsequent care products can fully be effective – regardless the age!

Both products are suitable for all types of skin.

#### GESINE W cleansing milk

Gentle facial cleansing that removes dirt particles and make-up without alcohol, yet thoroughly. With effective ginseng as well as panthenol and citronella oil that have antibacterial, soothing and healing effects and leave your skin feeling relaxed.

#### GESINE W facial toner

High quality ginseng stimulates, refreshes and protects the acid mantle as well as the moisture balance of the skin. Agents from camphor, ginger, witch-hazel and bisabolol stimulate the skin functions, have anti-inflammatory properties and refine the pores.

The fresh and healthy appearance of our skin is not a question of age. It is a question of proper care!

All products are dermatologically tested and harmoniously composed.



### Animal feed additive with ginseng for dogs, cats and horses

Many studies on the effectiveness of ginseng have been conducted with animals. Yet, for a long time, no one came up with the idea to use ginseng as a healing and restorative remedy for animals themselves. Nowadays, with Ginsanimal and Cavallo there are especially processed ginseng products for dogs, cats and horses available.

The following effects have been observed at the application:

- improved general condition and increased vitality
- improved feed intake
- increased fertilization and foaling rate (horses)
- faster recovery of the pulmonary circulation (horses)
- lower susceptibility to stress, faster regeneration, shiny fur
- stimulation of the metabolism
- more zest for life and motivation
- increased mobility of older animals

This animal feed additive contains high quality ginseng extract – the best fitness program for your pet.

Help from nature – for a long and happy animal life!



### Ginseng soap

This shower soap is handmade at the factory Irenensee in Germany. It is produced eco-friendly and only in small quantities – so each is unique! Special formulations of valuable cosmetic soap oils and the use of plant extracts and essential oils from organic farming ensure the best quality. A gentle processing preserves the special features of high-quality ingredients such as olive oil, coconut oil, almond oil, castor oil and argan oil as well as ginseng and Rügen healing chalk in the care complex or vervain and rosewood oil in the flavor complex.



Due to the high (9-10%) over greasing with the exclusive argan oil the foam of this soap is particularly rich and gentle caring. No preservatives, artificial colorants or fragrances are added to this soap.

Enjoy the relaxation and special care while taking a shower – for body care is more than just cleaning! The special double-mesh bag provides the optimum effect of the soap as well as the best handling.

### Thinkers-Mix

This special fruit and nut mixture is made of cranberries, cashew nuts, blueberries, cherries, almonds, walnuts, hazelnuts and papaya. With the valuable vitamins, trace elements etc. it provides a short-term energy feed to the brain and thus increases its performance. Due to their high content of omega-3 fatty acids, many types of nuts have vascular protective effects which have been known for years.

The Thinkers-Mix tastes delicious and gives you – as supplement to ginseng – power for your brain.



An exceptionally good combination of taste and health-promoting components!

## Ordering and dispatch service

Mail or send us your order by fax or place your order directly in our online shop under [www.florafarm.de](http://www.florafarm.de). For orders with a value of 25 Euro or more, there are no dispatch costs within Germany. For goods ordered from other European countries to the value of less than 200 Euro we have to charge you an extra 10 Euro. We would be pleased to send you our detailed information material.

## The Ginseng Subscription

You will receive 700 capsules – your annual requirements – and an additional 50 bonus capsules. The ginseng subscription only costs 445 € (less a 5% discount) instead of 534 € if you purchase this amount individually. It is delivered in two shipments: 400 capsules immediately and the remaining 350 capsules four months later. Payable by debit with 12 monthly installments, each only 35,23 € (European countries) or the entire delivery in one amount (immediate purchase). The subscription is valid for one year and is not extended automatically.

## You can affect the price of your ginseng products!

In general, remembering bad quality lasts longer than the short pleasure about low prices! Therefore, many ginseng users become customers of FloraFarm. We offer you top quality for fair prices as well as different ways for you to affect the prices in your favour.

### • Take advantage of your personal tip account

For each new customer who, when placing a first order (with a value of at least 50 Euro), informs us that he or she got the tip from you, we will give you a credit to the value of 6 Euro. Information material and brochures will be sent to you on request.

### • Make use of our discounts

We reward large orders – if you make a purchase to keep our products in stock, or you order together with friends: for goods ordered to the value of 200 Euro or more, you will receive 5 %, from 500 Euro 7 % and from 1,000 Euro even 10 % discount!

## Product overview

From a minimum order of 200 € you will get 5 %, from 500 € 7% and from 1,000 € 10% discount.

### FloraFarm Ginseng

#### Ginseng SL

<b>Single cure packet</b> 200 capsules	144 €
<b>Double cure packet</b> 400 capsules	268 €
<b>Refresher</b> 100 capsules	78 €
<b>Tester</b> 50 capsules	44 €
<b>Ginseng subscription:</b> 700 capsules + 50 bonus capsules installment purchase (2 deliveries/year) or immediate purchase	445 €

#### Ginsengwurzeln SL

<b>Root cure</b> (100 g)	89 €
<b>Root double cure</b> (200 g)	158 €
<b>Roots</b> per gram	1 €

**Ginseng SL beginner's set:** 15 g ginseng roots + 50 capsules 52 €

### Ginseng Cosmetic SPECIAL

<b>Ginseng ointment</b> 15 ml	18 €
<b>Ginseng ointment</b> 50 ml	38 €
<b>Ginseng body lotion</b> 150 ml	33 €
<b>Ginseng shampoo</b> 100 ml	18 €
<b>Ginseng shampoo</b> 250 ml	36 €

### Ginseng Cosmetic BALANCE

<b>Skin care oil</b> 100 ml	9 €
<b>Skin care oil</b> 200 ml	16 €
<b>Day cream</b> 50 ml	15 €
<b>Night cream</b> 50 ml	15 €
<b>Cream Set:</b> day and night cream, 2 x 50 ml	26 €
<b>Combination Set:</b> day and night cream + 200 ml skin care oil	36 €

### Cosmetic by GESINE W

<b>Anti-aging-cosmetic for the day</b> <i>früh.</i> 50 ml	37 €
<b>Anti-aging-cosmetic for the night</b> <i>spät.</i> 50 ml	37 €
<b>Anti-aging-cosmetic Set</b> <i>früh. and spät.</i> 2 x 50 ml	65 €
<b>Anti-aging beauty Set</b> <i>früh. and spät.</i> + <b>Cleansing Set</b>	85 €
<b>Cleansing milk</b> 200 ml	16 €
<b>Facial toner</b> 200 ml	14 €
<b>Cleansing Set:</b> cleansing milk + facial toner, 2 x 200 ml	26 €
<b>Aloe vera gel</b> 250 ml	16 €

### Ginsanimal – Ginseng for animals

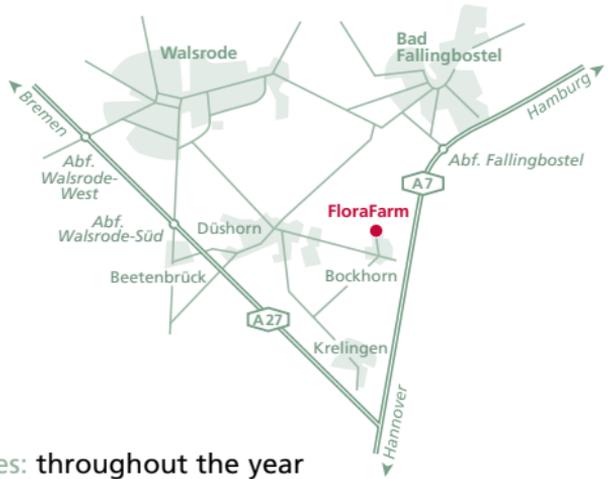
<b>Ginseng for your dog</b> 75 capsules	49 €
<b>Ginseng for your cat</b> 75 capsules	49 €
<b>Cavallo – ginseng for your horse</b> 75 capsules	49 €

### Miscellaneous

<b>Ginseng soap</b> (ca. 85 g) <b>with double-mesh bag</b>	7 €
<b>Thinkers-Mix</b> nut-fruit-mixture, 175g	2,90 €

# FloraFarm.

## This is how you can reach us.



### Opening times

Ginseng advice and sales: throughout the year

May to September: Mo-Sat from 8 a.m. to 6 p.m.,  
Sundays from 2 p.m. to 6 p.m.

October to April: Mo-Fri from 8 a.m. to 6 p.m.,  
Saturdays from 9 a.m. to 3 p.m.

### Ginseng Tea Time:

May to September daily at 4.30 p.m.: ginseng tea and a guided tour to the ginseng gardens – for free.



**FloraFarm Ginseng.**  
**And how are you?**

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