

5 -= H 5 = - Ginseng

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=>3>3>48H=> B @ 5 2 8 A B > @ 0 A B 5 = 8 5, 30 70 A < 2 8 A > : > ,
4 > A B 8 3 0 I > 4 > 50 - 3 > 48 H = 0 2 J 7 @ 0 A B. > @ 5 = J B 5 4 > 20 A < 4 J ; J 3 8
> : > ; > 2 A < 4 5 1 5 ; , A 2 6 5 4 @ 8 @ 0 7 : ; > = 5 = 8 O , ? > D > @ < 0
? > = O : > 30 = 0 ? > < = O G > 2 5 H : 0 D 8 3 C @ 0 . ! B J 1 ; > B > = 0 9 - G 5 A B > 5
5 4 8 = 8 G = > , A 2 @ J E = 0 @ > 7 5 B : 0 > B 2 5 ; 8 A B 0 . 8 A B 0 B 0 A 0 A
4 @ J 6 : 8 , A ; > 6 = > 4 ; 0 = > 2 8 4 = 8 , A J A B 0 2 5 = 8 > B 5 5 ; 8 ? A > 2 8 4 = 8
; 8 A B G 5 B 0 , = 0 2 J @ E 0 7 0 > A B @ 5 = 8 , ? > : @ 0 O = 0 ? 8 ; 5 = 8 , 2
> A = > 2 0 B 0 : ; 8 = > 2 8 4 = > A B 5 A = 5 = 8 . & 2 5 B > = > A = > A B J 1 ; > A 5
@ 0 7 2 8 2 0 5 4 2 0 = 0 B @ 5 B 0 B 0 3 > 4 8 = 0 . ! J F 2 5 B 8 5 B > 5 A 5 = = 8 ; ,
A J A B 0 2 5 = = 0 9 - G 5 A B > > B 5 20 4 @ 5 1 = 8 F 2 5 B G 5 B 0 . 5 = G 5 B > 5
1 O ; > 8 ; 8 7 5 ; 5 = 8 : 0 2 > . ; > 4 J B 5 A 1 J 1 @ 5 : > 2 8 4 = 0 D > @ < 0 ,
O @ : > G 5 @ 2 5 = , < 5 A 5 A B , A 2 3 : > A B 8 ; : 8 . & J D B 8 ? @ 5 7 N ; 8 .
! J A B 0 2 : 8 : ! J 4 J @ 6 0 B B @ 8 B 5 @ ? 5 = > 2 8 A 0 ? > = 8 = 8 , = 0 @ 5 G 5 = 8
? 0 = 0 : A > 7 8 4 8 ; 5 B 5 @ 8 G = > < 0 A ; > , 2 A J A B 0 2 0 = 0 : > 5 B > 2 ; 8 7 0 B
A 5 A : 2 8 B 5 @ ? 5 = 8 , B ; J A B > < 0 A ; > , 0 ; : 0 ; > 8 4 8 A = 5 8 7 C G 5 =
A J A B 0 2 , 2 8 B 0 < 8 = 1 8 2 , 0 A : > @ 1 8 = > 2 0 : 8 A 5 ; 8 = 0 , 7 0 E 0 @ 8 ,
D 8 B > A B 5 @ > ; 8 , A ; C 7 = 8 2 5 I 5 A B 2 0 , A < > ; 8 8 4 @ .

! @ 5 1 0 A 5 = 0 @ O 4 : > 2 4 0 ; 5 : > 8 7 B > G = 8 B 5 @ 0 9 > = 8 = 0 !!! , 2
! 5 2 5 @ > 8 7 B > G 5 = 8 B 0 9 8 > @ 5 O , : J 4 5 B > A 5 8 > B 3 ; 5 6 4 0 .
C ; B 8 2 8 @ 0 A 5 > 1 5 2 0 2 : 0 7 , # : @ 0 9 = 0 8 4 @ C 3 8 @ 0 9 > = 8 = 0
! J 2 5 B A : 8 O A J N 7 .
> @ 5 = 8 B 5 = 0 6 5 = - H 5 = 0 A 5 ? > ; 7 C 2 0 B A H 8 @ > : 0 ? > ? C ; O @ = > A B
: 0 B > B > - = 8 7 8 @ 0 1 > A @ 5 4 A B 2 > 2 = 0 @ > 4 = 0 B 0 < 5 4 8 F 8 = 0 = 0
8 B 0 9 , / ? > = 8 O 8 4 @ C 3 8 4 0 ; 5 : > 8 7 B > G = 8 A B @ 0 = 8 . ! < 5 B > 4 8 B 5 = 0
= 0 C G = 0 B 0 < 5 4 8 F 8 = 0 A 0 4 > : 0 7 0 = 8 A 2 > 5 > 1 @ 0 7 = 8 B 5 A 2 > 9 A B 2 0
= 0 6 5 = - H 5 = 0 4 0 C @ 0 2 = > 2 5 A O 2 0 = 5 @ 2 = 8 B 5 ? @ > F 5 A 8 , 4 0
A B 8 < C ; 8 @ 0 < C A : C ; = 0 B 0 8 7 4 @ J 6 - ; 8 2 > A B . 0 B > B > = 8 7 8 @ 0 1 >
A @ 5 4 A B 2 > ? @ 8 8 7 B > I 5 = 8 5 , 1 J @ 7 0 C < > @ O 5 < > A B , ? A 8 E 8 G = 0 8
< C A : C ; = 0 A ; 0 1 > A B , 0 = 5 < 8 O , ? @ 8 ? > ; > 2 0 A ; 0 1 > A B ,
0 B 5 @ > A : ; 5 @ > 7 0 8 4 @ . 0 G 8 = = 0 C ? > B @ 5 1 0 - B : > @ 5 = 8 B 5 = 0
6 5 = - H 5 = 0 A 5 ? @ 8 3 > B 2 O B ? @ 5 ? 0 @ 0 B 8 (A ? 8 @ B 5 =) 8 7 2 ; 5 ; , B 5 G 5 =
5 : A B @ 0 : B , B 0 1 ; 5 B : 8 , : > 8 B > A 5 ? @ > 4 0 2 0 B 2 0 ? B 5 : 8 B 5 . 4 > < 0 H = 8
C A ; > 2 8 O < > 6 5 4 0 A 5 ? @ 8 3 > B 2 8 7 0 ? 0 @ : 0 , : 0 B > 1 / 2 G 0 5 = 0
; J 6 8 G : 0 A 8 B = > A B @ 8 B 8 : > @ 5 = 8 A 5 7 0 ; 8 2 0 B A 2 5 0 8 ; 8 5 0 0 A < 3 2 @ O 1 0
2 > 4 0 . " 0 7 8 4 > 7 0 A 5 C ? > B @ 5 1 O 2 0 7 0 1 4 5 = . J < @ 0 A B 5 = 8 O B 0 A J A
A B 8 < C ; 8 @ 0 1 > 8 C : @ 5 ? 2 0 1 > = 5 @ 2 = 0 B 0 A 8 A B 5 < 0 4 5 9 A B 2 8 5 A 5

>B=0AOB3>;O<1@>9=528@5518C=0A@0AB5=8O:0B>
:0D55=8OBxpacB(Cofea arabica L.), :8B09A:8OB;8<>==8:(Schisandra chinensis (Turcz.)
Baill.), 40;5:>87B>G=>B>@0AB5=855;5CB5@>:>:84@.
! / * " '

18:=>25=8OB65=-H5=(OnaEginsengC..5C)5@5;8:B5=284,
5=45<8B=00=46C@A:0B0D;>@8AB8G=07>=0,
@07?@>AB@0=5=?>4A;;>=0=04J@25B0B0=0
H8@>:>;8AB=0B0883;>;8AB=04J@25A=0@0AB8B5;=>AB,
?@54?>G8B04>1@54@5=8@0=8:0DO283>@A:8?>G288
G0:J;5AB8?@>?CA;;828?>4?>G28.5=-H5=JB5
A5=>;N182>@0AB5=85,28@55?@8=5?J;=>70A5=G20=5
-60-70%,8?@8>A83C@5=02J74CH=02;03060-80%.

78A:20=8OB0<CA08AB>@8G5A:8>?@545;5=8>B
5AB5AB25=8B5A5=G5AB8>18B0=8O=028A>:88?@>E;04=8
<5AB0-600-1400<=04<>@A:028A>G8=0.@O:>B>A;J=G52>
3@55=570B>@<>7208A?8@0@0AB5608@0728B85B>=0
@0AB5=8OB0,0?J;=>B>70A5=G20=5A5>B@07O20
=51;03>?@8OB=>=0=0@0AB20=5B>=0;8AB0B08:>@5=8B5
81;03>?@8OBAB20@0728B85B>=03J1=8B51>;5AB8.
78A:20=8OB0=065=-H5=0:J;8=0B0A0C<5@5=8-
CA?5H=>A5@0728202@09>=8A3>48H=0AC<0=0
B5<?5@0BC@0B0(=0410°!)>B20004>3000°!.?>-B>;8B5
?:0=8=A:8CA;>28OA5?>;CG020?>-4>1@0@5:>;B0
A5<5=0,02?>-28A>:8B58?@>E;04=8<5AB0=0@0AB20=5B>
=0:>@5=8B58A8=B570B0=018>;>38G=>0:B82=82515AB20
5?>-8=B5=782=0.5=-H5=JB5A8;=>ABC4>CAB>9G82>
@0AB5=85.

@8CA;>28OB0=0!525@=0>@5O,@CA:8O0;5G5=87B>:8
!525@5=8B09=587<@J720,2J?@5:8G5B5<?5@0BC@8B5
?@5778<0B0?>AB8304><8=CA42°!.>>B=>H5=85=0
2;030B08?>G20B0878A:20=8OB0A0?>-A:@><=8.@54?>G8B0
C<5@5=>=02;06=O20=5157701;0BO20=5.01;0BO20=5B>
A5>:07203815;=>8:>@5=8B5703=820B8C<8@0B.<0
28A>:8878A:20=8O:J<0B<>AD5@=0B02;030,>A>15=>?@57
3>@518B5;5B=8<5A5F8.

7>18;=8B520;568?@572@5<5=0FJDB5=5B>?@5G0B=0
>?@0H20=5B>84>182JB=0A5<5=05A8;=>
=0<0;5=.J?@5:8G528@55=0@07;8G=8?>G25=8B8?>25,
?@54?>G8B0:0DO28B53>@A:8?>G28,:>8B>A0@>E:8,
AB@C:BC@=8,?@>?CA;;828,?@>25B@828.A>15=>
?@54?>G8B0=858<0:J<>@30=8G=8B5B>@>25-;8AB>2:0,
?@53>@O;>1>@A:8B>@,B>@D,>2G8B>@84@.A25=
E@0=8B5;=8B52515AB2007>B,D>AD>@8:0;89,>@30=8G=8B5
B>@>25?>4>1@O20BAB@C:BC@0B0,?@>25B@82>ABB08

2;03>70?0AO20=5B>=0?>G25=8O A;>9. >4?>G20B0 B@O120
40 5 ?5AJ::;820, 4>@8:0<5=8AB0, >BF54;820, 70 40 =5 A5
?>;CG020 701;0BO20=5 8 ?>438720=5. 0B> @0AB5=85
65=-H5=JB 102=>=0@0AB20 8 8<0:@5E:8 BJ:0=8, :>5B>
?>:0720, G5 B@O120 40 A5 2>48 CA?5H=0 1>@10 A ?;525;8B5 8
@0AB5=8OB0 B@O120 40 A5 ?07OB>B=0@0=O20=5.