

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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FOR THE MEDIA

What is it?

American ginseng is an herb used in traditional Chinese medicine. It also comes as capsules, pills, powder, and tablets.

What are the potential uses and benefits?

American ginseng is used to:

- Improve your strength
- Boost your immune system
- Treat the common cold
- Improve your memory
- Treat diabetes
- Reduce fatigue (feeling weaker than usual) due to cancer

American ginseng also has other uses that haven't been studied by doctors to see if they work.

Talk with your healthcare providers before taking American ginseng supplements. They can interact with some medications and affect how they work. For more information, read the "What else do I need to know?" section below.

What are the side effects?

There aren't any reports of side effects from taking American ginseng

What else do I need to know?

- Talk with your healthcare provider if you're taking blood thinners such as warfarin (Coumadin[®], Jantoven[®]). American ginseng may increase your risk of bleeding.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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