

## Effectiveness and tolerability of a nutritional supplement containing ginseng, multi-vitamins and multi-minerals in improving physical and mental performance in healthy male volunteers

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**Statement of the Problem:** Fatigue is a complex, multidimensional symptom with poorly understood causes and has negative effects on multiple domains of daily life. Panax Ginseng C.A. Meyer (P. ginseng) is an ancient Chinese herbal medicine used for over 4000 years. Ginseng is one of the most widely used herbal remedy because it is believed to improve energy, physical and emotional health, and well-being. Herbal medicine philosophies consider ginseng to be an adaptogen that helps restore balance to the body. We conducted this study to evaluate the effectiveness and tolerability of Revital H, a nutritional supplement containing ginseng along with multi-vitamins and multi-minerals, on physical and mental performance.

**Methodology & Theoretical Orientation:** An open-label, single-arm study was conducted in healthy adult male volunteers without co-morbidities and normal hemoglobin levels. One capsule of Revital H was orally administered once daily, for 28 days. Assessments were performed on day-21 and day-28 of administration. Energy was assessed by VO<sub>2</sub>max (treadmill test as per modified Bruce protocol), fatigue was assessed by Chalder Fatigue scale (CFS) and Visual Analogue Fatigue scale (VAFS) and mental alertness was assessed by random number addition test and proof-reading test. Haemoglobin (Hb) was also assessed in the study.

**Findings:** Forty-eight male (mean age: 37.5 years) volunteers were enrolled in the study. An improvement was seen on all the studied parameters except mental alertness (table-1). No adverse events were reported in the study.

**Conclusion & Significance:** Revital H is a well-tolerated and an effective supplement in improving the energy levels and reducing fatigue and tiredness after 21 days of daily intake in healthy adult male volunteers.

### Biography

Ms. Riddhi Selarka has completed her graduation in Bachelor of Pharmacy from University of Pune (India) in 2004 followed by Post graduate diploma in Clinico-regulatory and Patents from Pharmaceutical Experts Association (PEXA). She has been associated with various functions in the pharmaceutical industry like medical affairs, medical information, Pharmacovigilance and clinical research.

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