**Composition:** Each soft capsule contains
- Korean ginseng 50mg
- Royal Jelly 10mg
- Retinol palmitate (Vitamin A) 2500 I.U.
- Ergocalciferol (Vitamin D2) 400 I.U.
- dl-α-Tocopherol acetate (Vitamin E) 45mg
- Thiamine nitrate (Vitamin B1) 2mg
- Riboflavin (Vitamin B2) 2mg
- Pyridoxine hydrochloride (Vitamin B6) 2mg
- Ascorbic acid (Vitamin C) 100mg
- Nicotinamide (Vitamin B3) 20mg
- Calcium pantothenate (Vitamin B5) 30mg
- Cyanocobalamin (Vitamin B12) 6μg
- Ferrous fumarate 27.38mg
- Copper sulfate 7.86mg
- Magnesium oxide 66.34mg
- Zinc oxide 5mg
- Anhydrous dibasic calcium phosphate 307.5mg
- Manganese sulfate 3mg
- Potassium sulfate 18mg

**Indications**
1. USupplementation of vitamin A, B1, B2, B6, C, D in following cases: Fatigue, Pregnancy, Lactation, Weak constitution, Period of growth, Senescence.
2. UAlleviation of Xerophthalmos, Night blindness.
3. UAteliosis of bone and teeth, Prevention of rickets

**Dosage & Administration**
The usual dosage for children over age 12 and adults is 1 soft capsule daily.

**Storage condition & SHELF LIFE**
Preserve in air-tight container protected from light, 3 years
Excellent Choice For Your Energetic Life!

Oramin-F Soft capsule

One soft capsule a day

19 active ingredients will take care of your health.

1. Speeds up recovery from fatigue
2. Anti-stress
3. Nutrition Balance
4. Helps for weak constitution

Daewon Daewon Pharm. Co., Ltd.
For your energetic life with Korean Ginseng

Oramin-F soft capsule contains Korean Ginseng extract and Royal Jelly to provide body with all essential vitamins and minerals. Oramin-F is widely indicated for nutrition, tonicity and recovery from weakness and fatigue during or after disease, etc., and has a good affect on treatment & protection against various diseases induced by deficiency of vitamins and minerals.

<table>
<thead>
<tr>
<th>Kind of ginseng</th>
<th>Korean ginseng</th>
<th>American ginseng</th>
<th>P. notoginseng</th>
<th>P. japonicum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Botanical name</td>
<td>Panax ginseng C.A. Meyer</td>
<td>Panax quinquefoius L.</td>
<td>Panax notoginseng (Burk) F.H. chen</td>
<td>Panax japonicus C.A. Meyer</td>
</tr>
<tr>
<td>No. of saponins</td>
<td>31</td>
<td>14</td>
<td>15</td>
<td>8</td>
</tr>
<tr>
<td>Main cultivation area</td>
<td>The Korean Peninsula</td>
<td>Wisconsin and Virginia states of the US, Ontario and Quebec states of Canada</td>
<td>Yunnan and Gunagxi Provinces of China</td>
<td>All areas of Japan</td>
</tr>
</tbody>
</table>

Comparisons in 4 countries

Korean ginseng contains rich saponin called Ginsenoside. This ingredient activates the functions of human body’s components as well as strengthens immunity.
### Classification and effect of ginseng saponin

<table>
<thead>
<tr>
<th>Classification</th>
<th>Ginsenoside</th>
<th>Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>CNS suppression (Panax Diol class)</td>
<td>Ginsenoside-Rb2</td>
<td>Anti-diabetes mellitus, lower cholesterol, Promote DNA, RNA synthesis, Stimulate secretion of ACTH, corticosteroids</td>
</tr>
<tr>
<td></td>
<td>Ginsenoside-Rd</td>
<td>Stimulate secretion of ACTH, corticosteroids, Inhibition of histamine release, catecholamine secretion</td>
</tr>
<tr>
<td></td>
<td>Ginsenoside-Rh2</td>
<td>Promote DNA, RNA Synthesis, Stimulate secretion of ACTH, corticosteroids, Inhibition of cancer cell proliferation</td>
</tr>
<tr>
<td>CNS stimulation (Panax triol class)</td>
<td>Ginsenoside-Rf</td>
<td>Inhibition of lipid peroxidation</td>
</tr>
<tr>
<td></td>
<td>Ginsenoside-Rg1</td>
<td>Anti-stress effect, Improve immunologic function, Improve learning and memory</td>
</tr>
<tr>
<td></td>
<td>Ginsenoside-Rg2</td>
<td>Inhibition of platelet aggregation, Improve learning and memory, Plasmin activation</td>
</tr>
<tr>
<td>Oleanolic acid class</td>
<td>Ginsenoside-R0</td>
<td>Anti-inflammatory effect, Inhibition of platelet, Activation of macrophage, anti-hepatitis effect</td>
</tr>
</tbody>
</table>

### 1. Controls diabetes mellitus

Ginseng stimulates secretion of insulin and contains active ingredients with insulin-like activity. It also lowers high blood glucose level and control enzyme activities related to sugar metabolism in animal experiments.

Refs: (1) Sotaniemi, E. A., Professor, Dept. of Internal Medicine, University of Oulu, Finland. Diabetes Care 18:1373-1375 (1995).
(2) Acta Pharmacologica Sinica, September 2005, 26 (9): 1104-1110
2. Normalizes blood pressure and prevents atherosclerosis

Ginseng induced no significant change in blood pressure in those subjects with normal blood pressure. (Fig 1.(1) It normalizes blood pressure.

![Graph showing blood pressure changes in high, normal, and low blood pressure patients.]

<Korean Red ginseng, p.o. 3-6g/day, 3times, 10.5months>
Ginseng decreased systolic blood pressure, significantly improved lipid metabolism. (2), (4)
It had no significant side effects. Significant decreases in systolic blood pressure were observed with marked improvement in quality of life (QOL) effecting insomnia, thirst, fatigue, sexual dysfunction and euphoria (mood) in 89% of the patients. (3)


3. Helps to prevent cancer development

The cancer risk and cancer-related death rate were inversely proportional to the frequency and duration of ginseng use. (Fig 1.(1)

![Graph showing cancer risk in ginseng user vs non-user.]

4. Improves sexual stamina

Ginseng stimulates sexual functions. Ginseng can be taken for a longer period of time without side effects. Furthermore, ginseng plays a beneficial role in alleviation of underlying disease. Although Korean Red Ginseng’s mechanism of action on erectility is not clearly understood, recent in vitro and in vivo experiments supported that ginseng extract and saponin relax corpus cavernosal smooth muscle.

5. Enhances brain activity benefitting the psycho-neurological system

Ginseng improved mental and intellectual performance in people. Ginseng extract and ginseng saponin improved memory acquisition, physical performance and learning disorders, and confronted loss of memory in a memory-damaged animal model.

6. Protects the liver and detoxifies alcohol

It was found that ginseng saponin stimulated protein biosynthesis and liver cell regeneration. Ginseng saponin alleviated liver cell necrosis induced by various toxic chemicals and protected the liver by activating enzymes involved in detoxification of xenobiotics.
7. Counteracts fatigue/improves physical endurance

23 taxi drivers who were administered Korean Red Ginseng powder in a controlled crossover with placebos and fatigue-related parameters such as sleepiness, concentration and local discomfort in the body were monitored. This result suggests the clinical usefulness of Korean Red Ginseng for the control of mental and physical fatigue in the workplace.

Prevents fatigue in healthy or the elderly persons; improves work efficiency; helps maintain healthy life by alleviating psychosomatic stress; strengthens non-specific resistance, e.g., infectious diseases.


8. Improves post-menopausal disorders

With no side effects in spite of long period of medication Korean Ginseng improves post-menopausal disorders such as flushing, cold in hands and legs, sleeplessness, nervousness, dizziness, ovarian dysfunction, digestive disorders.

Ref) (1) Ogita, S., Professor, Department of Obstetrics and Gynecology, Osaka City University Medical School, Japan. Yakuyouninjin '95: 146-158 (1994).

The Efficacy of Royal jelly

1. Characteristics

Royal jelly, also known as gelee royale and RJ, is the milky-white gelatinous substance secreted from the cephalic glands of nurse worker bees (Apis mellifera) for apparently the sole purpose of stimulating the growth and development of the queen bee. Without royal jelly, the queen bee would be no different from the worker bees and would live about as long (seven to eight weeks). With royal jelly, the queen bee can live five to seven years. This fact explains the popular belief that royal jelly has rejuvenating qualities. Royal jelly, however, has not lived up to expectations that it is an important anti-aging substance.

2. Compositions

Royal jelly consists of an emulsion of proteins, sugars, lipids and some other substances in a water base. Proteins make up about 13% of royal jelly. Most of the proteins comprise a family called major royal jelly proteins. One protein in royal jelly called royalsin possesses antibiotic properties against gram-positive, but not gram-negative, bacteria. About 11% of royal jelly is made up of sugars, such as fructose and glucose, similar to those found in honey. Lipids comprise about 5% of the substance and consist
mainly of medium-chain hydroxy fatty acids, such as trans-10-hydroxy-2-decenoic acid, which is also thought to possess antimicrobial properties. Royal jelly also contains vitamins, such as pantothenic acid, minerals and phytosterols. Neopterin, or 2-amino-6-(1,2,3-trihydroxypropyl)-4-(3H)-pteridinone, was initially isolated from royal jelly. Neopterin is also found in humans, and, although its precise role is not known, it appears to play an important role in the human immune system. Melbrosia, a mixture of royal jelly and bee pollen, is sometimes used by menopausal women to manage climacteric symptoms.

A meta-analysis of royal jelly’s reported effects on serum lipids in experimental animals and in humans found significant, positive results. The substance significantly decreased serum and liver total lipids and cholesterol in rats and mice, and retarded the formation of atheromas in the aortas of rabbits fed hyperlipidemic diets. Meta-analysis of controlled human studies also showed significant reduction in total serum lipids and cholesterol, and, in those with hyperlipidemia, it normalized HDL- and LDL-cholesterol determined from decreases in beta/alpha lipoproteins. The author of this meta-analysis concluded: "The best available evidence suggests that royal jelly, at approximately 50 to 100 milligrams per day, decreased total serum cholesterol levels by about 14% and total serum lipids by about 10% in the group of patients studied."

* Clinical study

Ref: PDR