

Health-based guidance values and Red ginger

In this guide

[In this guide](#)

1. [Safety of Ginger Supplement Use in Pregnancy - Background](#)
2. [Safety of Ginger Supplement Use in Pregnancy - Information on ginger](#)
3. [Safety of Ginger Supplement Use in Pregnancy - Health-based guidance values and Red ginger](#)
4. [Safety of Ginger Supplement Use in Pregnancy - Toxicology Overview](#)
5. [Safety of Ginger Supplement Use in Pregnancy - Toxicology of ginger extracts](#)
6. [Safety of Ginger Supplement Use in Pregnancy - Contaminants](#)
7. [Safety of Ginger Supplement Use in Pregnancy - Exposure](#)
8. [Safety of Ginger Supplement Use in Pregnancy - Conclusions of the Committee](#)
9. [Safety of Ginger Supplement Use in Pregnancy - References](#)

Health-based guidance values

21. There are currently no health-based guidance values (HBGV) with respect to ginger or its main components. Exposure to ginger was considered based on information found on supplement and tincture composition and background diet, but the variability of available supplements meant exposure also varied, which made comparison difficult.

22. The NHS and NICE support the use of ginger tea and biscuits as a non-pharmacological intervention for nausea and vomiting in pregnancy (NHS, 2021; NICE, 2021). Generally, amounts of 1 g ginger per day are probably safe (NHS, 2022). Anecdotally, 1-1.5 g per day has also been advised during pregnancy

(Healthline, 2020; Mother and baby, 2022). It is advised that supplements should be used only under the advice and supervision of a medical professional.

Red ginger

23. In traditional medicine, red ginger is used for treating headaches, indigestion, nausea, vomiting, and cancer. In addition, it is widely used to treat autoimmune diseases (psoriasis), hypertension, hypercholesteremia, hyperuricemia and bacterial infections. (Zhang et al., 2022).

24. The consumption of red ginger in the diet is not common due to the difference in taste when compared with common ginger. There is limited evidence to suggest that red ginger is commonly purchased or consumed in the UK.

25. Health claims relating to red ginger reference the benefits of consuming red ginger for emesis and pain during and following pregnancy however studies in this area are primarily from hospital obstetrics settings in Asia (largely Indonesia) where red ginger is grown and readily available.

26. There is limited toxicological data available on red ginger and studies looking at the medicinal potential of red ginger do not assess or comment on effects outside of those of interest. There are some examples of comparisons of red vs common ginger on toxicological literature. In these studies, red ginger has an enhanced effect when compared to common ginger.

27. Red ginger is discussed in Annex D.