

Annex B: Assessment of Exposure

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1. The active components of ginger – gingerols, shogaols and α -curcumene, occur in varying amounts and relative proportions, depending on the variety of rhizome and the area of cultivation.
2. Many ginger supplements (Tables 1 and 2) are recommended to support digestive and joint health, alleviate nausea, upset stomach, and travel sickness. Currently, two commercially available pregnancy supplements – ‘Seven Seas Pregnancy’ and ‘Seven Seas Pregnancy Plus Follow On’ – contain 10 mg ginger extract.

Table 1. Sample of ginger supplements in capsule and tablet form commercially available.

Commercial Product Name	Form	Composition	Daily dose recommended by vendor or website
Seven Seas Pregnancy	Tablet	Ginger extract 10 mg	1 tablet a day.

Seven Seas Pregnancy Plus Follow-On	Tablet, capsule	Ginger extract 10 mg	One tablet and one capsule/ day.
Supplemented	Tablet	Ginger Extract 3,000 mg (20:1)	1-2 tablets daily.
Good n Natural	Capsule	Powdered root 550 mg	2 capsules daily.
Woods Supplements	Tablet	Ginger extract 500 mg	1 tablet daily.
Solgar	Capsules	Ginger (Zingiber officinale) Root Powder 150 mg, Standardised Ginger (Zingiber officinale) Root Powdered Extract (5% ginger gingerols) 300 mg.	1-2 capsules daily.
Solgar	Capsules	Ginger (Zingiber officinale) Root Powder 500 mg. Ginger (Zingiber officinale) Root Powdered Extract (4:1) 5 mg.	1-3 capsules daily.
Swanson	Capsules	Ginger Root 540 mg.	2 capsules daily.
Bio Health	Capsules	Ginger Root 500 mg.	None given.
Biovea	Capsules	Ginger (root) (std. to 5% gingerols, 12.5 mg) 250 mg.	1-3 daily.
Jarrow Formulas	Capsules	Ginger root (concentrate) (Zingiber officinale) 500 mg.	1 daily.

Nature's Best	Capsule	Ginger Root 14,400 mg (provided by 120 mg of a 120:1 extract) providing 24 mg gingerols.	1 daily.
NeuLife	Tablets	Ginger Extract 12000 mg.	1-2 tablets daily.
Lifeplan	Capsule	Ginger 12:1 Extract.	1-2 tablets daily.
ALPHA01	Capsules	Ginger root powder 1100 mg.	2 capsules daily.
	Tablet	Ginger Extract 12,000 mg (20:1) standardised to 600mg 12,000 mg.	1-2 tablets daily.
Now Foods Capsules	Capsules	Ginger Extract (Zingiber officinale) (Root) (Standardized to min. 5% Gingerols) 250 mg:	1-3 capsules daily.
Superfood World		Ginger Powder (Zingiber officinale) (Root) 225 mg.	
Viridian Ginger	Capsules	One vegetarian capsule provides: Certified organic Ginger root 400 mg.	1-3 capsules daily.

Table 2: Sample of ginger supplements in liquid and powder forms commercially available.

Commercial Product Name	Form	Composition	Daily dose recommended by vendor or website
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Indigo Herbs	Tincture	Zingiber officinale, Alcohol, Water. Extraction Ratio: 1:3, Alcohol Volume: 25%.	1-2 ml, 2-3 times daily 20 drops from the glass dropper equals ~ 1ml.
Nature's Answer	Tincture	Ginger (Zingiber officinale) root extract: 145 mg.	1 ml (28 drops) three times per day.
Herb Pharm	Tincture	Ginger rhizome (Zingiber officinale) extract 598 mg (Extraction rate 140 mg herb per 0.7 ml).	"1 full squeeze of the dropper bulb to 2 oz. of water or juice, 2 - 5 times per day.
Indigo Herbs	Powder	100% Pure Zingiber officinale Powder.	1/3 teaspoon powder in water 3 times a day. (1 tsp = 3g).
Organic Herbal Remedies	Tincture	Herb to pure grain alcohol of 1:3. 1ml is the equivalent of 333mg of dried ginger root. W.	0.2ml to 0.4ml three times a day in a little water. Children 6-12 years old 0.1ml to 0.2ml three times a day.
Biovea	Tincture	Fresh Organic Ginger (root) (667 mg per 1 ml serving).	30 drops (~ 1 ml), 1-3 times daily or as needed.
Epigenar	Tincture	Purified water, organic alcohol, organic ginger (Zingiber officinale) (amounts not specified).	15 drops, 3 times daily Max 60 drops per day unless otherwise advised. Children aged 4-15 years, 3 times daily, one drop per number of years of age.