

Consideration of ginger from other sources

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3. In addition to supplements, pregnant women may also consume ginger as part of their general diet to various degrees. There are anecdotal reports of women using ginger products such as ginger biscuits and ginger ale, to alleviate morning sickness and nausea. Some may use these in combination with juice shots or tinctures.

Table 3: Sample of ginger-containing foods commercially available.

Commercial product name	Form	Composition
Border Biscuits Dark Chocolate & Ginger	Ground ginger	Ground ginger 1.5 %
Sainsbury's Stem Ginger Cookies, Taste the Difference	Stem ginger	Candied Stem Ginger (17%) (Australian Stem Ginger, Sugar); ginger powder.

Sainsbury's Dark Chocolate & Ginger Cookies, Taste the Difference	Stem ginger	Candied Stem Ginger (13%) (Australian Stem Ginger, Sugar); ginger powder.
Nairn's Wheat Free, Ginger Biscuits	Stem ginger	Stem Ginger (6.4%) (Stem Ginger, Sugar); Ground Ginger.
Sainsbury's Ginger Nut Biscuits, SO Organic	Powdered ginger	Ginger Powder (0.6%).
Nooro Lemon + Ginger CBD Bar	NA	Ginger (0.5%).
Rhythm 108 Lemon, Ginger & Chia Biscuit Share Bag	Dried ginger powder	Organic gluten free oat flour (33%), organic coconut oil (24%), organic coconut flower sugar, organic almonds, organic chia seeds (5%), organic lemon zest (1.3%), organic lemon oil, organic ginger powder (0.4%).

Table 4: Ginger containing teas, juices and drinks commercially available.

Commercial Product Name	Form	Composition
Gimber	liquid concentrate	38% organic and high-quality ginger, organic lemons, herbs and spices.
Maju	liquid	Apple, Ginger Root (25%), Lemon, Antioxidant: Ascorbic Acid.
James White Drinks Organic Ginger Zinger Shot 70ml	liquid	Organic Apple Juice (73%), Organic Ginger Juice (27%), Water, Antioxidant: Ascorbic Acid.

James White Drinks Organic Xtra Ginger liquid Zinger Shot 70ml		Organic Apple Juice (59.5%), Organic Ginger Juice (40%), Organic Chilli Flavouring (0.5%), Antioxidant: Ascorbic Acid.
Twinings Lemon & Ginger Tea	Tea	Ginger Root* (37%), Natural Lemon Flavouring with Other Natural Flavourings (25%), Lemongrass*, Blackberry leaves*, Lemon Peel, Sweet Fennel*, Natural Ginger Flavouring with Other Natural Flavourings (3.5%).
Pukka Organic Ginger, Galangal & Golden Turmeric Tea	Tea	Ginger Root (52%).
Belvoir Ginger Cordial	NA	Pressed Ginger Juice 2%, Ginger Extract.
Old Jamaica Ginger Beer	Drink	Ginger root extract.
Fever Tree Ginger Beer Light	Drink	Ginger Root, Natural Ginger Flavouring with other Natural Flavourings.
Fentimans Ginger Beer	Drink	Fermented Ginger Root Extract (Water, Glucose Syrup, Ginger Root, Pear Juice Concentrate, Yeast); Natural Flavourings (Ginger, Lemon, Capsicum).
Cawston Press Apple & Ginger Juice	Juice	1% Ginger Extract.
Pukka Lemon Ginger & Manuka Tea	Tea	Ginger Root (32%).

Twinings Spiced Ginger Tea	Tea	Ginger Root* (70%), Liquorice Root* (15%), Cinnamon* (10%), Cloves* (5%).
No.1 Kombucha Ginger & Turmeric	Tea drink	Kombucha (Filtered Water, Cane Sugar*, Green Tea*, Live Kombucha Cultures), Ginger Juice* (1.5%), Ginger* (0.14%), Turmeric* (0.14%), Black Pepper*.
Teapigs Lemon & Ginger Tea Bags	Tea	Ginger (65%), Lemongrass, Lemon Peel (5%), Liquorice Root.
MOJU Ginger Juice Shot 60ml	Juice	17.2g fresh ginger root'. Apple, Ginger Root (25%), Lemon, Antioxidant: Ascorbic Acid.
Innocent Shots Ginger Kick, Kicking Ginger & Spicy Turmeric 100ml	Juice shot	Apple Juice (54%), Carrot Juice (15%), Ginger Juice (10%), Red Pepper Juice, Lemon Juice, Orange Juice, Jalapeño Pepper Juice, Turmeric Juice (0.2%), Vitamin D.
Plenish Organic Ginger Immunity Juice Shot	Juice shot	Apple, Ginger (20%), Lemon, Apple Cider Vinegar (7%), Acerola Cherry Powder.
Lo Bros Organic Kombucha Gut Shot Ginger	Juice shot	Carrot Juice* (30%), Orange Juice*, Ginger Juice* (25%), Kombucha (14%) (Filtered Water, Kombucha Culture*, Green Tea*, Oolong Tea*, Raw Sugar*), Lemon Juice Concentrate", Living Cultures.
Belvoir Ginger Beer	Drink	Carbonated Spring Water, Sugar, Lemon Juice from Concentrate, Fresh Root Ginger Infusion 2%, Pressed Ginger Juice, Ginger Extracts, Lemon Extract, Capsicum Extract.

Grace Tropical
Rhythms Sorrell
Ginger

Drink

Water, Sorrel Cordial (Water, Sugar, Sorrel Flower (3%), Acid: Citric Acid), Rum Flavouring, Natural Sorrel Powder (0.13%), Ginger Emulsion (Water, Ginger Flavouring (.006%), Acid: Citric Acid, Capsicum, Stabilisers: Acacia Gum, Ester Gum), Colour: E129.