

Further Information

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Table 6: Ginger content in shots, teas and other drinks.

Shots	Notes
Ginger Shot Pret A Manger	Contains 25% ginger in 110 ml shot, equivalent to 27.5 g fresh ginger.
Innocent Shots Ginger Kick, Kicking Ginger & Spicy Turmeric 100ml	Contains 10% ginger juice in 100 ml shot, equivalent to 10 g fresh ginger.
Hot Shot Pret A Manger	Contains 2.5% ginger in 110 ml, equivalent to 2.75 g fresh ginger.
James White Drinks Organic Xtra Ginger Zinger Shot 70ml	Contains 26% organic ginger juice in 70 ml, equivalent to 18.2 g fresh ginger.
James White Drinks Organic Xtra Ginger Zinger Shot	Contains 40% organic ginger juice in 70 ml, equivalent to 28 g of fresh ginger.

[MOJU Ginger Shots \(12x60ml\)](#) Contains 17.2 g of ginger in a 60 ml shot.

[BumbleZest Ginger Turmeric Drink](#) Contains 16% ginger juice in 60 ml shot, equivalent to 9.6 g of fresh ginger.

Teas

Notes

[Myrtle & Maude - Morning Sickness Herbal Tea - Peppermint & Ginger for Nausea Relief](#)

Contains 25% ginger in each tea bag. Assuming that each bag is approximately 2 g, they will contain 0.5 g of dried ginger.

[Pukka Lemon, Ginger and Manuka Honey 20 Herbal Tea Sachets 40g](#)

Each tea bag contains ginger root 32%. Assuming each bag is 2 g, they will contain 0.64 g of dried ginger.

[Twinings Lemon & Ginger 20 Tea Bags](#)

Each tea bag contains 37% ginger root. Assuming each bag is 2 g, they will contain 0.74 g of dried ginger.

[Pukka Organic Ginger, Galangal & Golden Turmeric Tea Bags](#)

Contains 52% ginger root. For a 2 g tea bag, this is equivalent to 1 g of dried ginger.

[Twinings Spiced Ginger 20 Tea Bags](#)

Contains 70% ginger root. For a 2 g tea bag, this is equivalent to 1.4 g of dried ginger root.

[Lemon & Ginger | Herbal Tea | teapigs](#)

Contains 65% ginger. For a 2 g tea bag, this is equivalent to 1.3 g of dried ginger.

Other drinks

Notes

[Ginger Kombucha | Pret A Manger](#)

Contains 2.2% ginger in 250 ml, equivalent to 5.5 g fresh ginger.

[Belvoir Fruit Farms Ginger Cordial](#)

Contains 11% fresh root ginger infusion and 2% pressed ginger juice in a 500 ml product. This is equivalent to 65 g fresh ginger and 32.5 g in a 250 ml serving.

[Pure Pret Sparkling Ginger Beer | Pret A Manger](#)

Contains 1% ginger juice in 330 ml, equivalent to 3.3 g of fresh ginger.

Please note the different forms of ginger (i.e., gingerols, ginger extract, dried ginger root, fresh ginger) which may not be directly comparable.

Table 7: Consumption of ginger from supplements.

Supplement	Maternal supplement?	Form of ginger	Recommended dose per person/day	Daily Consumption (g/kg bw)*	Notes
Seven Seas Pregnancy - 28 tablets	Yes	Ginger extract 10 mg.	0.010 g	0.00014	NA
Boots Pregnancy Essential Vitamins 90 Tablets	Yes	Ginger root extract 58.5 mg.	0.05 9g	0.00084	NA
Boots Naturals Ginger 60 Tablets	No	Dried ginger root 1.2 g	1.2 g	0.017	NA

Boots Pharmaceuticals DIGESTION SUPPORT TRAVEL with added Ginger 30 Capsules	No	Ginger Root Extract to 0.35 g extract 345 mg and Ginger + 0.75 g ginger root - 750 root. mg.	0.005 + 0.011	NA
Good n Natural Ginger Root Capsules 550mg Holland & Barrett	No	Ginger root 1.1 g	0.016	2 capsules Daily.
Ginger 3000mg Tablets - Supplemented	No	Ginger extract 6.0 g	0.085	NA
Solgar Ginger Root Extract (60 Veg Caps)	No	Ginger root powder 0.15 g + Ginger + root 0.30 g extract.	0.0021 + 0.0043	NA
GINGER 250mg 120 Vegetarian Capsules by BIOVEA	No	Ginger root 0.75 g	0.011	NA
Jarrow Formulas Ginger (100 Capsules)	No	Ginger root concentrate 1.5 g	0.021	NA

High Strength Ginger Root Capsules Nature's Best	No	24 mg gingerols equivalent to 14.4 g fresh ginger.	14.4 g	0.20	NA
Ginger 12000mg x 120 Tablets Nausea - Stomach Settler - Aids Digestion Neulife Health & Fitness	No	Ginger extract 600 mg equivalent to 12 g fresh ginger-.	24 g	0.34	1-2 capsules a day.
Lifeplan Ginger Root 1000mg 90 Tablets	No	Ginger Extract (equiv. herb powder 1000 mg) 50 mg.	2 g	0.028	2 tablets/day.

*Consumption per body weight based on recommended dose rounded to 2 significant figures.

is calculated from the daily recommended intake and the average body weight of women aged 16- 49 years (70.3kg).

^Indicates whether the supplement is marketed specifically to pregnant or breastfeeding women.

Please note the different forms of ginger (i.e., gingerols, ginger extract, dried ginger root, fresh ginger) which may not be directly comparable.

References

Bates, B.; Lennox, A.; Prentice, A.; Bates, C.; Page, P.; Nicholson, S.; Swan, G. (2014): [National Diet and Nutrition Survey Results from Years 1, 2, 3 and 4 \(combined\) of the Rolling Programme \(2008/2009 – 2011/2012\)](#).

Bates, B.; Cox, L.; Nicholson, S.; Page, P.; Prentice, A.; Steer, T.; Swan, G. (2016): [National Diet and Nutrition Survey Results from Years 5 and 6 \(combined\) of the Rolling Programme \(2012/2013 – 2013/2014\)](#).

Roberts, C.; Steer, T.; Maplethorpe, N.; Cox, L.; Meadows, S.; Page, P.; Nicholson, S.; Swan, G. (2018): [National Diet and Nutrition Survey Results from Years 7 and 8 \(combined\) of the Rolling Programme \(2014/2015 – 2015/2016\)](#).