



KOREJSKÝ ŽENŠENOVÝ ČAJ / 콤베 - 고려홍삼차

EXTRAKT ZE ŠESTILETÉHO ČERVENÉHO ŽENŠENU A JUJUBY

Healthy functional food

THE UNIQUE EFFECTS OF KOMBE TEA ARE CREATED BY THE COMBINATION OF 6-YEAR OLD KOREAN RED GINSENG AND JUJUBE FRUIT

Ingredients: 6-year old red Korean ginseng extract 10% (Rb1 + Rg1 + Rg3 – 4mg/g), jujube fruit extract. One sachet of Kombe contains 360mg of active, effective substances. All saponins´ content is 70mg/g.

What is Korean ginseng?

What does ginseng contain?

What is jujube?

What is adaptogen?

What characteristics should adaptogens have?

What is ginseng used for?

What is jujube used for?

How is Kombe tea manufactured?

Recommended dosage of Kombe tea

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What is Korean ginseng?

Traditionally, Korean ginseng (*Panax ginseng* Meyer, Araliaceae) has been used as an important herbal medicine in Far East Asia for thousands of years. There are many species of *Panax*, which has led to confusion in literature. For example: American ginseng, *Ginseng quinquefolius*, Japanese ginseng or Siberian ginseng (*Eleuterococcus senticosus*), all of which are not true ginseng.

The roots of *Panax ginseng* are used in medicine.

There are two, main forms of *Panax ginseng*: red and white ginseng. The difference between these two types is the method of processing, which results in different pigment compositions and consequently both types contain different effective substances.

White ginseng is produced by harvesting the root and drying it in the sun. Red ginseng is steamed after having been harvested and dried.

According to scientists red ginseng is more effective than white ginseng and also more effective than fresh root of *Panax ginseng*, absent the process it has to undergo to become red ginseng. The time of growth is a very important parameter, which impacts the saponin content. The time of growth should take at least 4 – 6 years. The most effective roots are 6-year old roots of ginseng.

KOMBE TEA CONSISTS OF 6-YEAR OLD KOREAN RED GINSENG. THESE ROOTS CONTAIN THE HIGHEST AMOUNT OF ACTIVE EFFECTIVE SUBSTANCES.



What does ginseng contain?

Panax ginseng contains a lot of unique active effective substances that form more than 20% of the weight of the dried root. It contains triterpene glycosides also known as saponins or ginsenosides and other non-saponin substances including amino acids, alkaloids, phenols, proteins, polypeptides, vitamins etc. More than 180 active substances have been identified in the *Panax* species.

Unique of *Panax ginseng* is that all active substances it contains are effective. None are toxic and all their effects are balanced. Which concurs with the meaning of adaptogen. All active substances stabilize physiological processes and promote homeostasis. *Panax ginseng* is the only plant in the world that contains saponins. *Panax ginseng* is one of the most frequently studied plants in the world which is why there is an enormous amount of scientific literature concerning its influence on humans, animals and other organisms.



What is jujube?

Jujube, also known as *Zizyphus jujuba*, is one of the oldest known species of fruit, having found its origin in China. It is generally recognised as an outstanding source of biologically active compounds related to nutritional and also nutraceutical values. It contains 50 times more vitamin C than apples and 20 times more vitamin C than lemons contain. There are also other vitamins and minerals, such as thiamine (B1), riboflavin (B2), pyridoxine (B6), niacin (PP) and provitamin A. There are also triterpenoid acids which have been proved to have anticancer activity. Jujube contains 18 out of 24 essential amino acids. It also consists of minerals – potassium, iron, calcium, phosphorus, magnesium, sodium, zinc, manganese, copper, cobalt and iodine. Characteristically, jujube is also found to be an adaptogen.



What is adaptogen?

Adaptogen is a nontoxic substance. More specific it is a plant extract that is used to increase the body's ability to resist the damaging effects of stress and promote or restore normal physiological function. There are many factors that can negatively impact our body:

- Physical exertion (manual labor, sports, carrying)
- Environmental factors (environment, climate, weather, UV radiation, noise)
- Chemical factors (toxins, heavy metal, vapours, dust, smoke)
- Biological factors (psychic tension, depression, anger, fear, anxiety, doubts, memory, concentration, stress)
- Nutritional factors (food allergies, alcohol, drugs, free radicals)

These damaging factors are known as stressors. Adaptogens can reduce the effect of these stressors by strengthening and modulating the immune system and endocrine system. The characteristics of adaptogens are very advantageous for people nowadays, who are in a constant state of stress, are in an unfriendly, competitive environment with very high pressure on performance and concentration. Adaptogens have antibacterial, immunostimulating and antioxidative effects. It is stated that adaptogenic medicinal plants are absolutely unique, in comparison to any other plants, in their ability of balancing hormones and keeping up the immune system. According to these characteristics adaptogens are used for improving the physical condition, convalescence and immunodeficiency such as infections, cold and tiredness.

WHAT CHARACTERISTICS SHOULD ADAPTOGENS HAVE?

Adaptogens should tend to be non-specific in its pharmacological properties and act by increasing the resistance of the organism to a broad spectrum of adverse biological, chemical, and physical factors.

Adaptogen should increase "non-specific" resistance to adverse influences of the organism and reduce stress.

Adaptogen should be a regulator, having a normalizing effect on the various organ systems of the human body regardless of the cause.

Adaptogen should not influence the physiologic functions of the organism negatively.

Adaptogen should keep the balance of hormones and the immune system.

Adaptogen should be nonadictive, non-toxic and safe.

PANAX GINSENG IS THE OLDEST, THE MOST FAMOUS AND THE MOST EFFECTIVE ADAPTOGEN IN THE WORLD.

What is ginseng used for?

- Panax ginseng contributes to the improvement of natural immunity and the appropriate activation of the immune system.
- Panax ginseng has stimulating and also inhibiting effects on the central nervous system and it can influence nervous signal transport.
- Panax ginseng supports vigilance – it can help to concentrate better.
- Panax ginseng helps to suppress tiredness and supports vitality – it decreases psychical tiredness and improves the ability of solving problems.
- Panax ginseng fulfills the energy of body and soul.
- Panax ginseng improves sexual life – it can help with erectile dysfunction and improves libido.
- Panax ginseng can save cells. It is an antioxidant.
- Panax ginseng improves cognitive functions – improves the memory, contributes to better physical activity and performance, supports blood circulation, balances physical and mental functions in cases of weakness, tiredness, exhaustion and decreased ability of concentration.
- Panax ginseng can help to reach normal level of blood glucose – it influences insulin metabolism.
- Panax ginseng improves muscular activity.

The effects of ginseng affect gradually, but they are long-term and very beneficial. Ginseng inhibits cell dying, regresses their aging and can prevent the occurrence of civilization diseases.

What is jujube used for?

Enormous amounts of vitamins contained in jujube surpass the amount of vitamins contained in common fruit by more than 70 to 80 % percent. Which is why jujube fruits are found to be natural vitamin pills in many countries. Furthermore, there are also other effective substances in jujube that are responsible for tonic, detoxicative and regenerative effects. Flavonoids proved to be in jujube fruits are strong antioxidants with positive hepatoprotective effects. Triterpenic acids are responsible for anticancer and antiflogistic effects. Jujube is a traditional ingredient of ginseng tea. Described below are the most common effects:

- Detoxicates organism
- Contains multivitamins and minerals (vitamin C, vitamin B2, provitamin A, cuprum, cobalt, iodine, kalium, calcium, phosphorus, ferrum, magnesium, zinc, mangan, rutin)
- Strengthens the immune system
- Saves the cells by antioxidative effects that can influence development of cancer
- Helps against insomnia, nervosity and weakness
- Supports the function of liver and the spleen

How is Kombe tea manufactured?

The preparation method contains a few key steps to achieve the important effects of Panax ginseng. After having been harvested, the roots are selected according to their size with the ideal ratio between the main and lateral roots to achieve the right content of effective substances. Then the roots are washed, steamed and dried. Red ginseng is created through this preparation method. The next step is an extraction; by this process the solution is gained. This red ginseng solution is mixed with jujube extract. Consequently the mixed extract solution of combination of ginseng and jujube is reduced by vacuum drying and glucose is added. This process is known as a granulation. Originated granulate is selected according to the size, weighted and packed properly. All manufacturing process of Kombe tea is managed according to strict rules that guarantee all manufacture and quality control of Kombe is in accordance with quality and the appropriate documentation. Kombe has many important certificates such as:

KOREA INSAM CERTIFICATE – issued by Korean Ministry of Food and Agriculture. Korea Insam Certificate is the proof of high ginseng quality and its originality. The holders of this certificate must comply to very strict conditions. In South Korea there are only a few holders of this certificate.

Certificate ISO 22000:2005 – safety food certificate

Certificate ISO 14001:2004 – emissions and environment safety

Recommended dosing of Kombe tea

Recommended dose: 1-3 times daily dissolve the content of a sachet (3g) in a cup (80ml) of cold or hot water. Add honey or sweetener depending on one's preference. Keep recommended dosing.

Naturally gluten-free

No conserves, colors, artificial aroma added

No lactose

Not recommended for children under 12 in full dosing, also not recommended for pregnant women nor women who are breast feeding

Children at age 3-12 years: 1-3 times daily dissolve the content of a half of the sachet (3g) in a cup (80ml) of cold or hot water

Appropriate for seniors

Drug interactions

Not recommended with warfarin, heparin, phenelzine and digoxin. Concomitant use with chemotherapeutics increases their cure effects. Similar effects are described in concomitant use ginseng with antidiabetic drugs. It was proved that ginseng decreases the alcohol level in blood.

If you need a consultation contact your doctor or pharmacists

Storage: keep in temperature until 40 degrees of Celsius in original cover in a dry place
Expiry date: indicated on the cover
Package: 1 sachet contains 3 grams of granulate. Available boxes of 20, 50 or 100 sachets.
Made in South Korea
Distributor: Novatin s.r.o., V sádech 15/4, 160 00 Prague, Czech Republic; E-mail: info@kombe.cz

