



## PATIENT & CAREGIVER EDUCATION

# Siberian Ginseng

This information describes the common uses of Siberian Ginseng, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

## What is it?

Siberian ginseng is an herb used in traditional Chinese medicine. It comes in supplements as powders, solid and liquid extracts, capsules, tablets, and as dried or cut root for tea.

## What are the potential uses and benefits?

Siberian ginseng is used to:

- Boost the immune system.
- Increase strength and stamina.
- Prevent colds and flu.

Siberian ginseng has other uses, but doctors have not studied them to see if they work.

Talk with your healthcare providers before taking Siberian ginseng supplements. They can interact with some medications and affect how they work. For more information, read the “What else do I need to know?” section

below.

## What are the side effects?

Side effects have not been reported.

## What else do I need to know?

- Talk with your healthcare provider if you're taking digoxin (Digox<sup>®</sup>, Lanoxin Pediatric<sup>®</sup>, Lanoxin<sup>®</sup>, and Digitek<sup>®</sup>). Digoxin is a medication used to treat heart conditions. Siberian ginseng can increase the risk of side effects from this medication.
- Avoid taking Siberian ginseng if you're breastfeeding. We do not know if this herb is safe to take while breastfeeding.
- Siberian ginseng should not be confused with herbs such as Asian ginseng, American ginseng, or *Panax notoginseng*. These herbs are not the same as Siberian ginseng.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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