

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. *Your health & safety are our first priority!*

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO REORDER PROD. # **5145**  
**www.vitaminworld.com**  
**1-800-228-4533**

Carefully Manufactured by  
Vitamin World, Inc.  
Ronkonkoma, NY 11779 U.S.A.  
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**VITAMIN WORLD**  
*get healthy.*

# Ginger Root



**550** MG

*For occasional  
nausea\**

**NATURAL WHOLE HERB** ♦  
*Herbal Supplement*

**100**  
*Rapid Release  
Capsules*

**DIRECTIONS:** For adults, take one (1) to two (2) capsules two times daily, preferably with meals.

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Ginger ( <i>Zingiber officinale</i> ) (root)	550 mg **

\*\*Daily Value not established.

**Other Ingredients:** Gelatin, Vegetable Magnesium Stearate, Silica.

**Vitamin World's Guarantee:** We use only the finest quality herbs and spices. Each is screened and finely milled for quick release.

**Vitamin World's** preservative-free gelatin capsules contain pure milled herb powder.

♦**Vitamin World's** Natural Whole Herb products utilize ground plant parts to provide the natural components in the amounts found in nature.

**The active constituents in Ginger promote digestive health.\*** Ginger is also good for alleviating occasional motion sickness.\*