

100% Organic Ginger Powder

for Joint, Digestion, and Liver Health**



Discover the powerful benefits of Organic Ginger Root Powder from Premier Research Labs, crafted from 100% organically cultivated ginger rhizomes. This premium powder reflects the purity and quality PRL is known for, with all raw materials undergoing rigorous third-party testing to ensure their identity, purity, and potency. Additional kosher and non-GMO certifications guarantee the delivery of the purest form of ginger for both culinary and therapeutic needs.

What sets our ginger powder apart is that it is ETO-free—free from the harmful chemical residues often found in conventionally treated spices. Ethylene oxide (ETO) is a chemical used for sterilizing spices, but it carries significant health risks, including being classified as a carcinogen. By choosing our ETO-free ginger powder, you ensure a safer, cleaner product for your culinary and wellness needs.

Ginger has been valued for its health benefits in traditional medicine for thousands of years, with modern research supporting its use. Rich in bioactive compounds like gingerol, shogaol, and zingerone, this powder supports digestive health, joint comfort, liver function, and healthy weight management.* Additionally, it provides essential nutrients, including Vitamin B6, Vitamin C, potassium, and magnesium, which are important for neurological function, immune support, and maintaining electrolyte balance.

Whether soothing occasional indigestion, supporting joint comfort, or spicing up your daily wellness routine, PRL's Organic Ginger Root Powder is a versatile and powerful addition to your pantry, meals, and wellness practices. Blend this ginger powder into warm water, honey, smoothies, or at mealtimes in curries, miso soup, or broths, and experience the time-tested benefits of a truly pure and potent ingredient.

Benefits

- Promotes digestive health and soothes occasional indigestion.*
- Supports normal liver function, detoxification processes, and healthy weight management.*
- Eases occasional muscle tension and joint discomfort associated with normal physical activity.*
- Supports healthy circulation and connective tissue.*

Highlights

- Certified Kosher & Non-GMO: Made from 100% organically cultivated ginger, ensuring purity and quality.
- ETO-Free: Free from harmful ethylene oxide (ETO) chemical residues, providing a safer, cleaner choice for health.
- Rich in Bioactive Compounds: Contains gingerol, shogaol, and zingerone, known for their wellness-supporting properties.
- Essential Nutrients: Provides Vitamin B6, Vitamin C, potassium, and magnesium for daily health support.
- Screened for Purity: Tested for aflatoxins, heavy metals, and pesticides, with no fillers or drying agents.

Recommended Use

- Mix 1 teaspoon (~2 grams) with warm water, honey, smoothies, broths or curries.
- Consume in divided doses up to twice daily or as needed.
- Ideal for enhancing culinary dishes or as a daily health supplement.

Precautions and Contraindications:

- Ginger is generally recognized as safe (GRAS) when used in food-like doses, such as up to 2 grams daily.
- Consult a healthcare provider before regularly using more than 2 grams daily, especially if pregnant, have gallstones, are on blood thinners, have a bleeding disorder, or before surgery.

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To contact Premier Research Labs, please call us at (800) 325-7734, or visit us on the web at www.prlabs.com

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

*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.

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Nourish from the Inside Out



Ginger Honey Pills or Honey Spread

One of the simplest ways to enjoy the benefits of ginger is by creating ginger honey pills or a ginger honey spread. This combination offers the digestive support of ginger while also providing the natural goodness of honey, making it a comforting option for soothing the throat and aiding in digestive wellness.

To prepare: In a glass bowl, blend ~two teaspoons of raw honey with $\frac{1}{4}$ cup Organic Ginger Powder until it forms a thick paste. Roll into an oblong dough ball and cut into 24 small balls for easy-to-consume pills that deliver ~1 gram per ginger honey pill. Or add a little more honey to create a ginger spread to mix with nut butter, add to stir-frys, and more!

Ginger-Infused Warm Water or Tea

A classic and easy-to-make option, mix a teaspoon of Organic Ginger Powder into warm water or your favorite hot tea. This simple preparation is a go-to for digestive support, easing occasional indigestion, and promoting overall digestive wellness. Add lemon or honey for additional flavor.

Ginger Smoothie Booster

Add a teaspoon of Organic Ginger Powder to your morning smoothie. Not only does it give your drink a zesty kick, but it also helps support circulation, joint comfort, and overall vitality. Ginger's warming properties can help invigorate your day and support healthy digestion.

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