



ginger

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608-238-6001 [ TEL ]

greg@cruisingreview.com [ Email ]

Cruising Review

Ginger: Publications and Research from  
SwissMixIt

## Structured Data

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This webpage QR code

Ginger. Anti-inflammatory, anti-oxidative, reactive oxygen species, dyspepsia, fatty liver, gastrointestinal cancer, gastrointestinal mucosa, gastroprotective, gingerol, irritable bowel syndrome, nausea, shogaol, swallowing, vomiting gastric emptying, Zerumbone, Zingiber, phytochemicals, antioxidant, antinausea, antiobesity, anticancer, anti-inflammatory, ginger extracts, chemoprevention, chemotherapy, natural compounds.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/smx/ginger.html>

## Ginger Botanical Information

Ginger (*Zingiber officinale* Roscoe), a well-known herbaceous plant, has been widely used as a flavoring agent and herbal medicine for centuries. Furthermore, the consumption of the ginger rhizome is a typical traditional remedy to relieve common health problems, including pain, nausea, and vomiting. It is rich in various chemical constituents, including phenolic compounds, terpenes, polysaccharides, lipids, organic acids, and raw fibers. The health benefits of ginger are mainly attributed to its phenolic compounds, such as gingerols and shogaols.



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