

Ginseng

Ginseng (*Panax ginseng*) has **antiplatelet** activity through **thromboxane** inhibition and platelet-activating factor ¹⁾.

Some authors also advocate cautious use of ginger and vitamin E when planning a surgery, but the exact antiplatelet mechanism is unclear ²⁾.

¹⁾

Teng CM, Kuo SC, Ko FN, et al. Antiplatelet actions of panaxynol and ginsenosides isolated from ginseng. *Biochim Biophys Acta*. 1989; 990:315-320

²⁾

Stanger MJ, Thompson LA, Young AJ, et al. Anticoagulant activity of select dietary supplements. *Nutr Rev*. 2012; 70:107-117

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