



## Clinical Study of a Multivitamin and Polymineral Complex Associated With *Panax ginseng* Extract (Natus Gerin®)

Fabio F. PERAZZO <sup>1\*</sup>, Gustavo H.B. SOUZA <sup>2</sup>, Edson L. MAISTRO <sup>3</sup>,  
Marcelo RODRIGUES <sup>4</sup>, Fernando L.A. FONSECA <sup>5</sup> & Jose C.T. CARVALHO <sup>6</sup>

<sup>1</sup> *Departamento de Ciências Exatas e da Terra, Campus Diadema, Universidade Federal de São Paulo.  
Rua Prof. Arthur Riedel 275, Eldorado, Diadema, SP, 09972-270. Brazil*

<sup>2</sup> *Laboratório de Farmacognosia, Escola de Farmácia, Departamento de Farmácia,  
Universidade Federal de Ouro Preto, Ouro Preto, Minas Gerais, Brazil*

<sup>3</sup> *Faculdade de Filosofia e Ciências, Departamento de Fonoaudiologia,  
Universidade Estadual Paulista, Marília, São Paulo, Brazil*

<sup>4</sup> *Departamento de Farmácia,  
Centro Universitário Fundação Instituto de Ensino para Osasco, Osasco – SP, Brazil*

<sup>5</sup> *Departamento de Ciências Biológicas, Campus Diadema,  
Universidade Federal de São Paulo, Diadema – SP, Brazil*

<sup>6</sup> *Laboratório de Pesquisa em Fármacos, Universidade Federal do Amapá, Macapá, Amapá, Brazil*

**SUMMARY.** This study aimed to establish the efficacy of a multivitamin and polyminerals supplemented with *Panax ginseng* extract (Natus Gerin®) on patients subjected to common physical or mental stress. Patients were randomly divided in two groups and underwent a thorough clinical examination. Group A received Natus Gerin® capsules and B placebo capsules. Two capsules were taken daily during meals during four weeks. Mood and physical activity were evaluated through a questionnaire assessing quality of life. From the 176 patients enrolled, 17 were excluded due to voluntary withdrawal, 81 completed the study in group A and 78 in group B. The treatment with Natus Gerin® increased the quality of life when compared to placebo. After 15 and 30 days, group A showed a significant increase in average scoring score from 1.78 to 3.78, and finally 5.32 points. The study has shown that the daily use of Natus Gerin® can be effective in improving quality of life in patients suffering from physical and mental stress.

**KEY-WORDS:** Mineral, Mood, *Panax ginseng*, Sexual activity, Vitamin.

\* Author to whom correspondence should be addressed. *E-mail:* ffperazzo@unifesp.br