

GINGER HONEY TONIC

Clinically Shown to Safely Reduce Nausea in Pregnancy **

Ginger Honey Tonic was found to be a safe and effective treatment for nausea and vomiting of pregnancy in a randomized, double-blind, placebo-controlled, hospital-based, human clinical study at the University of South Florida in Tampa. The study, conducted over a six month period, included 26 women ages 24-37 in their first trimester of pregnancy. Symptoms of nausea and vomiting were rated on a scale of 1-10. Of the women in the group taking Ginger Honey Tonic, 77% experienced a 4-point or greater improvement in symptoms of nausea within 9 days of beginning treatment versus 20% who experienced similar improvements in the placebo group. Moreover, 67% of women in the treatment group stopped vomiting by day 6 of the study. No adverse effects were experienced as a result of using 1 gram of the Ginger Honey Tonic in divided daily doses.

Keating A, Chez RA. Ginger syrup as an antiemetic in early pregnancy. *Alternative Therapies*. Sept/Oct 2002;8(5):1-3.

** This study only included 26 human subjects; the result could be different if more subjects were involved.