


Ginger – (Zingiber officinale)

 <p>Ginger</p>	Potassium	415	mg	Vit A	0	IU
	Phosphorus	34	mg	Vit B1 (Thiamine)	0	mg
	Magnesium	43	mg	Vit B2 (Riboflavin)	0	mg
	Calcium	16	mg	Vit B3 (Niacin)	0.7	mg
	Iron	0.6	mg	Vit B5 (Pantothenic Acid)	0.2	mg
	Selenium	0.7	mcg	Vit B6	0.2	mg
	Manganese	0.2	mg	Vit B9 (Folate)	11	mcg
	Copper	0.2	mg	Vit C	5	mg
	Zinc	0.3	mg	Vit E	0.3	mg
	Fibre	2.0	g	Vit K	0.1	mcg

Order Information:

1. Shipping Size: 4'x4'x4' Air Freight
2. Shipping Weight: lbs / Kg
3. Fruit Size:
4. Fruit # (Est.):
- 5.

Availability / Crop Season:

- | | | |
|---------|-----------|--------------|
| Fresh: | Jan – Dec | (Year Round) |
| Dried: | Jan – Dec | (Year Round) |
| Frozen: | N/A | |

Description: Knotted, thick, crunchy, beige underground root / stem. Taste: bitter flavor.

Ginger (*Zingiber officinale*) is a powerful medicinal herb which has been cultivated and used for thousands of years all around the world, throughout ancient cultures to modern medicine practice.

Decades of international scientific research confirms that ginger root contains a distinct enzymatic profile that works synergistically to restore digestive balance, improving stomach and intestinal health ... and promoting better assimilation of nutrients into the body.

Ginger offers further unique health benefits ... from relieving nausea, asthma, ulcers and parasites ... to promoting cardiovascular function and heart health. The NCCAM describes a number of other research studies reporting relief of pain and inflammation of osteoarthritis rheumatoid arthritis.

For further information, please visit: <http://tmfflorida.com/>

