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

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**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.

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