Assessment for eligible individuals (Visit 1, screening)

Inclusion criteria
- Aged 30-70 years
- Healthy volunteers

Randomized

Allocation

Korean red ginseng extract group (n=50)
Placebo group (n=50)

Visit and Clinical Measurements, Consumption for 12 weeks

1. Visit 2 (0 week, day 0: Baseline)
2. Visit 3 (4th week, day 28)
3. Visit 4 (8th week, day 56)
4. Visit 5 (12th week, day 84)

Follow up

Visit 6 (17 week, day 119)