

Annex A: Summary of Studies

COT/2025/01

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Traditional/culinary uses of ginger

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Human Studies

Author/Date	Study type	Study size/No. of Patients at End	Exposure (ginger dose/day)	Study period	Length of Treatment (days)	Main outcome measures	Main result
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Chittumma <i>et al.</i> , 2007	Randomized double-blind controlled trial.	126/123	Ginger powder capsules (325 mg ×2, 3×/d, = 1950 mg/day).	4 days	4	Change in nausea and vomiting scores (3 symptoms on Rhodes index); occurrence of side- effects.	Only n side ef observ difenc betwe groups
Ensiyeh <i>et al.</i> , 2005	Double-blind randomised controlled trial.	70/69	Ginger powder capsules (500 mg 2×/d =1000 mg/day)	3 months	4	Severity of nausea (VAS 0–10); number of vomiting episodes; general response to treatment (5-item Likert scale); occurrence of side- effects or adverse pregnancy outcome.	Two sponta abortion ginger 1 in B no con anoma observ babies to term

Fischer-Rasmussen <i>et al.</i> , 1991	Double-blind randomised crossover trial.	30/27	Ginger powder capsules (250 mg 4 times per day = 1000 mg/day).	11 days 4	Preference of treatment period; relief scores (4-point scoring system); outcome of pregnancy.	One spontaneous abortion; elective adverse effects observed; remain subject
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Portnoi, 2003	Not specified.	187 pregnant women.	Various, not specified.	up to 12 months post birth.	Minimum of 3 days.	Safety and effectiveness of ginger for nausea and vomiting of pregnancy (NVP).	Three malformations were noted in the study group, ventricular septal defect (VSD), lung abnormality, and kidney abnormality (pelvic).
							One incidence of idiopathic central precocious puberty at age 2. No significant difference between two groups in terms of births, spontaneous abortions, stillbirths, therapeutic abortions, birth weight, or gestational age.

Smith, 2004	Randomized, controlled equivalence trial.	291 women, less than 16 weeks pregnant.	1.05 g ginger.	3 weeks.	3 weeks.	Ginger versus B6 for the treatment of nausea or vomiting in pregnancy.	Three spontaneous abortions; ginger 9 abortions; B6 group 10 abortions.
Vutyavanich, 2001	Double blind	32	Ginger powder capsules (250 mg 4x/day =1000 mg/day).	5 months.	4	Severity of nausea (VAS 0-10); number of vomiting episodes; general response to treatment after 1 week (5-item Likert scale); occurrence of side-effects and adverse pregnancy outcomes.	No significant adverse effects; ginger pregnancy outcomes.

Human studies - Platelet Aggregation

Author/date	Study design	Population/study size	Study Duration	Exposure	Outcome
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Bordia <i>et al.</i> , 1997	Placebo controlled trial.	Patients with confirmed myocardial infarction N = 60.	3 months. Outcomes measured at: baseline, 1.5 months and 3 months.	Dose: 4g per day Unstandardised capsules.	Platelet aggr Agonist(s): ADP Epi.
Bordia <i>et al.</i> , 1997	NA	NA	NA	NA	Fibrinogen;
Bordia <i>et al.</i> , 1997	NA	NA	NA	NA	Fibrinolytic a
Lumb. 1994	Randomised, double- blinded placebo- controlled crossover trial.	Healthy male volunteers N=8.	Total study period: 2 x 1 day, at least 14 days washout period. Outcomes measured immediately before, 3 hrs, and 24 hrs post consumption of ginger.	Dose: 2g (4 x 500 mg) dried ginger per day Unstandardized capsules.	Platelet aggr Agonist(s): ADP collagen, rist ADP; Bleeding Platelet coun Thromboelas

Srivastava 1989	Open-label single-arm trial.	Healthy female volunteers, N = 7.	Total study period: 7 days. Outcomes measured at baseline and 7days post- consumption.	Dose: 5g raw ginger per day.	Platelet thromboxane B2 production
Young <i>et al.</i> , 2006	Not specified.	20	72 days.	1 g ginger (+ 10 mg nifedipine).	Synergistic effect of ginger and nifedipine on anti-platelet aggregation in human volunteers hypertensive

In vivo studies

Author	Test System	Study size	Exposure	Characterisation of test substance	Duration	Main outcome measure	Outcomes
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Wilkinson 2000	Sprague- Dawley rats, F.	43	Oral, drinking water on days 6- 15.	20 g/L or 50 g/L ginger tea.	20 days.	Reproductive and developmental toxicity.	Embryonic loss in the treated groups 2 times than the control. Exposed fetuses to be significantly heavier than control. gross structural malformations observed.
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Effect on Platelet Aggregation

Author	Test System	Study size	Exposure	Characterisation of test substance	Main outcome measure	Outcome
Srivastava 1989	Open-label single-arm trial.	Healthy female volunteers, N = 7.	Total study period: 7 days. Outcomes measured at baseline and 7 days post- consumption.	Dose: 5g raw ginger per day.	Platelet thromboxane B2 production.	Ginger consumption resulted in a 37% inhibition of thromboxane B2 production (p<0.01).

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Extracts and concentrates of ginger

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Human Studies

Author/Date	Study type	Study size/No. of Patients at End	Exposure (ginger dose/day)	Study period	Length of Treatment (days)	Main outcome measures
Laekeman et al., 2021	Observational study, clinical feasibility trial.	51/44	maximum of 2 tablets of 50 mg EXT.GR10 a day [limited data on actual amount administered]	During pregnancy.	NA	Patient satisfaction pregnancy complications (including hypertension and diabetes) and birth complications (including stillbirth, premature delivery, low birth weight).

Willetts <i>et al.</i> , 2003	Double-blind randomised placebo-controlled trial.	120/99	Ginger extract capsules (125 mg 4x/d =1000 mg/day).	8 months.	4	Used RINVR to measure frequency, duration, distress caused by nausea, vomiting and retching; long term follow-up for birth outcome.
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Human studies - Platelet Aggregation

Author/date	Study design	Population/study size	Study Duration	Exposure	Outcome
Bordia <i>et al.</i> , 1997	NA	20	1 day. Outcomes measured at: baseline, 4 hours post-consumption.	10 g single dose. Unstandardised capsules.	Platelet aggregation Agonist(s): A and Epi.

Jiang <i>et al.</i> , 2004	Randomized, open label, three-way crossover trial.	Healthy male volunteers Age: 20-36 N =12.	Total study period: 3x13 days, 14 days washout period between each study period.	Dose: 3.6g (3x 0.4g, 3x per day) ginger extract Unstandardized capsules consumed with 25 mg dose of rac-warfarin, consumed once per study period.	Platelet aggregation Agonist: AA Plasma war enantiomer protein binding & warfarin enantiomer concentrat Urinary S- 7- hydroxywar
Rubin <i>et al.</i> , 2019	Case report	Female, 70 yrs	NA	48 mg daily Chewable ginger supplement for approx. 1 month.	INR - 8.0 ap 1 month aft taking ginge supplement

Verma <i>et al.</i> , 1993	Randomised placebo controlled trial.	Healthy male volunteers; N = 20.	Total study period:		
			14 days, high calorie diet for first 7 days, high- calorie diet and ginger/placebo consumed for next 7 days. Outcomes measured at baseline, 7, and 14 days.	Dose: 5g (4 x 625 mg, twice per day); dry ginger powder - Unstandardized capsules Consumed with 100g (2x50g) butter, 2 cups of milk, 8 slices of bread.	Platelet aggregation Agonist(s): and Epi.

In vitro studies

Author	Test System	Exposure	Characterisation Main		Outcome
			of test substance	outcome measure	

Abudayyak <i>et al.</i> , 2015	Ames: Salmonella typhimurium TA98 and TA100 strains; Cytotoxicity assay: Rat kidney NRK-52E cell line.	Cytotoxicity assay: (0.75, 1.50, 3.00, 6.00, 12.00, 25.00, 50.00, and 75.00 mg/ml, genotoxicity: 0.78, 1.56, 3.13, 6.25, 12.50, and 25.00 mg/ml.	Aq, chloroform and MeOH ginger extracts.	Cytotoxicity and genotoxicity.	Chloroform extra cytotoxicity = 9.0 aq. mutagenic conc. against strain pres. mix.
Mohammed <i>et al.</i> , 2016	chick embryonic heart micromass; mouse D3 embryonic stem cell systems (ESD3).	0.75–100 μ M Micromass assay: 6 days, ESD3: 12 days.	6-gingerol	Embryotoxicity	no significant change in contr. cellu. or ch. total contr. ginger prim. embr. cardi.
NA	NA	NA	NA	NA	Inhib. contr. activ. 12.5-

NA	NA	NA	NA	NA	Characterization of cellular and protein content, dose-manner, concentration, $\mu\text{g}/\text{mL}$.
NA	NA	NA	NA	NA	Significant decrease in cardiomyocyte differentiation for a concentration exceeding $100 \mu\text{g}/\text{mL}$.
NA	NA	NA	NA	NA	Significant decrease in cell viability and protein content, cell-to-cell communication with 6-gingerol concentration exposure.
Nakamura & Yamamoto (1982)	Escherichia coli Hs30.	Not specified.	Juice of ginger rhizome, 6-gingerol.	Mutagenicity	gingerol suppresses spontaneous mutagenesis, gingerol mutagenesis, isolated

Nakamura & Yamamoto 1983	Escherichia coli Hs30.	Not specified.	6-shogaol, 6-gingerol.	Mutagenicity.	[6]-S 10 ⁴ t mut conc 700u [6]-g
Nirmala <i>et al.</i> , 2007	Wistar rats, male	Salmonella typhimurium strains TA 98 and TA 100.	Ginger paste and powder, unboiled, boiled, unfried, fried. Ames test: Ginger paste: 1, 2 and 3 mg; powder: 0.5, 1 and 1.5 g.	Anti-mutagenicity.	Anti-poten unalt treat ginger
Plengsuriyakarn <i>et al.</i> , 2012	Cholangiocarcinoma (CCA) cell line 6 (CL-6), hepatocarcinoma (HepG2) and normal human renal epithelium (HRE).	1.95, 3.90, 7.81, 15.62, 31.25, 62.5, 125, and 250 µg/ml.	Crude ethanolic ginger extract.	Cytotoxicity	IC50 cytot 10.9 µg/m
Soudamini <i>et al.</i> , 1995	Salmonella typhimurium strains TA 100, 98 and TA 1535.	25 and 50 mg/plate.	ethanolic mixture of powdered ginger.	Mutagenicity	muta both and both conc
Zaeoung <i>et al.</i> , 2005	breast (MCF7) and colon (LS174T) cell lines.	Not specified.	aqueous extract and volatile oils.	Cytotoxicity	IC50 µg/m

In vivo studies

Author	Test System	Study size	Exposure	Characterisation of test substance	Duration
Alnaqeeb <i>et al.</i> , 2003 (abstract)	Rats, female	Unknown	Oral and intraperitoneal. 50 mg/kg and 500 mg/kg	Aqueous ginger extract	28 days
Dissabandara & Chandrasekara, 2007	Sprague-Dawley rats.	15 in 3 groups, otherwise not specified.	Oral: 500 mg/kg/day and 1000 mg/kg/day during days 5 to 15 of gestation.	Powdered ginger extract.	Animals treated with ginger for 10 days.

ElMazoudy and Attia, 2018 (abstract only)	ICR mice	Unknown	250, 500, 1000, or 2000 mg/kg bw/d aqueous ginger extract.	Powdered dried ginger root	35-day treatment study; 20 day study (antifertility and abortifacien loss).
Hosseini <i>et al.</i> , 2015 (abstract only)	Rats, female and male offspring	72 (groups of 9)	Oral: 50, 100 and 200 mg/kg bw during neonatal and perinatal periods.	Alcoholic ginger extract	Unknown

Jeena <i>et al.</i> , 2011	Wistar rat	30	Oral: 100, 250, and 500 mg/kg per day once daily.	Ginger essential oil.	13 weeks.
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Malik and Sharma, 2011	Wistar rat, male.	Not specified.	gastric gavage: 250, 500 and 1000 mg/kg, (corresponding to 5, 10 and 20% of the NOAEL of the lyophilised ginger powder (5000 mg/kg).	Lyophilised ginger juice powder.	Experiment 2: 8 weeks. Exp 1&2 not specified.
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Peneme et al., 2023	Swiss mice.	6	5000 mg/kg aqueous ginger extract.	Ginger powder extracted into water.	OECD guideline no. 423.
NA	NA	20	17 β - oestradiol, (1 mg/kg) or ginger extract (300 or 600 mg/kg) per day.	Ginger powder extracted into water.	2 weeks.
Plengsuriyakarn <i>et al.</i> , 2012	OV and nitrosamine (OV/ DMN)-induced CCA hamsters.	90	1000, 3000, and 5000 mg/kg bw/d.	NA	30 days
Rong <i>et al.</i> , 2009.	Sprague-Dawley rats, male and Female.	40.	Gavage: 500, 1000 and 2000 mg/kg bw/day.	Powdered Japanese ginger.	37

Shalaby and Hamowieh, 2010	Sprague Dawley rats.	120	Oral, 5 to 17.5 g/kg bw.	Water or methanolic ginger extract.	65 days.
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NA

NA

NA

NA

NA

NA

NA	NA	NA	100 and 200 mg/kg bw for 65 days and water extracts at doses of 150 and 300 mg/kg bw.	NA	NA
Weidner & Sigwart, 2001	Wistar rats, pregnant female.	176 (88 Females).	Gastric intubation: 100, 333 and 1000 mg/kg from days 6-15.	EV.EXT 33, a patented Zingiber officinale extract (comprising 6-gingerol, 8-gingerol, 10-gingerol, 6-shogaol, and 8-shogaol (1.9 w/w of the extract).	21 days.

Effect on CYPs and prostaglandin activity

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Dugasani <i>et al.</i> , 2010	Mouse leukaemic monocyte (RAW 264.7) macrophages and human polymorphonuclear neutrophils (PMN).	1, 3 and 6 uM.	[6]-gingerol, [8]-gingerol, [10]-gingerol and [6]-shogaol.	compare the antioxidant and antiinflammatory activities of gingerols and their natural analogues to determine their structure-activity relationship and molecular mechanisms.	Dose dependant inhibition of activated PGE2 release. Inhibition reached 56, 66, 73 and 87%, respectively at 6uM.
Jolad <i>et al.</i> , 2004	HL-60 cells.	Not specified.	ginger constituents: gingerols, shogaols, 3-dihydroshogaols, gingerdiols.	Effects of ginger components on LPS-induced PGE2 production.	No cytotoxicity demonstrated.

Jolad <i>et al.</i> , 2005	HL-60 cells.	Not specified.	Ginger constituents containing gingerols, shogaols, 3-dihydroshogaols, gingerdiols.	Effects of ginger components on LPS-induced PGE2 production.	Inhibition of LPS-stimulated PGE2 production (IC50 = 0.008 ug/ml) with Ginger fractions.
Kim <i>et al.</i> , 2012	Human liver microsomes.	0.05–5 ug/ml.	Aqueous ethanolic ginger extract (30% EtOH).	Inhibitory effect on CYP450-mediated drug metabolism.	Concentration dependent inhibitory effects on CYP2C19; IC50 value 3.8 g/ml.
Kimura <i>et al.</i> , 2010;	Human CYP3A4 and CYP2C9 microsomes.	Not specified.	NA	Inhibitory effect on CYP3A4 and CYP2C9 activity.	significant inhibition of CYP3A4 IC50 5.1 ug/ml CYP2C9 IC50 (10ug/ml) activity.
Lantz <i>et al.</i> , 2007	U937 cells	0.1 ug/ml for 6 hrs.	Ginger extract and mixtures of 6-, 8- 10-gingerols and 6-, 8-, 10-shogaols.	Effect on inflammatory mediator production.	No effect on COX-2 expression

Mukkavilli
et al.,
2014

Human liver
microsomes.

Ginger
extract: 500
mg/ml
(containing
15 mg/
ml 6G, 3.4
mg/ml 8G,
3.9 mg/ml
10G, 3.0
mg/ml 6S);
All
individual
components of
gingerols were
assessed at
100 mg/mL
100 mg/mL
(equivalent
to 29 mg/ml
6G, 32
mg/ml 8G,
35 mg/ml
10G and
28 mg/ml
of 6S).

Ginger extract:
(containing 6-
Gingerol, 8-
Gingerol, 10-
Gingerol, 6-
Shogaol). All
individual
components of
gingerols were
assessed at 100
mg/mL
equivalent to 29
mg/mL 6G, 32
mg/mL 8G, 35
mg/mL 10G and
28 mg/mL of 6S.

effect of ginger
extract and
major
constituents on
CYP P450
enzyme activity.

Inhibition of
CYP1A2 (IC₅₀ =
-
221.5 mg/ml)
by ginger
extract. No
effect on
CYP2A6;
maximum
inhibition of
CYP2B6: IC₅₀ =
- 22 mg/ml
IC₅₀ = 122
mg/mL
against
CYP2C8
in the
presence of
amodiaquin
IC₅₀ = 93.5
mg/mL
against
CYP2C9,
in the
presence of
diclofenac
Inhibition of
CYP3A in the
presence of
testosterone
no effect in
the presence
of midazolam

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Effect on Platelet Aggregation

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Author	Test System	Study size	Exposure	Characterisation of test substance	Main outcome measure	Outcome
Srivas, 1984	Human platelets and rat aorta.	NA	15-20 ul (concentrations not given).	Ginger extracts in water, n-hexane, chloroform, and ethyl acetate.	Effect of ginger extracts on <i>in vitro</i> platelet aggregation.	Inhibi arach acid (epine aden dipho (ADP) collag induc plate aggre

Srivastava, 1986	Platelet rich plasma (no further information given).	NA	10-20 ul (concentrations not given).	NA	Effect of ginger and components on platelet aggregation and eicosanoid biosynthesis.	Reduced thrombus formation from exogenous AA; Inhibition of AA-induced epinephrine and ADP and collagen-induced platelet aggregation.
Suekawa <i>et al.</i> , 1986 (abstract only)	Rat hind paw and aorta, rabbits.	Unknown.	Unknown.	6-shogaol.	Effect of 6-shogaol on arachidonic acid cascade.	Inhibition of carrageenan-induced paw swelling in rats and arachidonic acid (AA)-induced platelet aggregation in rabbits. Inhibition of prostaglandin 12 (PGI ₂) release from aorta. Possible cause of COX inhibition.

Thomson <i>et al.</i> , 2002	Sprague- Dawley rats, Adult, F; <i>ex vivo</i> .	36	50 mg/kg or 500 mg/kg daily by gavage or intraperitoneally (IP) for 4 weeks.	Aqueous ginger extract, equivalent of 500 mg/ml.	<i>ex vivo</i> effect of aqueous extract of ginger on the synthesis of thromboxane- B2, prostaglandin- E2, and cholesterol, triglyceride levels in the serum of normal rats.	Serum reduced both levels dose- signifi- cantly reduced serum both and IP non- signifi- cantly reduced the le- vels of TXB2 observed when was i- njected IP but signifi- cantly different from group
NA	NA	NA	NA	NA	NA	signifi- cantly reduced levels chole- sterol in rats high c- No sig- nificant change trigly- ceride levels either either or IP.

Herb-drug interactions

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Author	Test System	Study size	Exposure	Characterisation of test substance	Duration	Main outcome measure	Outcome
Al-Omari <i>et al.</i> , 2012	Albino rat, M	30: 5 groups of 6; 72: 12 groups of 6.	25, 50 and 100 mg/kg bw by gavage; single dose (50 mg/kg bw) and up to one week.	Ginger crude extract.	Multiple dose: 2 weeks; single dose: 1 week.	Effect on glibenclamide and insulin; hypoglycaemic and antihyperglycemic effects in normoglycemic- and streptozotocin-induced (STZ) diabetic rats.	Significant decrease in blood glucose levels; no significant difference in hr. mg. Significant decrease in BG in dia.

Egashira <i>et al.</i> , 2012	Sprague-Dawley rat, M (7 weeks old)	Not specified.	10 mL/kg orally.	50% ginger juice.	1-3 days.	interaction between ginger juice and tacrolimus.
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Okonta <i>et al.</i> , 2008	Rabbits (3F, 2M)	5	1 ml/kg, orally.	Ginger extract.	3 days.	Effect of ginger on the pharmacokinetics of metronidazole.
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