

Accepted Manuscript

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PII: S1226-8453(16)30117-8

DOI: [10.1016/j.jgr.2017.03.001](https://doi.org/10.1016/j.jgr.2017.03.001)

Reference: JGR 260

To appear in: *Journal of Ginseng Research*

Received Date: 30 June 2016

Revised Date: 15 February 2017

Accepted Date: 15 March 2017

Please cite this article as: Sook Lee E, Yang YJ, Lee JH, Yoon YS, Effect of high-dose ginsenoside complex (UG0712) supplementation on physical performance of healthy adults during a 12-week supervised exercise program: A randomized placebo-controlled clinical trial, *Journal of Ginseng Research* (2017), doi: 10.1016/j.jgr.2017.03.001.

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Effect of high-dose ginsenoside complex (UG0712) supplementation on physical performance of healthy adults during a 12-week supervised exercise program: A randomized placebo-controlled clinical trial

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Short running head: **Effects of ginsenoside complex on physical performance**

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