

Table1. The effect of intake of *Ginseng panax* on resting metabolism

ID	RQ rate (5-10 min)	VO <sub>2</sub> rate (5-10 min)	VCO <sub>2</sub> rate (5-10 min)
	(Ginseng)/(control) %	(Ginseng)/(control) %	(Ginseng)/(control) %
AJC1901	95.0	73.2	69.7
AJC1902	92.4	82.5	76.6
AJC1903	87.8	112.7	98.9
AJC1904	102.4	89.0	90.7
AJC1905	103.2	88.7	91.7
Average	<b>96.2</b>	89.2	85.5
SD	6.6	14.6	12.0
Max.	103.2	112.7	98.9
Min.	87.8	73.2	69.7