**2.2. Eligibility Criteria**

Dr. Joseph Meserve, a board-certified gastroenterologist at Prisma Health, treats approximately 100 ulcerative colitis (UC) patients each month, amounting to a pool of 1,200 potential participants annually. This substantial patient volume positions Prisma Health as an ideal site for participant recruitment and enrollment into the study.

**Inclusion Criteria:**

1. **Age**: Male and female participants aged 18 years and older.
2. **Diagnosis**: Patients with a confirmed diagnosis of ulcerative colitis (UC), on stable 5-ASA therapy (e.g., mesalamine or its derivatives), with a UCDAI (Ulcerative Colitis Disease Activity Index) score of greater than 3.
3. **Medication**: Participants must be on stable doses of 5-ASA therapy, with allowances for prednisone taper if needed.
4. **Consent**: All participants must provide informed consent prior to study participation.

**Exclusion Criteria:**

1. **Other IBD Conditions**: Patients with Crohn’s disease, indeterminate colitis, or other forms of inflammatory bowel disease.
2. **Targeted Immunotherapy**: Patients who are currently or have recently been treated with biologics (e.g., anti-TNF therapies) or small molecule therapies (e.g., JAK inhibitors).
3. **Pregnancy/Breastfeeding**: Pregnant or breastfeeding individuals, or those with a positive pregnancy test.
4. **Surgical Needs**: Patients with an imminent need for UC-related hospitalization or surgery.
5. **Active Infections**: Participants with active infections, including HIV, hepatitis, or any other significant uncontrolled infection.
6. **Active Malignancies**: Exclusion of patients with any active cancer or those undergoing cancer treatment.
7. **Use of Investigational Drugs**: Participants currently or recently involved in another investigational drug trial.
8. **Allergies**: Patients with known allergies to Ginseng or any other ingredients in the study treatment.
9. **Medication Use**: Exclusion of participants taking medications that could bias results or pose health risks due to interactions with Ginseng or study interventions.

**Recruitment Process**: Initial contact with potential participants will be made by Prisma Health staff, led by Dr. Meserve. This will include a discussion about the study and its purpose, followed by the distribution of information and contact cards to patients who express interest and consent to further discussions via phone.