

ABSTRACT

A use of a ginseng extract for preparing a composition for anti-fatigue or improving cognitive function is provided. The ginseng extract is obtained by water extraction from roots of *Panax ginseng* C. A. Meyer and contains a relatively high content of ginsenoside Rg3. The composition is capable of enhancing mitochondrial activity, promoting skeletal muscle cell proliferation, improving hypoxia tolerance, increasing blood oxygen saturation, reducing oxidative stress, and enhancing cognitive performance, including judgment ability and short-term memory, in a subject in need thereof.

10 No Figure