

GINKGO BILOBA

What is *GINKGO BILOBA*?

Ginkgo biloba is the oldest living tree species and can live as long as 1,000 years and grow to a height of 120 feet. It has short branches with fan-shaped leaves. Research has focused on the standardized Ginkgo extract which is produced from the leaves. Ginkgo is made up of ginkgo flavone glycosides, several terpene molecules unique to ginkgo and organic acids. These molecules are thought to have the ability to fight the many effects of aging which include improving blood circulation, reducing inflammation and protecting brain cells from damage caused by lack of oxygen. Its strong antioxidant properties may protect central nervous and cardiovascular systems from damage and the effects of aging. *

What are the benefits?

Ginkgo is a powerful aid to circulatory problems, particularly a lack of blood to the brain that may be associated with memory loss, vertigo, tinnitus, disorientation, headaches and depression, especially in the elderly. Ginkgo improves blood circulation by reducing the stickiness of blood platelets. This improved blood flow may help inhibit or treat heart disorders as well as stroke. Ginkgo may be effective in preventing the onset of age-related mental deterioration. It is often recommended for older people suffering from dementia. Ginkgo, as well as rhodiola and cordyceps, have all been effectively used for impotence and erectile dysfunction. Ginkgo may help reduce certain premenstrual symptoms for women such as fluid retention and breast tenderness. It is considered safe and side effects rare; it has blood-thinning properties and should not be used with blood-thinning medications. *

Supplement recommendation:

Look for a product that has been naturally extracted and grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **An aid for impaired blood flow and benefits impotence therapy***
- **Helps inhibit the many effects of aging through antioxidant activity***
- **Improves blood circulation throughout the body and helps cold hands and feet***
- **Supports healthy brain function by increasing cerebral oxygenation***
- **Helps reduce premenstrual symptoms***
- **Helps protect central nervous and cardiovascular systems***
- **Protects sensitive brain cell membranes from free radical damage***
- **Improves short term memory loss and overall cerebral vascular sufficiency***
- **Helps increase vitality and energy and relieves depression***

Supporting Research:

Blumenthal M, ed. *The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines*. Boston, MA: Integrative Medicine Communications; 1998

Brown D, N.D. Curbing Dementia with Ginkgo; *Nutrition Science News*; October, 1997; Vol 2, No 10

Brown D. *Herbal Prescriptions for Better Health*. Rocklin, CA; Prima Publishing; 1996

Canning P, M.A. *Exotic Supplements; Ginkgo Biloba*; pg 21

Carper J. *Miracle Cures*. New York, NY: HarperCollins, 1997

Ginkgo: Brain Support and More; *EnergyTimes Nutrition* 101; November/December, 2000

Le Bars PL, et al. A placebo-controlled, double-blind, randomized trial of an extract of Ginkgo biloba for dementia. *JAMA*. 1997;278:1327-1332

Mashour NH, et al. Herbal med. for the trtmt. of cardio. disease. *Arch Intern Med*. 1998;158:2225-2234

Murray M. *The Healing Power of Herbs: The Enlightened Person's Guide to the Wonders of Medicinal Plants*. 2nd ed. Rocklin, CA:Prima Publishing; 1995

Newall C, et al. *Herbal Medicines: A Guide for Health-care Professionals*. London, Eng:Pharm Press;199

Oliff H, Ph.D. Herbs Used for Mental and Psychiatric Conditions; *NNFA Today*; Vol 15, No 11; Dec, 2001

Vorberg G. Ginkgo biloba extract: a long-term study of chronic cerebral insufficiency in geriatric patients. *Clin Trials*. 1985;22(2):149-157

* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.