

Ginkgo Biloba 60 mg

• free of all common allergens • vegetarian • standardized •

Overview

Ginkgo (*Ginkgo biloba*) is believed to be the oldest living species at about 200 million years old. It has been used in Traditional Chinese Medicine for over 4,000 years, where it was used to treat asthma and bronchitis and also as a treatment for cardiovascular diseases. Today, it is the most frequently prescribed medicinal herb in Europe. Ginkgo is one of the well-researched herbs in the world; it has been the subject of hundreds of studies. It is most renowned for its positive effects on brain function and circulation. In addition, scientists have discovered that Ginkgo is chockfull of antioxidants, Vitamin C and carotenoids. Recent studies show that it increases blood flow to the brain and that it increases the body's production of adenosine triphosphate (ATP). ATP boosts the brain's metabolism of glucose. Research also indicates that Ginkgo extracts raises oxygen levels in brain tissues. This would result in enhanced memory, and could delay the onset of Alzheimer's. One study compared four commonly used medications for dementia to a standardized ginkgo extract and a placebo for their use in Alzheimer's disease. The authors concluded that the standardized ginkgo extract should be considered equally effective as some of the medications in the treatment of mild to moderate Alzheimer's disease. German researchers found that Ginkgo is a powerful antioxidant that may prevent hardening of the arteries. They also found that treatment with Ginkgo extracts improved circulation to the extremities, ear and eyes. It regulates tone and elasticity of blood vessels, from smallest of capillaries to the largest of arteries.

The compounds that are responsible for the positive effects of Ginkgo Biloba are called flavonglycosides. The leaf is used to derive a standardized extract. The active constituents are flavonglycosides and terpene lactones. Our Ginkgo is standardized to 24% ginkgo flavonglycosides and 6% terpene lactones.

* Research Indicates

- Studies indicate ginkgo has the ability to increase circulation which may lead to enhanced memory
- May reduce the effects of senile dementia, tinnitus and vertigo
- May ease leg pain arising from intermittent claudication and similar disorders
- Has been used to treat impotence
- Helps rid the body of free radicals (antioxidant)
- Used in treatment of asthma in China for thousands of years
- May improve delivery of nutrients and disposal of waste products from the brain
- May improve symptoms associated with diabetes and various circulatory conditions including cyanosis and Raynaud's Syndrome
- May delay the onset of Alzheimer's

Dosage

Typical dosages range from 40-120 mgs.

Cautions

- ✦ If you are planning to have any type of surgery or dental work, stop using Ginkgo for at least 14 days prior to the procedure.
- ✦ If you are taking anticoagulant or antiplatelet medications, have a clotting or bleeding disorder, or are pregnant or lactating consult a health care practitioner prior to using Ginkgo Biloba.
- ✦ In rare cases, Ginkgo has caused headaches, irritability, diarrhea, nausea and skin irritations. If you experience any of these symptoms after taking Ginkgo, discontinue use and consult your health care practitioner.

*These statements have not been evaluated by the Food and Drug Administration

This information is not intended to diagnose, treat, imply cure or prevention of any disease

For more information regarding excipients, please refer to the excipient list

Free of wheat, gluten, soy, corn, yeast, fish, egg, dairy and lactose.
Contains no artificial colors, flavors or preservatives.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Ginkgo (leaf) 60 mg	*
24% ginkgo flavonglycosides, 14.4mg	
6% terpeno lactones, 3.6mg	

Other ingredients: Rice powder, magnesium stearate, cellulose.

Directions: Take 1 capsule, one to three times daily .

Note: If you are pregnant or lactating, consult your health care practitioner before using this product. **Keep out of reach of children.** Store in a cool, dry place.

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**