**DESCRIPTION:**

*The brain* - Researchers classify Ginkgo Biloba as a broad spectrum “nootropic” or mind enhancer. It improves memory, alertness, and ability to think clearly. It also decreases effects of stress on the brain, while increasing the supply of blood to the brain as it washes away metabolic wastes. In high quality studies, Ginkgo has been proven to help people “think smarter,” regardless of whether they are young or old, sick or healthy.

*The circulatory system* - Ginkgo has the ability to improve and maximize health of the heart, blood, and blood vessels. Its ability to do this has the effect of counteracting a host of medical conditions from intermittent claudication (leg cramps) to hypertension.

*The science* - Ginkgo is a powerful antioxidant, and the flavonoids increase the strength of capillary walls and reduce inflammation. They also make Vitamin C more effective. The ginkgolides offset the process that leads to formation of unwanted blood clots by counteracting PAF (platelet-activating factor) that initiates or accelerates blood clotting.

**MECHANISM:**
The healing properties of Ginkgo are held in its complex molecular structure. It contains flavone glycosides (flavonoids) and terpene lactones. These fall into two categories designated ginkgolides and bilobalides. These compounds, which improve circulation and stimulate regeneration of nerve cells, are unique to this herb. The quercetin and kaempferol content has been shown to increase the bodies “tumour necrosis factor” and the long chain phenols exhibit a strong anti-tumour effect. The herb has been shown to increase levels of serotonin, acetylcholine and other neurotransmitters. Taken together, it is not surprising that Ginkgo Biloba has been the most widely used herb for many years in Europe, being prescribed and approved for many ailments from anti-aging to cognitive enhancement, to anti-cancer.

**Ginkgo Biloba Concentrate**

*Product Code: S709*
90 Capsules

*Ginkgo biloba has existed for at least 200 million years. Darwin called it the “living fossil”*

**Each Vegetarian Capsule Contains:**
- Ginkgo biloba (leaf) extract 40 mg
- (24% ginkgoflavonglucosides / 6% ginkgolides)

*Non Medicinal Ingredients:* Magnesium Citrate, Silicon Dioxide, L-leucine as required to fill capsule.

**ADULT DOSAGE:** One to two capsules twice daily or as recommended.
INDICATIONS:
- Allergies
- Alzheimer’s
- Anti-aging and memory function
- Arteriosclerosis
- Asthma
- Atherosclerosis
- Declining vision
- Depression
- Diabetes
- Dizziness
- Equilibrium
- Fatigue
- Fluid retention
- Impotence
- Macular degeneration
- Mental alertness
- PMS
- Radiation
- Stress relief
- Tinnitus
- Vascular dementia

POSSIBLE SIDE EFFECTS:
Very rare, and usually mild stomach and intestinal symptoms, headaches, allergic reactions, restlessness or irritability.

POSSIBLE INTERACTIONS:
“Blood-thinning” action may potentiate actions of aspirin, Coumadin, Heparin, Ticlid, NSAID’s, Persantine and plavix.

PRECAUTIONS:
- Acceptable in pregnancy? Research data unavailable
- Suitable when nursing? Research data unavailable
- Suitable for children? Research data unavailable
- Suitable for Diabetics? Yes
- Suitable for vegetarians? Yes
- Take with food? Yes

Comments: Not recommended for individuals with blood disorders, haemophilia, or a Vitamin K deficiency.

REFERENCES:
(2) A quantitative structure-activity relationship for anti-tumour activity of long-chain phenols from Ginkgo biloba, H. Itokawa, et al.
(3) Effect of Ginkgo biloba on fluidity of blood and peripheral microcirculation in volunteers, F. Jung, et al.
(4) Ginkgo: The Smart Herb, J. Zuess.