

Nutri Age Support

Active Ingredients: *Ginkgo biloba* Leaf Extract 60 mg
Standardized to contain: Flavoglycosides 24%
Terpene Lactones 6%

Ginkgo biloba has been used orally for treating dementia such as Alzheimer's, vascular or mixed dementia. Ginkgo leaf is also used orally for conditions associated with cerebral vascular insufficiency, especially in the elderly, including memory loss, headache, tinnitus, vertigo, dizziness, difficulty concentrating, mood disturbances, and hearing disorders. It is also used orally for ischemic stroke, and peripheral arterial disease (PAD). Ginkgo leaf is also used for cognitive problems related to Lyme disease, sexual dysfunction, and for sexual dysfunction caused by SSRI antidepressants.

Recommended usage: Helps to enhance cognitive functions in adults. Helps to enhance memory. Helps to support peripheral circulation.

Risk information and safety: Standardized ginkgo biloba leaf extracts have been safely used in trials lasting from several weeks to 6 years. Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you are taking medications for diabetes, high blood pressure, or seizure.

Duration of use: Consult a health care practitioner for use beyond 8 months.

Contraindications: Do not use if you are taking health products that affect blood coagulation (e.g. blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) as this may increase the risk of spontaneous bleeding.

References:

1. Natural Medicine Comprehensive Database, 2010. Monograph: Ginkgo
2. Natural Health Products Directorate, Ginkgo biloba monograph.
<http://webprod.hc-sc.gc.ca/nhp/nd/bdipsn/monoReq.do?id=100&lang=eng>