

Ginkgo Biloba

Standardized Extract 120 mg



DESCRIPTION

Ginkgo Biloba contains 120 mg of the herb Ginkgo biloba, in a vegetarian capsule. The active ingredients, ginkgo flavone glycosides, can help protect the body's structure and function against damage from free radicals, as well as helping to maintain healthy circulatory function and mental performance.

FUNCTIONS

Ginkgo biloba is the oldest living species of tree, having survived relatively unchanged for at least 200 million years. Native to China, ginkgo has long been recommended in Chinese herbal medicine for its numerous nutritional benefits for the brain and circulatory system. Ginkgo leaf extract has been the object of numerous scientific and clinical studies since the early 1970s and is now probably the most extensively studied and utilized botanical extract in the world.

Interest in Ginkgo biloba centers on its reputed benefits on brain function, especially on the aging brain. With advancing age, the body often suffers from decreased blood vessel elasticity and tone, and decreased blood fluidity. Insufficient blood, oxygen, and nutrient flow to the brain can lead to impairment in cognitive function. Studies over the past 30 years show that 120 to 240 mg per day of Ginkgo biloba extract increases blood flow to the brain resulting in increased oxygen and glucose utilization with subsequent improvement in mental function. These benefits are attributed to two main classes of phytoactive compounds present in the Ginkgo biloba leaf: ginkgo flavone glycosides and terpene lactones. As powerful antioxidants, the ginkgo flavone glycosides counteract the deleterious actions of free radical accumulation which impairs cellular energy production, nerve transmission, and increases vascular rigidity. Ginkgo biloba extract is also reported to inhibit the tendency of red blood cells to stick together ("clumping"), thereby enhancing the fluidity of the blood. Taken together, these actions contribute significantly to increasing blood flow to the brain.

INDICATIONS

Ginkgo Biloba may be a useful dietary supplement for individuals who are concerned about their mental function and wish to obtain the benefits of this well-documented herb.

FORMULA (WW #10065)

1 Vegetarian Capsule Contains:

Ginkgo biloba Leaf Extract 50:1..... 120 mg
(Standardized to: 24% [28.8 mg] Flavoneglycosides,
6% [7.2 mg] Terpene Lactones and 0.8% [0.96 mg]
Ginkgolide B)

Other Ingredients: capsule (cellulose and water), rice powder, magnesium stearate, and silica

This product contains NO added sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

SUGGESTED USE

As a dietary supplement, adults take one (1) vegetarian capsule daily with meals, or as directed by a healthcare professional.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

- Clostre F. [Ginkgo biloba extract (EGb 761). State of knowledge in the dawn of the year 2000]. *Ann Pharm Fr* 1999;57 Suppl 1:1S8-88.
- Droy-Lefaix MT, Cluzel J, Menerath JM, Bonhomme B, Doly M. Antioxidant effect of a Ginkgo biloba extract (EGb 761) on the retina. *Int J Tissue React* 1995;17:93-100.
- Dziak LA, Golik VA. [The efficacy of treating cerebral ischemia due to changes in the major cerebral arteries by using the preparation Tanakan (EGb 761)]. *Lik Sprava* 1998;125-7.
- Haase J, Halama P, Horr R. [Effectiveness of brief infusions with Ginkgo biloba Special Extract EGb 761 in dementia of the vascular and Alzheimer type]. *Z Gerontol Geriatr* 1996;29:302-9.
- Itil TM, Eralp E, Ahmed I, Kunitz A, Itil KZ. The pharmacological effects of ginkgo biloba, a plant extract, on the brain of dementia patients in comparison with tacrine. *Psychopharmacol Bull* 1998;34:391-7.
- Ivaniv OP. [The results of using different forms of a Ginkgo biloba extract (EGb 761) in the combined treatment of patients with circulatory encephalopathy]. *Lik Sprava* 1998;123-8.
- Janssens D, Michiels C, Delaive E, Eliaers F, Drieu K, Remacle J. Protection of hypoxia-induced ATP decrease in endothelial cells by ginkgo biloba extract and bilobalide. *Biochem Pharmacol* 1995;50:991-9.
- Kanowski S, Herrmann WM, Stephan K, Wierich W, Horr R. Proof of efficacy of the ginkgo biloba special extract EGb 761 in outpatients suffering from mild to moderate primary degenerative dementia of the Alzheimer type or multi-infarct dementia. *Pharmacopsychiatry* 1996;29:47-56.

Kidd PM. A review of nutrients and botanicals in the integrative management of cognitive dysfunction. *Altern Med Rev* 1999;4:144-61.

Klein J, Chatterjee SS, Loffelholz K. Phospholipid breakdown and choline release under hypoxic conditions: inhibition by bilobalide, a constituent of *Ginkgo biloba*. *Brain Res* 1997;755:347-50.

Le Bars PL, Katz MM, Berman N, Itil TM, Freedman AM, Schatzberg AF. A placebo-controlled, double-blind, randomized trial of an extract of *Ginkgo biloba* for dementia. North American EGb Study Group [see comments]. *Jama* 1997;278:1327-32.

Oken BS, Storzbach DM, Kaye JA. The efficacy of *Ginkgo biloba* on cognitive function in Alzheimer disease. *Arch Neurol* 1998;55:1409-15.

Oyama Y, Chikahisa L, Ueha T, Kanemaru K, Noda K. *Ginkgo biloba* extract protects brain neurons against oxidative stress induced by hydrogen peroxide. *Brain Res* 1996;712:349-52.

Perry EK, Pickering AT, Wang WW, Houghton P, Perry NS. Medicinal plants and Alzheimer's disease: Integrating ethnobotanical and contemporary scientific evidence. *J Altern Complement Med* 1998;4:419-28.

Perry EK, Pickering AT, Wang WW, Houghton PJ, Perry NS. Medicinal plants and Alzheimer's disease: from ethnobotany to phytotherapy. *J Pharm Pharmacol* 1999;51:527-34.

Pietri S, Maurelli E, Drieu K, Culcasi M. Cardioprotective and anti-oxidant effects of the terpenoid constituents of *Ginkgo biloba* extract (EGb 761). *J Mol Cell Cardiol* 1997;29:733-42.

Pietri S, Seguin JR, d'Arbigny P, Drieu K, Culcasi M. *Ginkgo biloba* extract (EGb 761) pretreatment limits free radical- induced oxidative stress in patients undergoing coronary bypass surgery. *Cardiovasc Drugs Ther* 1997;11:121-31.

Pitchumoni SS, Doraiswamy PM. Current status of antioxidant therapy for Alzheimer's Disease. *J Am Geriatr Soc* 1998;46:1566-72.

Riedel WJ, Jorissen BL. Nutrients, age and cognitive function [In Process Citation]. *Curr Opin Clin Nutr Metab Care* 1998;1:579-85.

Rigney U, Kimber S, Hindmarch I. The effects of acute doses of standardized *Ginkgo biloba* extract on memory and psychomotor performance in volunteers. *Phytother Res* 1999;13:408-15.

Rong Y, Geng Z, Lau BH. *Ginkgo biloba* attenuates oxidative stress in macrophages and endothelial cells. *Free Radic Biol Med* 1996;20:121-7.

Smith PF, MacLennan K, Darlington CL. The neuroprotective properties of the *Ginkgo biloba* leaf: a review of the possible relationship to platelet-activating factor (PAF). *J Ethnopharmacol* 1996;50:131-9.

Soholm B. Clinical improvement of memory and other cognitive functions by *Ginkgo biloba*: review of relevant literature. *Adv Ther* 1998;15:54-65.

Stoll S, Scheuer K, Pohl O, Muller WE. *Ginkgo biloba* extract (EGb 761) independently improves changes in passive avoidance learning and brain membrane fluidity in the aging mouse. *Pharmacopsychiatry* 1996;29:144-9.

Wesnes KA, Faleni RA, Hefting NR, Hoogsteen G, Houben JJ, Jenkins E, Jonkman JH, Leonard J, Petrini O, van Lier JJ. The cognitive, subjective, and physical effects of a *ginkgo biloba*/panax ginseng combination in healthy volunteers with neurasthenic complaints. *Psychopharmacol Bull* 1997;33:677-83.

Winter JC. The effects of an extract of *Ginkgo biloba*, EGb 761, on cognitive behavior and longevity in the rat. *Physiol Behav* 1998;63:425-33.

Manufactured For:

Kustom Wellness

4550 Donald Ross Rd, #113
Palm Beach Garden, FL 33418
844.424.6304
kustomwellness.net

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.