



# Ginkgo 250

## INTRODUCED 1992

### What Is It?

The Ginkgo tree has long been utilized for a long and healthy life. Chinese and Japanese traditions have used ginkgo leaves for centuries to support the brain, heart, and lungs. *Ginkgo biloba* extract promotes healthy blood flow and offers support for mild memory problems associated with aging. Ginkgo 250 is an unstandardized 8:1 extract.\*

### Uses For Ginkgo 250

**Cognitive Support:** Research indicates *Ginkgo biloba* enhances the flow of oxygen and blood to the brain and improves transmission of nerve impulses, supporting mental acuity.\*

**Vascular Health:** *Ginkgo biloba* offers nutritional support to the vascular system by sustaining the strength and elasticity of blood vessels and capillaries. In addition, it maintains healthy platelet function and acts as a free radical scavenger.\*

### What Is The Source?

Ginkgo 250 is an unstandardized *Ginkgo biloba* extract.

### Recommendations

Pure Encapsulations recommends 2-4 capsules per day, in divided doses, between meals.

### Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Use of *Ginkgo biloba* has been associated with reports of spontaneous bleeding. Some sensitive individuals could experience mild gastrointestinal upset, headache, dizziness, palpitations, constipation or allergic skin reactions. Consult your physician for more information.

### Are There Any Potential Drug Interactions?

*Ginkgo biloba* is contra-indicated with blood thinning medications. It may also be contra-indicated with anti-seizure medications, anti-anxiety medications and insulin. Research suggests that *Ginkgo biloba* could alter the way that the liver breaks down medications metabolized by the cytochrome P450 system, altering the effects of these medications and possibly the dose needed for treatment. Consult your physician for more information.

#### Ginkgo 250

each vegetable capsule contains  v 1

Ginkgo biloba extract (8:1) ..... 250 mg

2-4 capsules per day, in divided doses, between meals.

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

For educational purposes only. Consult your physician for any health problems.

