

Ginkgo Biloba Extract Improves Circulation and Mental Performance

World's Oldest Living Tree Is a Source of Hope for the Aging

Ginkgo (*Ginkgo biloba*) is the world's oldest living tree. Its existence can be traced back over 200 million years. Individual trees can live and reproduce for over 1000 years. Ginkgo is associated with longevity and has incredible resistance to environmental factors. It now appears that a concentrated extract of ginkgo leaves may promote longevity and resistance to aging in humans.^(1,13)

Ginkgo extract has demonstrated remarkable effect on various parts of the circulatory and nervous systems. Its effects include:

- Enhanced energy⁽¹⁾
- Increased cellular glucose intake⁽¹⁾
- Inhibition of platelet aggregation⁽¹⁾
- Increased blood flow to the brain⁽¹⁻⁸⁾
- Improved transmission of nerve signals⁽¹⁻⁸⁾
- Free radical scavenging activity^(1,2)

This remarkable tree is a source of great hope for aging patients with symptoms of insufficient blood supply to the brain and throughout the body. These symptoms include: senility, short-term memory loss, vertigo, headache, ringing in the ears, lack of vigilance, impotence, hear-

Relieve and Protect against Tinnitus, Impotence and Many Other Presumed "Side Effects" of Aging

In clinical trials, patients with chronic cerebral arterial insufficiency and/or peripheral arterial insufficiency responded favorably to ginkgo extract.^(1,8,9) Since ginkgo improves some aspects of neural transmission, it may also be effective in certain cases of senility including the early stages of Alzheimer's disease.^(1,10,11)

In a large open trial, 112 geriatric patients with chronic cerebral insufficiency given 120 mg. of ginkgo extract per day, displayed a statistically significant regression of major vascular insufficiency symptoms:^(1,8,13)

- Short term memory loss
- Tinnitus (ringing in the ears)
- Lack of vigilance
- Vertigo
- Headache
- Depression

Improved cerebral blood flow provides increased oxygen and glucose to the brain to relieve many of

GINKGO BILOBA 60

50:1 Extract - 24% Ginkgo Flavone Glycosides

Product No. 424 Fill Size: 60 Vegetable Capsules

Each capsule contains:

Ginkgo 50:1 Extract (*Ginkgo biloba*) 60 mg.

Ingredients: Ginkgo biloba leaf extract (50:1 extract containing 24% ginkgo flavone glycosides and 6% terpene lactones), rice flour, magnesium stearate. Contains no animal products.

Recommended Dosage: Two capsules daily, taken with meals.

Note: Most of the clinical research on ginkgo uses a standardized extract containing 24% ginkgo flavone glycosides at 120 mg. per day. Most standardized extracts are sold in 40 mg. capsules. **Ginkgo Biloba 60** contains 60 mg. of standardized ginkgo extract. The concentration of active ingredients varies so greatly in the whole leaf products and crude extracts that they can not be used to devise an effective dosage schedule.⁽¹⁵⁾

ing loss, intermittent claudication and depression. Such symptoms are extremely common in the elderly, due to the presence of atherosclerotic cardiovascular disease.^(1,14)

Ginkgo's therapeutic action is due to its high content of terpenes, flavonoids, proanthocyanidins and a collection of unusual polycyclic structures known as ginkgo heterosides (also called ginkgo flavone glycosides or ginkgolides).^(1,13)

the presumed "side effects" of aging and may offer significant protection against development of these symptoms.⁽¹⁾

50% of Impotent Patients Studied Regained Potency after Six Months

Sixty patients with proven arterial erectile dysfunction who had not responded to drug therapy were treated with ginkgo extract for 12-18 months. The first signs of improved blood supply were seen after 6-8 weeks. After 6 months of therapy, 50% of the patients had regained potency and in 20% a new trial of the previously unsuccessful drug therapy was then successful.⁽¹⁴⁾

Mental Performance Improves Even in Healthy Young Women

Ginkgo extract has been shown in clinical studies to increase the rate at which information is transmitted at the nerve cell level.^(10,11) In a German

double-blind study, the time of reaction even in healthy young women performing a memory test significantly improved after administration of ginkgo extract.^(1,10,13)

In another double-blind clinical study, ginkgo extract restored vigilance to approximately normal levels and improved mental performance, in elderly patients. Findings at the behavioral level

correlate with improvements in EEG tracings. Patients with the least favorable initial situation (as measured in resting EEG activity) displayed the greatest improvement.^(1,11,13)

Ginkgo extract may be of great benefit in many cases of senility, including Alzheimer's disease. It has been shown to normalize acetylcholine receptors in sections of the brain in aged animals and to increase cholinergic nerve transmissions.^(1,11)

Ginkgo Increases Walking Distance in Patients Suffering from Peripheral Arterial Insufficiency

Ginkgo extract has a significant scavenging effect on free radicals.^(1,2) This, combined with its vasodilator effect and ability to increase metabolic processes during decreased blood supply suggest clinical efficacy in cases of obliterative arterial disease and other causes of arterial insufficiency.^(1,12)

In a double-blind randomized clinical trial, two groups of patients with peripheral arterial insufficiency of the leg were studied. Ginkgo extract demonstrated superior results over a placebo. Measurements of pain-free walking distance and maximum walking distance increased dramatically. Plethysmographic and doppler ultrasound measurements (after exercise) also increased, reflecting an increase in blood flow through the affected limb.^(1,9)

Improvement of blood flow as seen in the above study and other studies indicates use of ginkgo extract in cases of peripheral arterial insufficiency including such disorders as diabetic peripheral vascular disease, Raynaud's syndrome, acrocyanosis and post-phlebitis syndrome.⁽¹⁾

Ginkgo Biloba Extract Valuable for Lung Disorders and High Altitudes

Ginkgo extract could also be of value to those with emphysema and other chronic lung disorders as well as to mountain climbers and those living at high altitudes. Young men given ginkgo extract and subjected to conditions of hypoxia (low oxygen) displayed significantly better neurologic response than those given placebos under these conditions.^(12,13) Extracts of ginkgo have been used in China for more than 5,000 years for treating coughs, allergies, asthma, bronchitis and disorders of the lungs and heart.⁽¹³⁾

Future studies could prove ginkgo to be beneficial as a vasodilator in cases of angina, to normalize muscle contractions in congestive heart failure

and as a mood elevating substance in cases of depression.⁽¹⁾

WARNING: This information is provided for health professionals only. This publication and the product contained herein have not been approved or evaluated by the Food and Drug Administration. This publication, and the product contained herein are not intended to diagnose, treat, cure or prevent any disease. The product relates to nutritional support only.

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SCIENTIFIC BIO-LOGICS, INC.

16612 Burke Lane * Huntington Beach, Calif. 92647

www.sblogics.com * info@sblogics.com

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