



GINKGO *(ginkgo biloba)*

Common Uses

Extensive research has established the important role that Ginkgo plays in improving poor circulation and aiding memory and concentration. Several clinical trials have determined Ginkgo's ability to treat dementia and Alzheimer's disease, as well as a powerful preventative for both conditions. Other research indicates that it can be useful in treating depression, glaucoma, and poor arterial blood flow. Ginkgo's inflammation-reducing abilities make it useful in conditions where there is nerve tissue damage caused by inflammation, such as multiple sclerosis.

Precautions

Do not exceed recommended dosage. May cause toxic reaction if taken in excess. Ginkgo is a restricted herb in some countries.

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

