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ESSENTIALS

GINKGO BILOBA

Helps support cognitive function and circulatory health.

Nutritional Information

One Tablet provides:

Ginkgo Biloba Leaf Extract (equivalent to 7500 mg dry leaf)	150 mg
Providing:	
Ginkgo Flavonglycosides	36 mg
Ginkgolides A, B and C	4.5 mg
Bilobalide	3.8 mg

Take one tablet daily with food. Swallow with water.



SUMMARY

- Equivalent to 7500 mg extract
- Provides Ginkgo flavonglycosides, Ginkgolides A, B & C and Bilobalide
- Contributes to cognition and circulation

DESCRIPTION

Ginkgo biloba contains ginkgo flavonglycosides, ginkgolides A, B & C and bilobalide. These powerful active constituents support blood circulation, particularly to the brain and helps maintain healthy heart and eye health. Increased blood flow contributes to normal cognitive function and to a reduction in memory loss.

CHEMICAL CONSTITUENTS OF GINKGO BILOBA

Flavone glycosides and lactones: Ginkgo Biloba contains the pharmacologically active constituents flavonglycosides and terpene lactones which comprise of ginkgolides A, B, C bilobalides and flavonoids. All which provide the therapeutic effect of ginkgo biloba. These constituents scavenge free radicals and stimulate the release of Nitric Oxide (NO). Ginkgo Biloba increases blood supply by dilating blood vessels, reducing blood viscosity and reducing the hyperexcitability of neurons¹.

Ginkgolide A - Supports the immune response to infections and protects the neurons from ischemic damage.

Ginkgolide B - Works directly to protect the nerves and has been tested on patients with multiple sclerosis, migraine and ischemia.

Ginkgolide C - Has a very similar effect to ginkgolides A and B. Although ginkgolide C may not have therapeutic action on its own, it contributes overall to the pharmacological action of ginkgolides A and B².

CARDIOVASCULAR HEALTH

Decreased platelet aggregation: Ginkgo biloba extract decrease platelet aggregation triggered by oxidative stress. This provides protection from oxidation triggered adverse cardiovascular outcomes².

Stroke prevention: Ginkgo biloba has antioxidant properties and helps to preserve the function of the blood vessels and decreases the risk of stroke³. Antioxidants are required for the maintenance of collagen which keeps blood vessels elastic.

Improved blood flow: Ginkgo Biloba extract stimulates the release of nitric oxide which triggers the blood vessels to dilate, reducing blood pressure and improving blood flow. A study showed that ginkgo biloba extract led to an increase of left anterior descending coronary artery blood flow, as it was assessed by significant improvement in maximal diastolic peak velocity and maximal systolic peak velocity⁴. Another study showed improved microcirculation after just one hour of ginkgo biloba circulation.^{5,6,7}

VISION

Bilateral visual field damage: A study looking at 27 patients with bilateral visual field damage resulting from normal tension glaucoma (NTG). Patients received ginkgo biloba extract daily for 4 weeks. Significant improvements in visual fields occurred due to increased blood flow⁸.

Diabetic retinopathy: Another study looked at 29 diabetic subjects with an early diabetic retinopathy evidenced by angiography. Ginkgo Biloba extract or a placebo was given for 6 months and resulted in a significant improvement for the group taking ginkgo biloba extract and a worsening in those taking the placebo⁹.

Light-induced retinal damage: A study looked at the antioxidant protection of ginkgo biloba when protecting the eyes from light induced damage. It concluded that the constituents Dimethylthiourea in ginkgo biloba which provided functional protection from light induced retinol damage¹⁰.

BRAIN FUNCTION

Memory: 31 patients aged over 50 years with mild to moderate impairment of memory were given either ginkgo biloba extract or a placebo. Assessments were made at 12 and 24 weeks, both of which showed improvements in the ginkgo biloba group. The speed of response also improved significantly in the ginkgo biloba group¹¹.

Cognition and concentration: The antioxidants and vasoactive properties in ginkgo biloba extract may alleviate symptoms of decreased cognition, poor memory and concentration difficulties after 6 weeks of supplementation of ginkgo biloba extract¹².

Alzheimer's disease and dementia: Ginkgo may increase the brain function of those with mild Alzheimer's. A review looking at 21 trials with 2608 patients concluded that ginkgo biloba when combined with conventional medicine was superior at improving mental states and mild cognitive impairment¹³. Another review looking at four trials involving 1628 patients with dementia concluded that all symptoms (except psychotic-like features) improved with treatment of ginkgo biloba and decreased caregiver distress¹⁴.

Mental health and quality of life: 66 healthy subject aged between 50 and 65 without age-associated cognitive impairment were given either ginkgo biloba extract or a placebo. The study looked at judgement of their own mental health, general health and quality of life. The study also looked at neurological functions and concluded that ginkgo biloba caused an all case improvement¹⁵.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING GINKGO BILOBA?

Ginkgo Biloba is intended exclusively for use by adults and is not recommended for:

- Children
- Pregnant and breastfeeding women

Do not take with blood thinning medication including aspirin.

Consult a healthcare professional before taking when on any prescribed medication.

FEATURES

- Equivalent to 7500 mg extract
- Provides Ginkgo flavonglycosides, Ginkgolides A, B & C and Bilobalide
- Contributes to cognition and circulation
- Suitable for vegans

HEALTH NEEDS



HEART &
CIRCULATION



EYES

SCIENTIFIC REFERENCES

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