

Extra Strength Ginkgo



Research has shown that consuming antioxidant-rich supplements can help neutralize free radicals and other potentially toxic substances.⁶⁻⁸ Many researchers also believe that dietary antioxidants promote healthy aging.⁹ The flavone glycosides from Ginkgo biloba leaf extracts are powerful antioxidants that may aid the body in fending off reactive free radicals.

Supports Healthy Mitochondrial Function*

The mitochondria within all our cells are enclosed within double layers of membranes. The mitochondria maintain a negative electronic potential across these membranes, and this “membrane potential” function is crucial for them to carry out their normal rates of energy production for the cells (in the form of ATP, adenosine triphosphate). Free radical and other oxidative toxins can generate an “oxidative stress” that can undermine mitochondrial potential and result in reduced ATP production. An in vitro study (using cells in culture) found that Ginkgo biloba leaf extract stabilized both mitochondrial membrane potential and ATP levels when cells were oxidatively stressed with nitric oxide, a highly reactive free radical.¹⁰ This finding opened the possibility that ginkgo might help protect mitochondrial function in intact cells.

Supports Healthy Nerve Cell Function*

Nerve cells transfer information through chemical and electrical signals, and these are the bases for everything that happens in our brains. Ginkgo biloba leaf extract can support these fundamental brain activities by supporting mitochondrial function and consequently benefiting the energetic activity and overall efficiency of the nerve cells.¹¹

Extra Strength Ginkgo 120VC & 360VC

INGREDIENTS

Extra Strength Ginkgo Extract provides the potent combination of flavonoids (mainly flavone glycosides) and terpene lactones isolated from the leaves of Ginkgo biloba. The ginkgo tree is a plant model of longevity as it can thrive for up to 1,000 years while withstanding environmental elements.^{1,2} It has been cultivated in China as a sacred tree for thousands of years, with its traditional health uses dating to as early as 2800 B.C.

The major flavonoids isolated from ginkgo leaves are kaempferol, quercetin and isorhamnetin.³ The main terpene lactones are 20-carbon derivatives referred to as ginkgolides A, B, C, J and M.^{2,4}

BENEFITS

- Whole-Body Support Against Free Radicals*
- Supports Healthy Mitochondrial Function*
- Supports Healthy Nerve Cell Function*
- Promotes Circulatory Health for an Active Lifestyle*
- Supports Healthy Vision*

EXTENDED BENEFITS

Whole-Body Support Against Free Radicals*

The cell membranes that make up most of the substance of all our cells are susceptible to oxidative damage from harmful free radicals.^{5, 6} Cell membranes consist of double molecular layers of lipids (“lipid bilayers”) that are especially prone to free radical damage via “lipid peroxidation.” The free radical toxins that can cause such damage arise both from external and internal (metabolic) sources.

Free radicals are chemically reactive because they possess unstable electron patterns. Oxygen free radicals are especially reactive and are formed naturally by the mitochondria present in all our cells. As the mitochondria use oxygen to make energy from our foodstuffs, they invariably generate oxygen radicals. Our cells use antioxidant nutrients from our foods, along with antioxidant enzymes made within the cells, to scavenge free radicals and thereby prevent their causing damage.

Supplement Facts

Serving Size	1 Veggie Capsule
Servings Per Container	120 & 360
Amount Per Serving %Daily Value	
Ginkgo Extract (<i>Ginkgo biloba</i>) (leaf)	120 mg †
Providing minimum 24% flavonol glycosides (28.8 mg), 6% terpene lactones (7.2 mg)	
† Daily Value not established.	

Other Ingredients: Microcrystalline cellulose, modified cellulose (vegetarian capsule), silicon dioxide.

Suggested Adult Use: Take 1 capsule daily, with or without food, or as recommended by a nutritionally-informed physician.

WARNING: Consult with your physician if you are pregnant or nursing before taking *Ginkgo biloba*. Use with caution when taking anti-coagulant (blood thinning) and MAOI medications. Keep away from children.

Non-GMO / Gluten Free / Soy Free / Vegan
Store in a cool dry place.

* 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.

Researchers investigated the effect of ginkgo on information processing in healthy individuals.¹² In a randomized, double blind, placebo-controlled trial, 50 healthy young men and women completed a 30-day trial in which either 120 mg Ginkgo biloba leaf extract or placebo was consumed daily. Consumption of the extract increased the speed at which information was processed, suggesting that ginkgo may support memory-related processes even in young healthy persons. In a recent randomized, double blind, placebo-controlled trial, Ginkgo biloba leaf extract was shown to enhance the working memory of 19 individuals aged 50–61 years old.¹³

Promotes Circulatory Health for an Active Lifestyle*

The circulatory system provides blood flow throughout the body, to accommodate optimum cellular energy generation for healthy metabolism and function. Both the flavonoids and the ginkgolides in Ginkgo biloba leaf extracts are thought to influence blood properties that support healthy capillaries as well as a healthy circulatory system.^{14,15}

A vigorous blood flow is essential to providing the highly dynamic human brain with the high levels of oxygen and other nutrients it needs for healthy memory and other functions. In a recent clinical trial of 9 healthy elderly men, magnetic resonance imaging (MRI) showed that 120 mg of Ginkgo biloba leaf extract taken daily for 4 weeks promoted a modest but significant increase in brain blood flow.¹⁶

Blood flow provides the extremities with oxygen and nutrients to feed the muscles and other organs that also support a healthy, active lifestyle. In a 6-month randomized, double blind, placebo-controlled trial, researchers found that the daily consumption of 120 mg of Ginkgo biloba leaf extract significantly supported walking comfort tolerance and distance compared to placebo.¹⁷ In another randomized, double blind, placebo-controlled trial, researchers assessed Ginkgo biloba leaf extract for the microcirculation by measuring oxygen pressure in the skin of individuals aged 44–73 during periods of exercise.¹⁸ Ginkgo dramatically promoted blood flow, as compared to placebo.

Supports Healthy Vision*

Healthy vision relies on optimal blood flow and oxygen supply to the optical nerve. In this regard, by supporting healthy circulation ginkgo has the potential in turn to support healthy vision. A recent publication reported that long-term consumption of 160 mg of Ginkgo biloba leaf extract by 42 individuals helped to support visual functions.¹⁹ In a retrospective study of 103 individuals consuming Ginkgo biloba leaf extract for one year, ginkgo was also found to promote healthy visual function.²⁰

SAFETY & TOLERABILITY

In addition to the fully 5,000 years of traditional use of ginkgo in China, modern clinical research has shown authentic Ginkgo biloba leaf extract to be a safe dietary supplement. In a randomized, double blind, placebo-controlled trial of 3,069 volunteers aged 75 years or older, about half of the participants took 240 mg of Ginkgo biloba extract daily for an average of 6 years (the other half took placebo).²¹ There was no significant difference in reported side effects between the two groups. In a meta-analysis of ginkgo clinical trials, side effects were not different between groups taking placebo and groups taking ginkgo (at doses up to and above 200 mg daily for 24 weeks).²²

Extra Strength Ginkgo Extract is indicated for anyone who desires support for healthy circulation to the brain and other organs. By promoting oxygen and nutrient delivery to the brain and other organs, this authentic ginkgo preparation supports efficient mental and whole-body performance.

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