



GINKGO BILOBA

UPC CODE 0 646420 2135 9

NPN # 80013145

NATURAL HEALTH PRODUCTS DIRECTORATE (NHPD) CLAIMS:

Jamieson’s Ginkgo Biloba is approved for the following NHPD claims:

- Helps to enhance cognitive function in an aging population
- Helps to enhance memory in an aging population
- Helps to support peripheral circulation

GENERAL INFORMATION

Jamieson Herbal Remedies are an effective and safe approach to wellness, gently formulated using a carefully blended traditional recipe of herb powders, oils, and extracts of guaranteed potency. Jamieson Ginkgo biloba contains natural ingredients used to ease, rather than suppress symptoms - a truly holistic approach to wellness.

The Ginkgo tree is native to China and is also cultivated in Japan and other parts of the world. The extract of Ginkgo biloba contains bioflavonoid substances including flavoglycosides, which promote healthy cerebral blood and oxygen flow to offer prevention of age-related, impaired mental performance. As an antioxidant, Ginkgo is used to reduce and prevent cellular damage due to oxidative stress that may result in age-related declines in brain function.^{1,2}

Ginkgo biloba’s active phytochemical compounds, flavonol glycosides (flavoglycosides) and terpene lactones (ginkgolides, bilobalide) have been clinically validated to increase memory performance and learning capacity, inactivate toxic oxygen radicals, and improve age-related impairments of neurotransmitter function. It can increase the rate at which information is transmitted at the nerve

cell level, thereby preventing or reducing severity of symptoms such as senility, vertigo and vigilance.^{1,3,4}

Ginkgo biloba is well known for its ability to improve blood flow, particularly microcirculation to the brain and extremities, thereby providing nourishment to various parts of the body including the brain, eyes, ears, and heart muscle. It can also prevent blood clots from developing, and improve problems related to poor circulation such as diabetic peripheral vascular disease, phlebitis (vein inflammation), coldness in the extremities (Raynaud’s disease), and intermittent claudication (painful leg cramps).^{5,6}

Ginkgo biloba also provides nutritional support for diets deficient in bioflavonoids due to insufficient daily intake of fruits and vegetables. Even if one is consuming the recommended daily servings of fruits and vegetables, food preparation and cooking methods can deplete phytochemical compounds required for vital health.

What makes Jamieson’s Ginkgo Biloba different...and why does this difference mean better?

- 1) Clinically assayed at Jamieson Laboratories to be Japanese source material standardized to mature leaf material, supplying 24% flavone glycosides and 6% terpene lactones. This ensures you get the same amount of active compound in every capsule taken.
- 2) Our premium formulations are manufactured using the 360 Pure process - a minimum of 360 quality tests that guarantee traceability and reliability of raw material, product safety, full potency and absolute clinical purity.

INGREDIENT INFORMATION

Available as 60 caplets.
Each caplet contains:
Ginkgo biloba (55:1) extract.....80 mg
(*Ginkgo biloba*, leaf) Equivalent to 4400 mg of dried leaves. Standardized to 24% flavone glycosides and 6% terpene lactones.

For Accidental Overdose (such as child ingesting formula)
Dial 911, 0 for operator assistance or call your nearest Poison Control Centre.

For Professional Use Only
The information contained here has been accumulated from many sources.
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.

For more information please visit www.jamiesonvitamins.com or call 1-800-265-5088 to speak to a Consumer Affairs representative.



EXCIPIENTS

Cellulose, Dicalcium Phosphate, Soy Polysaccharides, Vegetable Stearic Acid, Vegetable Magnesium Stearate.

DIRECTIONS

Adults: Take 1 caplet daily with a meal. Consult a healthcare practitioner for use beyond 6 months. Store between 15°-25°C away from children.

INDICATED BENEFITS

- Helps to enhance cognitive function in an aging population
- Helps to enhance memory in an aging population
- Helps to support peripheral circulation

NUTRIENT INTERACTIONS

Drug Interactions

Ginkgo biloba has the potential to interact with drugs and herbal preparations that possess anticoagulant/antiplatelet properties. This product may also interact with medications for diabetes, high blood pressure or seizures. Ginkgo biloba may cause sexual dysfunction in individuals taking anti-anxiety medications or mild tranquilizers or benzodiazepines.

Nutrient Depletions

None known when taken as directed.

Supportive Interactions

CoQ10, Alpha Lipoic Acid and Choline work synergistically with Ginkgo biloba to improve brain function and support healthy circulation. Ginkgo is beneficial for individuals taking Anti-Alzheimer's Drugs, and may improve sexual dysfunction associated with Antidepressant Drugs and SSRIs.

WARNINGS AND PRECAUTIONS

Consult a healthcare practitioner prior to use if you are taking medications for diabetes, high blood pressure or seizures or if you are pregnant or breastfeeding. Do not use if you are taking health products that affect blood coagulation as this may increase the risk of spontaneous bleeding.

TOXICITY, ADVERSE REACTIONS, AND SIDE EFFECTS

None known when taken as directed.

REFERENCES

1. Le Bars PL, Katz MM, Berman N, Itil TM, Freedman AM, Schatzberg AF. A placebo-controlled, double-blind, randomized trial of an extract of Ginkgo biloba for dementia. North American EGb Study Group. *JAMA*. 1997; 278(16):1327-1332.
2. Jaggy H, Koch E. The chemistry and biology of alkylphenols from Ginkgo Biloba L. *Pharmazie*. 1997; 52(10):735-738.
3. Wettstein A. Cholinesterase inhibitors and Ginkgo extracts - are they comparable in the treatment of dementia? Comparison of published placebo-controlled efficacy studies of at least six months' duration. *Phytomedicine*. 2000; 6(6):393-401.
4. Oken BS, Storzbach DM, Kaye JA. The efficacy of Ginkgo biloba on cognitive function in Alzheimer disease. *Arch Neurol*. 1998; 55(11):1409-1415.
5. Bauer, U. Six month double-blind randomized clinical trial of Ginkgo biloba extract versus placebo in two parallel groups in patients suffering from peripheral artery insufficiency. *Arzneimittelforschung*. 1984; 34:716-720.
6. Mouren X, Caillard P, Schwartz F. Study of the antiischemic action of Egb 761 in the treatment of peripheral arterial occlusive disease by TcPO2 determination. *Angiology*. 1994; 45:413-417.

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