



# GINKGO

Ginkgo biloba



## Areas of application

- Circulatory disorders
- Age-related cognitive impairment in mild dementia
- Difficulty concentrating
- Headache
- Heavy legs, cold hands
- Dizziness
- Chronic fatigue
- Certain cardiovascular diseases

## Family

Ginkgoaceae (ginkgo family)

## Based in

originally from China and Japan, now cultivated worldwide; a signature plant of US city parks

## Plant parts used

Ginkgo leaves, ginkgo seeds

## Ingredients

Ginkgolides, sesquiterpene lactones, polyphenols, biflavones, flavonoids, genigolic acids, proanthocyanidins, salicylic acid derivatives, diterpenes

## Usage/Indications

Ginkgo is traditionally used to promote blood circulation and cognitive health. The flavonoids and terpenoids contained in the leaves improve blood circulation, particularly in the fine capillaries of the brain. This ensures that more oxygen is transported to the cells, which can enhance cognitive performance. Ginkgo is therefore frequently used for memory and concentration problems, as well as to support mental clarity. Furthermore, ginkgo has beneficial effects on circulatory disorders, such as those associated with atherosclerosis, dizziness and tinnitus, particularly when these are due to age-related changes or vascular problems. By improving blood flow and inhibiting blood clotting, ginkgo can also help reduce the risk of blood clots and vascular damage. Its antioxidant properties protect nerve cells and can lower stress hormone levels.

## Good to know



The ginkgo is the oldest tree species still in existence today. As long as 250 million years ago, ginkgos of various genera were already present, growing in places as diverse as Greenland and Patagonia, and in Central Europe and Mongolia. Only one species – Ginkgo biloba – survived the last ice age.

Ginkgo biloba is extremely hardy. Insects avoid it, it is resistant to tree diseases, it is unaffected by harsh winters or drought, and it also tolerates air pollution.

## Side effects/Contraindications

When taken in medicinal doses, ginkgo has few adverse side effects in healthy adults. However, both the leaves and the seeds may cause gastrointestinal discomfort, headaches and allergic reactions.

Ginkgo should not be taken alongside (other) anticoagulants, as these may enhance each other's effects.

Ginkgo may increase the risk of bleeding.

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