

# GINKO BILLOBA PE

## Latin Name

Ginko biloba

## Common Names

Ginkgo biloba, Maidenhair Tree

## Origin

China, Japan, Worldwide

## Description

Ginkgo biloba is one of the world's oldest living tree species, believed to have survived for 200 million years. Individual trees have lived 1000 years. Ginkgo trees are tall hardy trees, highly resistant to pollutants and pests with distinctive fan-shaped leaves. Ginkgo is considered a sacred tree by the Chinese and has been used in Oriental Medicine since ancient times for respiratory ailments and for brain function. Hundreds of studies have been performed with Ginkgo biloba extracts confirming many of the ancient uses as well as finding new applications.

## Pharmacological Properties

The main active compounds in Ginkgo leaves are the flavo-glycosides: kaempferol, quercetin, isorhamnetin, and proantho-cyanidins. These compounds have anti-oxidant and free radical properties. Also important are the terpenes: ginkgolides and bilobalides. One way these agents decrease inflammation is by inhibiting Platelet Activating Factor (PAF) and reducing the stickiness of platelets which can result in decreased circulatory flow. PAF has been implicated in a wide variety of diseases including asthma, heart arrhythmias, myocardial infarction, and atherosclerosis.

## Active Properties

Numerous studies have detailed the efficacy of Ginkgo biloba extract (GBE) for a wide variety of conditions. GBE has been reported to increase circulation to the brain and thus help with cases of dementia, Alzheimer's disease, memory loss, concentration problems, vertigo, tinnitus, and dizziness. Peripheral vascular diseases such as Raynaud's syndrome, intermittent claudication, numbness, tingling have been helped by GBE. Studies have also reported that GBE was helpful in cases of head injuries, macular degeneration, asthma, and impotence.

## Active Substances

ginkgoflavoglycosides (kaempferol, quercetin, isorhamnetin, proantho-cyanidins), terpenes Standard 24% ginkgo flavoglycosides 6% Terpene Lactones.

## Contraindications / Toxicity

No reported toxicity. Rare cases of gastric upset or headaches.

## Suggested Use

120 mg daily

## Synergistic Agents

Bilberry, Butcher's Broom, Centella, Milk Thistle, Vitamin B complex, magnesium,

## Processing

Green leaves are harvested in the fall and air dried, then extracted in water/acetone mixture, filtered and concentrated.

## Part Of Plant Used

Leaves

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## References

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