

Ginkgo Biloba Certified Extract™**120 mg, 365 capsules**

Item Catalog Number: 00778

For nearly 2800 years, the Chinese have used extracts from the Ginkgo biloba tree to treat a variety of conditions. Ginkgo helps promote healthy brain, metabolic, and cardiovascular function (i.e., blood, blood vessels, circulation).¹⁵⁰⁻¹⁷⁰ Ginkgo contains numerous antioxidants such as proanthocyanidins and flavonoids that counteract free radical activity. Flavonoids are also known to strengthen capillaries, which can promote healthy blood flow to the brain to help maintain cognitive health.^{153,158,167}

Ginkgo may:

- Help maintain normal circulation by dilating blood vessels and reducing the stickiness of blood platelets^{160,161}
- Help maintain the normal function and tone of blood vessels,¹⁵³ and maintain a normal blood flow^{150,152,159}
- Maintain already normal oxygen and glucose metabolism in the brain¹⁵⁴⁻¹⁵⁷
- Maintain normal coagulation of blood^{161,162}
- Reduce tissue damage caused by low blood flow^{154,161}
- Help control radiation-induced brain edema in vitro¹⁶³⁻¹⁶⁴
- Help slow the aging process in the brain^{159,165-168}

Ginkgo biloba extract is reputed as a neuroprotective antioxidant agent.¹⁶⁹ It is known to protect the energy-producing mitochondria within the cells, thus enhancing oxygen utilization and cellular respiration.

In a study to determine whether ginkgo extract could prevent age-associated cellular changes, the brain and liver mitochondria of old mice fed ginkgo extract in their drinking water was compared to those of young and old control mice. Mitochondria from the rats given ginkgo exhibited significantly less genetic damage, peroxide generation, and oxidation of the crucial antioxidant glutathione than non-supplemented rats. In addition, mitochondria from old rats given the ginkgo extract resembled those of young rats much more closely, being similar in size and morphology. The study concluded that standardized ginkgo extract prevents age-related decline in mitochondrial structure and function by protecting mitochondria from oxidative damage.¹⁷⁰

The premium-quality botanical extract in Ginkgo Biloba Certified Extract™ has been concentrated and ~~dup~~ standardized to ensure the highest quality, consistency, and biological activity.

The phytonutrient profile of Ginkgo Biloba Certified Extract™ is comparable to the GBE 24/6 extract used in clinical studies worldwide and monographed in German Commission E. The health regulatory agency that regulates ginkgo purity in Germany mandates that ginkgo not contain more than 5 ppm of ginkgolic acid. Ginkgo Biloba Certified Extract™ contains less than 1 ppm of ginkgolic acid. Ginkgolic acid is a substance related to anacardic acid (poison ivy) and may cause an allergic reaction in some people. Ginkgo Biloba Certified Extract™ has the lowest ginkgolic acid level commercially available.

Ginkgo Biloba Certified Extract™ has high levels of ginkgolide B (>0.8%), which is the most studied terpene lactone and thought to be a major regulator of platelet activating factor (PAF). PAF is a powerful physiologic- responses mediator for many processes.¹⁷⁰

References**Supplement Facts**

Serving Size 1 capsule

Servings Per Container 365

Amount Per Serving

Ginkgo biloba (leaf) extract [std. for 24% ginkgo flavonoglycosides (28.8 mg), 6% total terpene lactones (7.2 mg), and <1ppm ginkgolic acid]

120 mg

Other ingredients: rice flour, gelatin, magnesium stearate.

Contains rice. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one capsule daily with or without food, or as recommended by a healthcare practitioner.

Caution

Do not take more than 120 mg a day of ginkgo. If you are taking anticoagulants or MAO inhibitors, consult your doctor before taking ginkgo. Ginkgolic acid is an allergen for some people and is present in much higher levels in lower-quality products.

Note

There are 120 mg of this standardized ginkgo extract in each capsule of Life Extension Super Booster. If you take the Super Booster product, you do not need to take any additional ginkgo.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

All Contents Copyright © 1995-2009 Life Extension Foundation All rights reserved.

LifeExtension®

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.