



# Ginkgo Forte

M1300

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## Ginkgo Forte: Specialized Extract

A special, highly concentrated flavonoid extract of Ginkgo originated in Europe in the mid-1960s and in the decades following has been extensively investigated in clinical trials. Manufactured from Ginkgo leaves, special extract of Ginkgo contains a known amount of certain flavonoids and terpene lactones, and as little as possible of undesirable compounds (ginkgolic acids, biflavonoids). This extract is often called standardized Ginkgo extract and contains 24% ginkgo flavonglycosides (also written ginkgo flavone glycosides) and 6% ginkgolides and bilobalide.\*

### Blood flow in the body

The cardiovascular system consists of the heart ('cardio') and blood vessels ('vascular') by which blood is pumped and circulated through the body. Blood flows to and from the heart in three continuous circuits: pulmonary (lungs), systemic (body) and coronary (heart). Blood is circulated to the upper body (brain, arms) and the lower body (abdominal organs, legs) by the systemic circuit.<sup>1</sup> A healthy blood circulation results in the normal supply of oxygen and nutrients, including glucose, to the tissues.<sup>2\*</sup>

## How Ginkgo Forte Keeps You Healthy

### Supports healthy circulation, oxygen flow and cardiovascular system

Randomized, placebo-controlled clinical trials have shown that standardized Ginkgo extract helped with normal leg muscle function by supporting healthy circulation to the legs. In seven of the nine trials the results were statistically significant for Ginkgo. Participants in these trials increased their walking distance.<sup>3\*</sup>

Clinical trials also show that standardized Ginkgo extract supported healthy circulation to the organs and tissues of the upper body: brain, eye, forearm and fingers. In one trial, Ginkgo also helped provide healthy tissue metabolism in the brain, as measured by oxygen consumption and glucose uptake into brain tissue.<sup>2,4-8\*</sup>

In two small, uncontrolled trials, standardized Ginkgo extract provided antioxidant activity that helped to maintain healthy blood and support cardiovascular health.<sup>9\*</sup>

### Supports healthy mental function and vigilance

The ability of standardized Ginkgo extract to support healthy blood properties and healthy blood flow to the brain, may also explain why it supports healthy mental function.<sup>8</sup>

A very thorough analysis looked at 29 randomized clinical trials to find out which specific mental functions Ginkgo is most likely to support – if any! The authors looked at objective performance and the results of specific mathematically-based tests in a range of people, including young and elderly volunteers. The results indicate that standardized Ginkgo extract supports:<sup>10\*</sup>

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	60	
Amount per Serving		%DV
Calories	2	
Calcium	80 mg	8%
Ginkgo leaf 50:1 extract from <i>Ginkgo biloba</i> leaf 3.0 g	60 mg	†
Containing ginkgo flavonglycosides	14.4 mg	
Containing ginkgolides & bilobalide	3.6 mg	
† Daily Value (DV) not established.		

Other ingredients: Calcium acid phosphate, cellulose, magnesium stearate and sodium starch glycollate.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Product No	Content
M1300	60 Tablets



Associate Professor Kerry Bone  
MediHerb Co-Founder and  
Director of Research and Development

### A Phytotherapist's Passion

*"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."*

\* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

- selective attention (focusing on certain information while ignoring other sources)
- memory
- mental flexibility (being able to switch focus between different tasks)

Standardized Ginkgo extract also supports healthy vigilance (the state of being alert). This has been demonstrated in controlled clinical trials by measuring EEG (electroencephalogram) activity. In addition to supporting healthy blood flow to the brain, standardized Ginkgo extract supports normal transmission of signals in the nerve cells of the brain.<sup>11</sup> Studies in test tubes indicate that Ginkgo may also help the structure of the nerve cells in the brain to stay healthy.<sup>12\*</sup>

### Supports good health in older adults

A population study in southwest France that followed the lives of people aged 65 and older for 13 years, found that taking standardized Ginkgo extract was associated with good health.<sup>13</sup> In Vienna a large group of people aged over 75 years participated in a study that started in May 2000 and finished five years later. Use of Ginkgo was found to assist healthy mental aging.<sup>14\*</sup>

### Many ways to support health

Complex mixtures such as standardized Ginkgo extract often have many ways of acting. In addition to supporting healthy blood flow and healthy tissue metabolism, standardized Ginkgo extract may also help by:\*

- supporting healthy properties of the blood, such as viscosity<sup>2,4,8</sup>
- providing antioxidant protection<sup>15,16</sup>

A clinical trial also found that standardized Ginkgo extract supported healthy nerve function in the hands.<sup>16\*</sup>

## What Makes Ginkgo Forte Unique

Ginkgo Forte is unique in the professional herbal products industry because:

- The label states exactly how much each tablet contains of the important plant constituents (ginkgo flavonglycosides, ginkgolides, bilobalide)
- MediHerb tests the quantity of ginkgo flavonglycosides (quercetin, kaempferol, isorhamnetin) in Ginkgo raw material
- MediHerb uses a validated test method from the United States Pharmacopeia to ensure the raw material contains *authentic* ginkgo flavonglycosides and is not adulterated with flavonoids such as rutin
- MediHerb's testing also ensures the ginkgo flavonglycosides are retained in the product throughout manufacture

### Unique Manufacture & Analytical Testing

#### Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards, including use of the latest and most relevant chemical analysis methods

#### References

<sup>1</sup> Lazaroff M. *The Complete Idiot's Guide to Anatomy & Physiology*. Alpha, Indianapolis, 2004. <sup>2</sup> Mahady G. *Nutr Clin Car* 2001; **4**(3): 140-147  
<sup>3</sup> Horsch S, Walther C. *Int J Clin Pharmacol Ther* 2004; **42**(2): 63-72. <sup>4</sup> DeFeudis FV. *Ginkgo biloba Extract (Egb 761): Pharmacological Activities and Clinical Applications*. Elsevier, Amsterdam, 1991. <sup>5</sup> Agnoli A, Rapin JR, Scapagnini V et al (eds). *Effects of Ginkgo Biloba Extract on Organic Cerebral Impairment*. John Libbey Eurotext, London, 1985. <sup>6</sup> Chung HS, Harris A, Kristinsson JK et al. *J Ocul Pharmacol Ther* 1999; **15**(3): 233-240 <sup>7</sup> Mehlsen J, Drabaek H, Wiinberg N et al. *Clin Physiol Funct Imaging* 2002; **22**(6): 375-378 <sup>8</sup> Santos RF, Galduroz JC, Barbieri A et al. *Pharmacopsychiatry* 2003; **36**(4): 127-133 <sup>9</sup> Siegel G, Schafer P, Sauer F et al. *Z Phytother* 2008; **29**(S1): S16-S17 <sup>10</sup> Kaschel R. *Hum Psychopharmacol* 2009; **24**(5): 345-370 <sup>11</sup> DeFeudis FV, Drieu K. *Drug Dev Res* 2004; **62**(1): 1-25 <sup>12</sup> Luo Y. *Life Sci* 2006; **78**(18): 2066-2072  
<sup>13</sup> Dartigues JF, Carcaillon L, Helmer C et al. *J Am Geriatr Soc* 2007; **55**(3): 395-399 <sup>14</sup> Blasko I, Jungwirth S, Jellinger K et al. *J Psychiatr Res* 2008; **42**(11): 946-955 <sup>15</sup> Emerit I, Oganessian N, Sarkisian T et al. *Radiat Res* 1995; **144**(2): 198-205 <sup>16</sup> Smirnova V, Strokov I, Ivanova L et al. *Diabetologia* 1999; **42**(Suppl 1): A293, Abstract No. 1109



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### Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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