

Ginkgo Biloba Boosts Brain Power, Memory, Circulation, and More



Long a treasured herb in the Far East, Ginkgo biloba remedies problems in the nervous and circulatory systems. The Chinese have relied on Ginkgo biloba for more than 50 centuries and it has gradually gained popularity in the West. By 1990, an extract of Ginkgo biloba had become the most commonly prescribed medicine in France and Germany for **improving circulation to the brain, arms and legs.**[1,2] As one of the oldest and most thoroughly researched herbs, over 400 studies have been published on the health benefits of [Ginkgo biloba extract \(GBE\).](#)

Millions of people, young and old, make Ginkgo biloba extract the heart of their nutritional supplement program. They say it helps them think clearly and improves circulation to vital organs. People taking GBE have demonstrated definite **improvements in alertness, mood and vigilance.**[3]

Even healthy young people have shown “**significantly improved**” scores on tests of memory **within one hour** following 600 milligrams of the extract.[4] This remarkable finding “may shape the manner in which college students cram for exams.”[5]

“Virtually anybody, whether they are already experiencing the effects of aging on mental function, or just approaching that point, can benefit from GBE.”[5] It may help relieve **memory loss, dizziness, headache, ringing of the ears (tinnitus), lack of alertness and depression, impotence, deafness, macular degeneration, asthma, varicose veins and leg pain** while walking.[1] GBE especially improves brain function, increasing alpha-wave activity on a par with drugs that improve mental performance.[6]

Powerful Antioxidant Reduces Clotting

As an **outstanding antioxidant**, GBE neutralizes free radicals that can seriously damage cells. Such cell damage has profound effects throughout the body, especially in the brain, and may contribute to Alzheimer’s and other diseases of aging.[1,7]

By scavenging free radicals, the bioflavonoid components of GBE’s glycosides keep vessel walls and cell membranes “slippery” so clots don’t develop. GBE also stimulates the production of prostacyclin which may help prevent heart attacks. An important component of GBE, called *ginkgolide B*, counteracts PAF, a blood factor involved in many inflammatory and allergic reactions.[1,2]

Multiple Circulation Benefits

GBE improves circulation both by **relaxing arterial walls** and by **strengthening veins**. This support of both sides of the circulatory system has been shown to **actually improve circulation in damaged areas**, not just in healthy tissue.[1,2]

Valuable terpene lactones (ginkgolides and bilobalide) unique to the ginkgo tree create better oxygen and glucose uptake[8], demonstrating up to a **57% increase in blood flow in the hands within one hour.**[9]

In double-blind crossover, placebo-controlled studies, GBE was **65%-85% effective in relieving major symptoms of cerebrovascular insufficiency**[1], and has been shown to work as well as the drug codergocrine.[10]

GBE appears to **protect the retina**, may help prevent blindness in diabetics and has improved distance vision in macular degeneration. It actually **increased blood flow in the legs** and reduced intermittent leg pain during exercise.[1] It also relieved impotence due to arterial insufficiency and may reduce bloating related to women's menstrual cycles.[1]

Ginkgo Biloba Extract Reduced Stroke Damage by 50%

New research has shown that brain cells could be protected against the effects of a stroke by taking standardized [Ginkgo biloba extract](#). An animal research study at the Johns Hopkins Institutions in Baltimore, Maryland, found that standardized Ginkgo biloba extract **reduced stroke damage** by 50%. Researcher Dr Sylvain Dore said: "Our results suggest that some element or elements in Ginkgo actually protect brain cells during stroke." [11,12]

"If further work confirms what we've seen, we could theoretically recommend a daily regimen of Ginkgo to people at high risk of stroke as a preventive measure against brain damage." [11,12]

Dosage and Suggested Use

While some people reported benefits from GBE after two weeks, "even at the end of a year, it was found that improvement was continuing..."[1]

A usual daily dosage is **120-240 mg**, although much higher doses have been used for cerebral conditions without harmful effects. Researchers have noted that lower doses and less concentrated extracts are not effective. The extract should be taken consistently for at least 12 weeks before evaluating its effectiveness. GBE may be taken indefinitely and has no serious side effects.[1]

Picking a Good Product

Almost all studies have been conducted using a **50:1 guaranteed potency** concentration, meaning **50 pounds of leaves** are used to make **one pound** of [Ginkgo biloba extract](#). Ingredients should be standardized to contain two primary groups of active ingredients: **24 percent flavoglycosides**, with **6 percent ginkgolides-bilobalide**. The extract should also provide **not less than .8 percent of the important ingredient ginkgolide B**. Numerous scientific studies confirm that the powerful actions of Ginkgolide B are largely responsible for Ginkgo's effectiveness in helping to improve memory, enhance mental acuity and increase circulation to the extremities.

References:

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