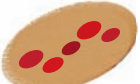


# Ginkgo Biloba



VASODILATOR



ANTIOXIDANT



NEUROTRANSMITTER

An extract taken from the leaves of a 200 million-year-old tree species.


Considered a “living fossil,” Ginkgo biloba may be the oldest tree species in the world. Incredibly, ginkgo trees thrived millions of years ago, when dinosaurs ruled the earth. Not surprisingly, modern ginkgo trees show longevity that mirrors that of the species as a whole – individual trees have been found to live up to 3,000 years.

A cornerstone of traditional Chinese culture, Ginkgo biloba has long been heralded for its benefits.\* Intriguingly, an ancient record suggests that ginkgo leaf was used successfully in China 2,800 years ago for one of the same reasons it is used for today: to improve blood flow.\*



Ginkgo is known as a vasodilator: a compound that appears to enhance circulation to the body's extremities and help support healthy blood flow to the brain.\* In that capacity, ginkgo plays a supporting role in ensuring the brain gets the oxygen it needs for energy and the neuronutrients it needs for peak performance.\* Ginkgo biloba's circulation-supporting action also appears to enhance the availability of the memory neurotransmitter – acetylcholine.\*

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



## brain teaser:

Ginkgo biloba is also a powerful antioxidant, and in that capacity may also help to fight the damaging oxidative stress that is associated with cognitive decline.\* Given the abundance of environmental toxins that overload the brain with damaging free radicals, ginkgo's potential to help protect neurons may be especially useful for those pursuing peak brain health – as well as those seeking to promote peak heart health, healthy aging and overall well being.\*

Ginkgo biloba has been a treasured herb since ancient times. Today, modern scientists are following up on the practices of traditional healers by conducting in-depth trials that investigate ginkgo's impact on a wide range of issues.\* Of course, ginkgo's primary claim to fame is its well-documented positive impact on brain health; researchers continue to study how ginkgo may help memory, learning, mental processing speed, and overall cognitive function.\*

### HALLMARK RESEARCH:

A 2006 study found that when healthy adults aged 55-79 took 120 mg of Ginkgo biloba extract per day for a span of twelve weeks; they experienced a significant improvement in long-term memory.<sup>3</sup>

### BOTTOM LINE BRAIN BENEFITS:

Ginkgo helps improve memory, especially occasional mild memory problems associated with aging.\*

To ensure optimal results, be sure to take a ginkgo supplement that has been standardized to contain Ginkgo Flavone Glycosides.

<sup>3</sup> Burns NR, Bryan J, Nettelbeck T. Hum Psychopharmacol. 2006 Jan; 21(1):27-37.

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I AM EIGHT  
LETTERS LONG -  
"12345678"

MY 1234 IS AN  
ATMOSPHERIC  
CONDITION.

MY 34567  
SUPPORTS  
A PLANT.

MY 4567 IS TO  
APPROPRIATE.

MY 678 IS  
A NAME.

Q:  
WHAT WORD  
AM I?

(ANSWER ON PG 14)