



Ginkgo - <i>Ginkgo biloba</i>	
Description¹	Ginkgo biloba is one of the world's oldest living tree species, and its existence can be tracked back more than 200 million years. Ginkgo has been used therapeutically for many centuries and is now one of the most popular plants prescribed in Europe.
Traditional Use	Contains substances that may help to support healthy circulation, particularly to the brain and extremities. Ginkgo is known to be a circulatory stimulant.
Commercial Availability & Dosage	Ginkgo is available in liquid extracts, tablets and capsules. Ginkgo biloba extracts are often standardised to contain 24% flavone glycosides and 6% terpene lactones. Dosage range: 9-10g dried herb daily (or equivalent) ¹ .
Precautions / Contra-Indications¹	Caution use in those with abnormal bleeding conditions.
Pregnancy & Breastfeeding¹	Ginkgo should not be used during pregnancy or breast-feeding.
Adverse Effects¹	In a few number of cases, ginkgo has been reported to cause mild gastrointestinal upset, headaches and dizziness.
Interactions¹	Ginkgo should not be taken if on warfarin or platelet-inhibitor medication.
References	1. Braun & Cohen. Herbs and Natural Supplements: An evidence-based guide. Churchill Livingstone, 2005.