

Ginkgo Formula is an advanced formula which combines a high concentration of standardised *Ginkgo biloba* extract (24% ginkgo-flavonglycosides) with a selection of the best standardised herbal extracts such as Siberian Ginseng, *Huperzia serrata*, *Bacopa monnieri*, *Centella asiatica* (centella or gotu kola), lion's mane mushroom, as well as two amino acids; L-glutamine and L-theanine.

**Ingredients:** Lion's mane extract (*Hericium erinaceus*), l-glutamine, Siberian ginseng root extract (*Eleutherococcus senticosus*), Ginkgo biloba leaf extract, l-theanine, Ginkgo biloba leaves, aerial parts of gotu kola (*Centella asiatica*), *Bacopa monnieri* extract, *Huperzia serrata* extract, anticaking agent: magnesium salts of fatty acids and silicon dioxide, vegetable capsule (glazing agent: hydroxypropylmethylcellulose; purified water).

<b>Nutritional information:</b>	<b>1 capsule</b>
Lion's mane ( <i>Hericium erinaceus</i> ) (40% polysaccharides, providing 35% beta-glucans)	170 mg
L-Glutamine	150 mg
Siberian ginseng* (0,8% eleutherosides)	100 mg
<i>Ginkgo biloba</i> * (24% ginkgo flavonoid glycoside, 6% terpene lactones) mg	80
L-Theanine	50 mg
<i>Ginkgo biloba</i> (leaves)	40 mg
Gotu kola ( <i>Centella asiatica</i> )	40 mg
<i>Bacopa monnieri</i> * (25:1) (45% bacosides)	30 mg
Huperzine A (from <i>Huperzia serrata</i> )*	200 mcg

\*standardized extracts

**Contains no** Preservatives, artificial flavour or colour, sugar, milk or milk products, starch, soy, yeast, citrus, or egg.

**Size and format:**

60 vegetable capsules.

**Recommended daily dose:**

1 capsule daily with food.  
Consult a health-care practitioner for use beyond 4 weeks.

Do not exceed the stated recommended daily. dose.

**Indications and uses:**

It improves general, peripheral and brain circulation. It combats early memory loss. It facilitates concentration and increases intellectual and learning capacity. It fights senility and premature ageing.

**Cautions:**

Do not use if you are pregnant or breastfeeding, if you are treated with anticoagulants, or if you have high blood pressure. May cause nausea, vomiting, fatigue or dry mouth – symptoms which revert when you stop using it.

The components of this formula help maintain a healthy state and improve brain function. This unique mix of nutraceuticals protects the brain from oxidative stress, increases mental alertness, improves memory and reduces stress and anxiety.

**L-GLUTAMINE:** This amino acid is converted into glutamic acid in the brain and is essential for optimal brain function<sup>(1,2)</sup>. L-Glutamine helps maintain mental agility<sup>(3)</sup>.

It is considered food for the brain. It stimulates the central nervous system. It helps combat mental fatigue and depression.

**SIBERIAN GINSENG:** This contains ginsenosides, eleutherosides, panacaene, B-elemene, panaxynol, pectin, B vitamins, biotin, choline, germanium and flavonoids. It's a good tonic and energizer. It increases physical and intellectual capacity.

It is a good energy tonic<sup>(4)</sup>. It increases physical and intellectual ability, improving concentration and relieving stress and fatigue<sup>(5)</sup>.

**GINKGO BILOBA:** This contains ginkgolides, heterosides and terpenes and is very rich in flavonoids. It's well known for its activity on peripheral circulation which leads to better brain function.

De nombreuses études ont montré que le *Ginkgo biloba* améliore la fonction mentale et la mémoire. Les flavonoïdes et les terpénoïdes contenus dans la feuille de *Ginkgo biloba* sont utilisés pour renforcer les capillaires et soutenir la fonction du système nerveux central<sup>(6-8)</sup>. L'extrait de *Ginkgo biloba* améliore l'absorption de l'oxygène et offre une protection contre les toxines environnementales<sup>(8)</sup>. Des études ont montré ses avantages dans le traitement de la démence et de la maladie d'Alzheimer<sup>(9)</sup>.

**L-THEANINE:** This acts on the central nervous system, increasing dopamine and GABA concentrations in the brain. It has a positive effect on human emotions and acts as a relaxant in situations of stress and anxiety without causing sleepiness, and it improves concentration and mental sharpness<sup>(10-12)</sup>.

**GOTU KOLA:** This contains catechol, epicatechol, magnesium, theobromine, vitamin K, alkaloids (hydrocotylin) and glycoside (asiaticoside). It is considered food for the brain. It stimulates the central nervous system. It helps combat mental fatigue and depression.

It has been shown to reduce stress in human trials involving startle response, which reflects anxiety levels. It has long been used to improve mental skills. Its mild calming effects, anti-stress and anxiolytic action make it a highly effective herb<sup>(13-15)</sup>.

**BACOPA MONNIERI:** An Ayurvedic tonic that has been used since antiquity for memory and intellectual activity. It helps improve learning capacity and memory and can decrease anxiety and mental fatigue. It helps improve learning capacity and memory and can decrease levels of anxiety and mental fatigue<sup>(16-17)</sup>.

**LIONS MANE:** Lion's mane is well known in the Orient for its regenerative and restorative effects on cognition and the nervous system, as well as its immune-modulating function. Erinacines and hericenones have the ability to cross the blood-brain barrier and stimulate the production of nerve growth factor (NFG), a soluble protein that promotes the growth of nerve cells and neuron survival, necessary for the development and function of the nervous system. These compounds stimulate the production of new neurons and protect against neuron death, useful for treating different types of dementia such as Alzheimer's or cognitive decline, multiple sclerosis, Parkinson's and neuropathy<sup>(18-19)</sup>.

**HUPERZIA SERRATA:** Contains Huperzine A 1%, which has neuroprotective properties. It improves memory and concentration. Huperzine-A temporarily blocks the production of the enzyme that destroys acetylcholine. Acetylcholine is essential for communication between nerve cells. Huperzine A is the perfect solution for increasing mental power. Studies have even found that this noteworthy nutrient is a safe and effective treatment for Alzheimer's disease because of its memory and concentration enhancing properties<sup>(20-21)</sup>.

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