



**HERBAL
FORTRESS™**

Building Natural Strength and Protection



Ginkgo Biloba

FORTÉ

STANDARDIZED
EXTRACT

Enhances Mental Clarity*
Improves Circulation*
Potent Anti-Oxidant*



- Ginkgo Biloba Proprietary Blend: 120 mg.
- * Contains Ginkgo biloba extract (24% flavonoid glycosides and 6% terpene lactones) and Ginkgo biloba leaf powder.
- Standardized Extract – Laboratory Tested, Quality Guaranteed
- * Botanical name: Ginkgo biloba/ Pin Yin: yinxing
- 90 Vegetarian capsules. Dose: 1 capsule 2-3 times/day.
- * Take with warm water or tea. May be taken with food or between meals

AGING GRACEFULLY...

"Everyone is getting older, and no one is getting younger. Understanding and embracing this truth can make accepting the aging process and facing the challenges that aging can bring easier. From eating an anti-inflammatory diet – shown to help reduce the risk of many age-related diseases, including Alzheimer's and cancer – to regular exercise and stress management, small preventive tactics can make a big difference in your life-long health and enjoyment. Ginkgo biloba increases circulation to the brain. Provides memory enhancing effects" - From *DrWeil.com on Healthy Aging, 2005*

WHAT IS GINKGO BILOBA?

Ginkgo has demonstrated enhanced memory, alertness and mental acuity due to its ability to enhance circulation. Recent studies show ginkgo biloba contains many potent antioxidants and is a free radical scavenger.

Ginkgo (Ginkgo biloba) has been used in Traditional Chinese Medicine for over 4,000 years. Ginkgo is one of the most researched herbs in the world and has been shown to be highly effective. The Ginkgo biloba tree is the world's oldest living tree species - geological records indicate this plant has been growing on earth for 150 - 200 million years. Chinese monks are credited with keeping the tree in existence, as a sacred herb and ginkgo biloba has been used in China for hundreds of years. Ginkgo biloba is among the most widely used prescription medicines in Germany and France, and it is one of the most popular herbs sold in the US.

HOW DOES GINKGO BILOBA WORK?

Recent studies show that Ginkgo Biloba increases blood flow to the brain and that it increases the body's production of adenosine triphosphate (ATP). ATP boosts the brain's metabolism of glucose. Research also indicates that Ginkgo extracts raises oxygen levels in brain tissues. This would result in enhanced memory. German researchers found treatment with Ginkgo extracts improved circulation to the extremities, ear and eyes. Ginkgo has been shown to benefit the tone and elasticity of blood vessels.

There is considerable evidence from clinical trials to support the therapeutic use of ginkgo biloba for a wide range of cognitive and peripheral vascular conditions. Ginkgo biloba benefits blood flow to the retina and benefits eye health. Clinical tests show ginkgo biloba has improved hearing and memory in the elderly.

Ginkgo biloba works in an interesting way with two groups of active

substances, flavonoids including ginkgolides A, B, and C, bilobalide, quercetin, and kaempferol, and terpene lactones. The ginkgolides have been shown to control allergic inflammation, anaphylactic shock and asthma. The flavonoids in ginkgo biloba extract function as antioxidants and free-radical scavengers, helping to prevent cell damage. Ginkgo biloba also works by increasing blood flow to the brain and throughout the body's network of blood vessels that supply blood and oxygen to the organ systems. It increases metabolism efficiency, regulates neurotransmitters, and boosts oxygen levels in the brain, which uses 20% of the body's oxygen. The terpenes help to reduce blood clots by reducing the platelet aggregation. This helps to promote vasodilation and improved blood flow in the arteries and capillaries.

HEALTH BENEFITS OF GINKGO BILOBA:

In Traditional Chinese Medicine, stagnation of Chi and of Blood can lead to dis-ease. When our blood is circulating properly, many functional disorders can be avoided. Depression, anxiety, headaches, ringing in the ears (tinnitus), and dizziness have all been linked to reduced blood flow to the brain. By improving blood circulation, ginkgo may be useful for improving these disorders.

By improving blood circulation to the extremities, ginkgo helps ease painful coldness in the hands and feet. It can also reduce the calf cramping and leg weakness due by improving circulation in the legs. Improved penile blood circulation has been documented after six weeks of use.

Some studies suggest that ginkgo may benefit vision and help prevent macular degeneration because it increases blood flow to the nerve-rich fibers of the eyes. The herb's antioxidant capabilities may also help to neutralize the cell-damaging free radicals that are considered a leading cause of this disorder. Ginkgo biloba's powerful antioxidant and circulation-promoting properties may also be of help in treating blurring and dimming of vision.

CAUTIONS:

There are some things to be aware of when using ginkgo biloba. It is known to reduce clotting time of blood due to its anti-inflammatory properties. This may be a problem with people on anticoagulant medications including aspirin and Warfarin (Coumadin) and would have an additive effect in thinning the blood. Ginkgo biloba may interfere with the action of some prescribed medications for high blood pressure as Ginkgo may have an additive effect in lowering blood pressure. As with all herbal and dietary supplements, you should always inform your physician about what you are taking in order to avoid potentially dangerous drug interactions.

HERBAL FORTRESS™ HAS AN UNCOMPROMISING COMMITMENT TO QUALITY AND PRODUCT INTEGRITY.

SATISFACTION GUARANTEED: All of our Herbal Fortress™ products are Laboratory Tested according to the highest GMP (Good Manufacturing Practices) standards in the industry. Each batch undergoes stringent quality controls and are all laboratory tested. Freshness and Quality is guaranteed. The lot number and expiration date of each product is imprinted on the front panel. Each product is packaged in a light-protective bottle and safety sealed with outer shrink wrap and printed inner seal. Do not use if either seal is broken or missing.

DID YOU KNOW? Herbal Fortress™ standardized extracts are technically advanced herbal products. Standardization ensures specific, measurable levels of important compounds that provide beneficial activity in the body. All of our products are free of wheat, corn, dairy, soy, natural or artificial sweeteners and yeast.

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



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