



FACT SHEET



Product:	Ginkgo 6000
Suitable for:	Helping to improve memory
Ingredients:	Ginkgo biloba extract 120mg (50:1) equivalent to 6000mg Microcrystalline cellulose Silica Stearic acid (veg) Magnesium stearate (veg)
Recommended dose:	For adults only – take 1 tablet a day. Do not exceed the stated dose.
Contraindications:	There is some evidence to suggest that Ginkgo products may increase bleeding risk. People who take anticoagulant drugs, have bleeding disorders or have scheduled surgical or dental procedures should consult their healthcare provider.

- Documented side effects: Side effects may include headache, nausea, gastrointestinal upset, diarrhoea and dizziness.
- Drug interactions: Drug interactions are possible with a number of medications including anticoagulants, some diabetes medications, some antidepressants and some diuretics.

Always tell your health care providers about any complementary and alternative practices you use. Providing a full picture of what you do to manage your health will help ensure coordinated and safe care.

Further reading:

Ginkgo biloba leaf extract. In: Blumenthal M, Goldberg A, Brinckman J, eds. *Herbal Medicine: Expanded Commission E Monographs*. Newton, MA: Lippincott Williams & Wilkins; 2000:359–366.

Hartley DE, Heinze L, Elsabagh S, File SE. Effects on cognition and mood in postmenopausal women of 1-week treatment with Ginkgo biloba. *Pharmacol Biochem Behav.* 2003 Jun; 75 (3): 711-20.

Dodge HH, Zitzelberger T, Oken BS, Howieson D, Kaye J. A randomized placebo-controlled trial of Ginkgo biloba for the prevention of cognitive decline. *Neurology.* 2008 May 6;70(19 Pt 2):1809-17. Epub 2008 Feb 27.

Mix JA, Crews WD Jr. A double-blind, placebo-controlled, randomized trial of Ginkgo biloba extract Egb 761 in a sample of cognitively intact older adults: neuropsychological findings. *Hum Psychopharmacol.* 2002 Aug;17(6):267-77.

Kennedy DO, Scholey AB, Wesnes KA. The dose-dependent cognitive effects of acute administration of Ginkgo biloba to healthy young volunteers. *Psychopharmacology (Berl).* 2000 Sep;151(4):416-23.