

Ginkgo Extract May Help Memory And Concentration In Older Adults

(NAPSA)—The population is living longer. People 80 years and older are the fastest growing group among the elderly.

As people age, they tend to forget more. Age-associated memory impairment (AAMI) affects up to 38 percent of people over 50. One way to reduce AAMI is ensure adequate blood flow to the brain by supplementing your diet with ginkgo leaf extract. Ginkgo extract counteracts some of the symptoms of AAMI by improving circulation to the smallest blood vessels in the body and the brain. Ginkgo's antioxidant properties also work to protect cell nerve membranes.

A standardized extract of ginkgo leaf is one of the most frequently used plant-based medicines in Europe, and it has been one of the 10 best-selling herbs in the U.S. for nearly five years.

There are over 120 clinical trials that have been published testing various benefits of ginkgo. According to an upcoming research report by the nonprofit American Botanical Council that examines 35 of these studies, there is strong evidence that the use of ginkgo extract is an effective treatment for individuals who suffer from mild to severe attention and memory loss in conditions like early stages of Alzheimer's disease.

Ginkgo extract is recognized by the World Health Organization as a way to improve short-term memory and concentration, poor circulation in the lower legs and ringing in the ears.



Photograph courtesy of Steven Foster, at www.stevenfoster.com.

Ginkgo (*Ginkgo biloba*) is more than 225 million years old, making it the oldest living tree species on earth.

The German government's Commission E recommends ginkgo supplements for a minimum of eight weeks. Ginkgo is generally considered safe, with only relatively mild side effects noticed in clinical studies.

While there is debate about the positive effects of ginkgo for healthy people, there is clear evidence that it is beneficial for memory loss that occurs with conditions such as Alzheimer's disease and poor circulation. In fact, a recent international review of 33 studies on memory and concentration problems found ginkgo extract safe and beneficial for several conditions.

Consumers and health professionals can find more information about the clinically documented benefits of ginkgo from the American Botanical Council, a nonprofit research and educational organization, at www.herbalgram.org.

(Photo courtesy of Steven Foster, at www.stevenfoster.com.)