



NEWS AND NOTES

The Importance Of Mind Games

(NAPSA)—Doctors say it's a good idea for people to bear in mind the importance of exercising their brains. People who consistently challenge themselves with mental activities—such as memory tests or problem solving—tend to have healthier mental capacities than those who do not.

Perhaps as a result, a number of people have begun to jog their brains on the Information Superhighway. Today, a variety of sites exist that can help keep Web surfers feeling sharp.

For example, Internet users can take IQ tests, play fun, fast-paced memory games or learn about topics such as “how the brain works” and “how to maintain good brain health” at the Ginkoba.com Web site.

Through a unique arrangement, the site is linked to Brain.com, a destination with a battery of tests meant to challenge visitors' memories, intelligence and mental abilities. The site also offers scientific articles and news on a wide variety of topics related to brain health.

In addition to brain teasers and health tips, Ginkoba.com gives visitors information on nutritional supplements that are

clinically proven to help improve brain performance.

Online consumers can learn about and order Ginkoba®, a leading Ginkoba bilboa supplement that helps increase the oxygen-rich blood flow to the brain which may improve mental sharpness. Consumers can also learn about a supplement called Ginkoba Mental Endurance®. The product has been clinically proven to help promote fast and accurate thinking and reduce mental fatigue.

Both Ginkoba and Ginkoba Mental Endurance are distributed by Pharmaton Natural Health Products, a respected worldwide company with more than 40 years of dedication to wellness.

“Pharmaton Natural Health Products prides itself on marketing only high-quality dietary supplements,” says general manager Dean DiMaria. “All of our products are clinically proven safe and effective.”

DiMaria says he expects the new relationship between Ginkoba.com and Brain.com to serve as a valuable resource and tool for brain health.

For more information visit the Web sites www.ginkoba.com or www.brain.com.