What is Ginkgo Biloba?
This supplement is an extract from the leaves of the Ginkgo biloba tree. It contains phytochemicals that help protect the plant from disease and are thought to have health benefits in humans.

Why do people take it?
Ginkgo is said to improve memory and mental awareness. It supposedly increases blood flow to the legs, and acts as an antidepressant, blood thinner, and antioxidant.

The Lowdown on Ginkgo Biloba:
The two groups of phytochemicals in Ginkgo biloba that are thought to provide health benefits are Ginkgo flavone glycosides and Terpene lactones. These are small molecules that give plants their color and flavor, but also act as antioxidants in animals. Studies show that Ginkgo may help protect the eyes and nerves, as well as reduce the risk of cardiovascular disease. Additionally, Ginkgo may improve circulation, oxygen use, and cognitive function.

Sources:
Ginkgo biloba is only available in its natural form as Ginkgo leaves, but is also available in supplement form as tablets or gel capsules.

Recommendations and Side Effects:
The recommended dosage of Ginkgo biloba is 120 mg per day, which should be broken into 40 or 60 mg doses throughout the day. Some side effects include nervousness, headache, and stomachache. Always check with your doctor or nutritionist before taking a new supplement.

Brands and Prices:
Brands approved by Consumer Labs include Nature’s Resource, Rite Aid, and Nutrilite supplements. You can usually buy them in 40, 60, or 120-milligram tablet form. At two pills per day, you will end up spending between $0.15 to $0.35 per day.

Do Not Forget:
Supplements are not regulated by the FDA. Ginkgo Biloba is not banned by the NCAA. No supplement can replace the benefits of a well-balanced diet.