

# Ginkgo 6000mg

Time Release, Extra High Strength One a Day

## Presentation

A light brown round clear coated tablet.

### Each tablet delivers:

|   |                      |
|---|----------------------|
| Ginkgo Biloba leaves<br>(Provided by 120mg of a 50:1 extract)<br>providing Flavonglycosides | 6000mg<br><br>28.8mg |
| Ginkgolides A, B and C and Bilobalide   | 7.2mg                |

### Tableted with:

DiCalcium Phosphate, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose & Glycerin), Crosslinked Cellulose Gum.

**Disintegration time:** These time release tablets have been formulated to release their contents gradually over a period of 2 to 3 hours.

**Suitable for vegetarians**  **and vegans** 

**quantity**  
60 & 180

**type**  
tablets

**code**  
8542



## Uses

Ginkgo biloba, sometimes just referred to as 'ginkgo', is probably the most popular herb in the world, with millions of people using it throughout Europe and North America.

Of its many uses, the herb is best known for its effect in helping maintain peripheral circulation to the extremities of the body such as the legs and hands, as well as helping maintain memory in the short-term.

Virtually all of the reported studies using Ginkgo biloba have been carried out with a standardised extract called GBE, containing 24% glycosides, which is the material used in Lamberts® Ginkgo biloba 6000mg. Lamberts® favours standardised extracts since the extraction and concentration procedures ensure that the herbal product is far more potent than those products based on powdered whole herb, where no attempt is made to concentrate the active components.

Lamberts® Ginkgo biloba 6000mg is one of the highest strength products available in the UK.

Each tablet contains 120mg extract, equivalent to 6000mg of dried leaf. After consulting with some of the leading experts working with Ginkgo, we decided to make our Ginkgo biloba 6000mg tablets time release so that rather than the Ginkgo entering the blood all at once, it is released gradually over a period of approximately 2 hours. This will help prevent any minor side effects, such as mild, short-term headaches.

### Usage and administration

1 tablet daily, just after a meal.

### Allergen advice

None (see page 194).

### Cautions

This product is not recommended for pregnant or lactating women. Those using prescription blood-thinning medication (anticoagulants) or aspirin should consult their doctor before using Ginkgo supplements. See page 194.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

