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Debunking Medical Myths: Ginkgo Biloba Prevents Alzheimer'S Disease

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Myth: Ginkgo Biloba Prevents Alzheimer's Disease

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FACT:



Ginkgo biloba is a native tree to China. Active molecules in the leaf extract is flavonoids and terpenoids which have anti-inflammatory and anti-oxidant properties

FACT:



In 2019, Alzheimer's Disease International (ADI) estimated that more than 50 million people suffer from dementia worldwide, and they predict that the number will rise to 152 million by 2050

FACT:

Ginkgo Biloba improves blood flow by dilating blood vessels and reducing the stickiness of blood cells

FACT:



Mice showed significant cognitive improvement on short-term memory tests when given ginkgo biloba. Promising results in mice trials made researchers hopeful for its success in human trials

FICTION:

Ginkgo biloba alone is effective in treating Alzheimer's disease (AD)



FACT:

There is no cure for Alzheimer's disease, however, using a mix of medications and natural compounds can be more effective to treat Alzheimer's disease



FACT:

Several clinical trials found that ginkgo biloba did not prevent or delay the overall incidence rate of dementia or Alzheimer cases in participants with normal cognition or mild cognitive impairment!



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