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Debunking Medical Myths: The Truth About Ginkgo Biloba

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THE TRUTH ABOUT GINKGO BILOBA



Orange 30: Birk, D., Lao, J., Lemmen, A., Li, T., Rajendran, S., Saxon, D.



Ginkgo Biloba supplements use extract from G. Biloba trees. This extract has been said to contain flavonoids and ginkgolides which have neuroprotective properties and increase neuron growth (4, 6).

BUT DOES GINKGO BILOBA EXTRACT PREVENT THE ONSET OF ALZHEIMER'S, DEMENTIA AND OTHER NEURODEGENERATIVE DISEASES?



MYTH!

Long term studies have shown that giving Ginkgo Biloba extract to people over the age of 70 did **NOT** prevent the onset of dementia, or Alzheimer's (4, 5, 6).

Volunteers in these studies who were given Ginkgo Biloba extract did not show differences in memory decline and other cognitive function tests compared to those who were not given the supplement, despite showing evidence in animal trials (1).

CAN THESE NEURODEGENERATIVE DISEASES BE AVOIDED AS WE GROW OLDER?

GOOD NEWS!

While Ginkgo Biloba may not prevent the onset of Neurodegenerative diseases (2), a new medication may be available soon that has been shown to reduce global cognitive decline by 27% (3).



1: Ben-Azu B, Adebayo OG, Wopara I, et al. Lead acetate induces hippocampal pyramidal neuron degeneration in mice via up-regulation of executioner caspase-3, oxido-inflammatory stress expression and decreased BDNF and cholinergic activity: Reversal effects of Ginkgo biloba supplement [published online ahead of print, 2021 Dec 24]. *J Trace Elem Med Biol*. 2021;71:126919. doi:10.1016/j.jtemb.2021.126919

2: Chareemboon T, Jaisin K. Ginkgo biloba for prevention of dementia: a systematic review and meta-analysis. *J Med Assoc Thai*. 2015;98(5):508-513.

3: Eisai-Biogen. Eisai presents full results of Lecanemab Phase 3 confirmatory clarity ad study for early alzheimer's disease at clinical trials on alzheimer's disease (CTAD) conference. Biogen. <https://investors.biogen.com/news-releases/news-release-details/eisai-presents-full-results-lecanemab-phase-3-confirmatory>. Published November 29, 2022. Accessed December 4, 2022.

4: Schneider LS. Ginkgo biloba extract and preventing Alzheimer disease. *JAMA*. 2008;300(19):2306-2308. doi:10.1001/jama.2008.675

5: Snitz BE, O'Meara ES, Carlson MC, et al. Ginkgo biloba for preventing cognitive decline in older adults: a randomized trial. *JAMA*. 2009;302(24):2663-2670. doi:10.1001/jama.2009.1913

6: Vellas B, Coley N, Ousset PJ, et al. Long-term use of standardised Ginkgo biloba extract for the prevention of Alzheimer's disease (GuidAge): a randomised placebo-controlled trial. *Lancet Neurol*. 2012;11(10):851-859. doi:10.1016/S1474-4422(12)70206-5