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?**

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?**

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).

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