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Debunking Medical Myths: Gingko Biloba Myths Vs. Facts

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Ginkgo Biloba

MYTHS VS. FACTS

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Ginkgo Biloba is a tree whose leaves are popular dietary supplements for improving cognitive function, such as memory and thinking skills. To what extent is this true?

Ginkgo is one of the best-selling herbal medicines worldwide.

In 2012, total worldwide sales of Ginkgo products was USD 1.26 billion. Chertkow (2020) reported that in 2020, sales of G. Biloba in North America was more than US\$1 billion.



Despite its popularity, studies have shown ginkgo has little evidence in treating neurological diseases.

An analysis of 925 patients with Alzheimer's from 9 different trials showed no consistent benefit of Ginkgo Biloba.



Additionally, ginkgo was shown to induce a "placebo effect."

In a clinical trial, no significant differences were found between Ginkgo biloba and placebo groups by treatment on four objective memory measures, despite participants self-reporting that their recall ability improved.



Ginkgo Biloba can cause negative side effects when taken with other medications

Examples:

- ibuprofen
- blood thinners
- antidepressants
- diabetes medication
- seizure medication
- cholesterol medication



Remember:

You should *always* talk to your doctor before starting any new herbal supplements or alternative medications.



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