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Debunking Medical Myths: Gingko Biloba Myths Vs. Facts

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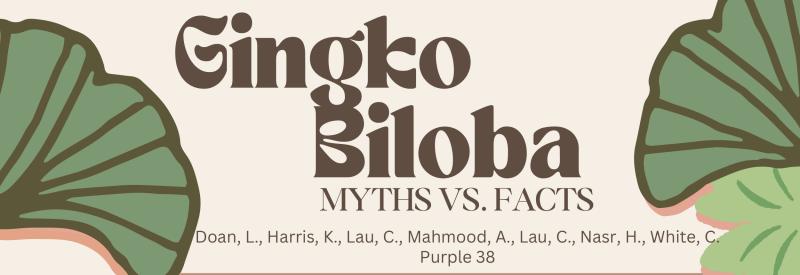
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Gingko Biloba is a tree whose leaves are popular dietary supplements for improving cognitive function, such as memory and thinking skills. To what extent is this true?

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

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





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

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

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

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





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

Examples: -ibuprofen -blood thinners

-diabetes medication -seizure medication -antidepressants -cholesterol medication

Remember:

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



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