



## Name Ginkgo

### Caps

Code	Size	Duration
C51-54	54 Capsules	Usually lasts 18 days
C51-100	100 Capsules	Usually lasts 33 days

### Area concerned

Blood circulation, memory.

### Ingredients

Ginkgo biloba 325mg minimum per capsule.

### Description

Ginkgo is one of the best selling herbal products in both Germany and France. It is widely believed that it may help to maintain good blood circulation to the head, ears, hands, feet and other areas of the body. Good blood circulation to the brain is thought to help good memory.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Can also be taken on alternate months. There are no known reasons not to take **Ginkgo Capsules** or **Drops** every day for an extended period of time, if you take note of the cautions.

### Cautions

Do not take alongside blood thinning drugs such as Warfarin. Only take under supervision if you have high blood pressure or a history of stroke.

### Companion Products

90-day Heart and Circulation Programme; BI-Circ Capsules; Cayenne Capsules; Ginkgo Drops; Ht Capsules; Power Garlic Capsules.

### Caps

### Drops

Code	Size	Duration
D23-50	50ml	Usually lasts 28 days
D23-100	100ml	Usually lasts 55 days

### Area concerned

Blood circulation, memory

### Ingredients

Ginkgo fluid extract only

### Description

Ginkgo is one of the best selling herbal products in both Germany and France. It is widely believed that it may help to maintain good blood circulation to the head, ears, hands, feet and other areas of the body. Good blood circulation to the brain is thought to help good memory.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Can also be taken on alternate months. There are no known reasons not to take **Ginkgo Capsules** or **Drops** every day for an extended period of time if desired, if you take note of the cautions.

### Cautions

Do not take alongside blood thinning drugs such as Warfarin. Only take under supervision if you have high blood pressure or a history of stroke.

### Companion Products

90-day Heart and Circulation Programme; BI-Circ Capsules; Cayenne Capsules; Ginkgo Capsules; Ht Capsules; Power Garlic Capsules.

### Drops

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