

# Forever Ginkgo Plus

## Description and Purpose

Ginkgo Plus is a unique synergistic blend of four anciently known Chinese plants. Its chief ingredient is ginkgo biloba leaf extract, which is then combined with ganoderma from reishi mushroom, schisandra berries and cured fo-ti, each a respected Chinese herb in its own right.

The ginkgo tree is thought to be the oldest surviving tree species, its origins going back hundreds of thousands of years. Hence it is known as the 'fossil tree'. Individual trees also live for a long time, over 1,000 years in many instances, due to their ability to adapt to a wide variety of environments. They are also extremely resistant to attacks from insects and fungi. The ginkgo tree is a deciduous tree, growing in parts of the United States and China.

These days there is no shortage of media references to ginkgo, including most recently the suggestion of its aphrodisiac properties. It is one of the most popular herbal remedies available in Europe and North America. However, history reveals it to be one of the oldest plants in continuous medicinal use. Its latest popularity is based on its beneficial effects on the nervous system and its purported ability to support memory-related functions.

### At a glance...

- Helps with mental fatigue by enhancing blood supply to the brain
- Maintains healthy circulation
- Energy level booster
- Herbs added to enhance the benefits of ginkgo



Extracts from the ginkgo leaf yield flavonoids and terpenoids which strengthen capillaries. They also act as antioxidants. Ginkgo has been shown to increase circulation of blood to the brain. Reishi, schisandra and cured fo-ti contain many biologically active constituents, and cured fo-ti is regarded by the Chinese as one of the most important anti-ageing herbs. Together these herbs make Forever Ginkgo Plus an incredible 'brain food'.

## Formula Ingredients

Ginkgo biloba extract	30mg
(powdered leaf, standardised to 24% flavonoids/6% terpenoids)	
Reishi mushroom	210mg
Schisandra	130mg
Cured fo-ti	110mg

## Other Ingredients

Microcrystalline cellulose, tricalcium phosphate, cellulose, stearic acid, croscarmellose sodium, magnesium stearate.

## Contents

60 tablets.

## Suggested Use

Take 1 tablet, twice a day.

Note: consult a doctor before taking if you are pregnant, lactating or have a medical condition. Not recommended for children.

