



Ginko

Biloba

JW Farms 7



Ginkgo Biloba is a good source of vitamin A, vitamin B6, vitamin C, and potassium.

You may also get calcium, iron, magnesium, protein, and vitamin D.

Ginkgo Trees grow to be 25-50 feet depending on it's environment. It is a medium grower at 13-24 inches per year. It loves full sun and partial shade best.



The fruit of a Ginkgo are highly priced and are nicked named 'Silver Apricots'. They have a rancid smell that most can't tolerate. The leaves are so packed with nutritional benefits many just stick to the leaves.



There are over 40 compounds in Ginkgo but only two are beneficial to our health. Due to so many beneficial cognitive health links Ginkgo is thought to prevent Brain Aging and promotes long term memory health. It has shown to improve concentration and focus.

Ginkgo is best known for its collaboration with Panax Ginseng to produce a cognitive boosting supplement.

Ginkgo leaves can be dried for an herbal tea, Tincture, Extract or a Powder. The benefits are powerful.



BRAIN

Circulation
Memory
Chronic Disease
Increased Energy
Oxidative Stress
Cognitive Function
Immune System
Mood Disorders
Anxiety
Depression
PMS
Headaches
Migraines
Libido
Sleep Quality
Ear Disorders
Dementia
Alzheimer' s
Eye Health
Pink EYE
ADHD
Fibromyalgia
Cholesterol
Helps Schizophrenia
Skin
Macular Degeneration
Glaucoma
Hair
Asthma
Pain Management
Fights MS



The Anti' s:

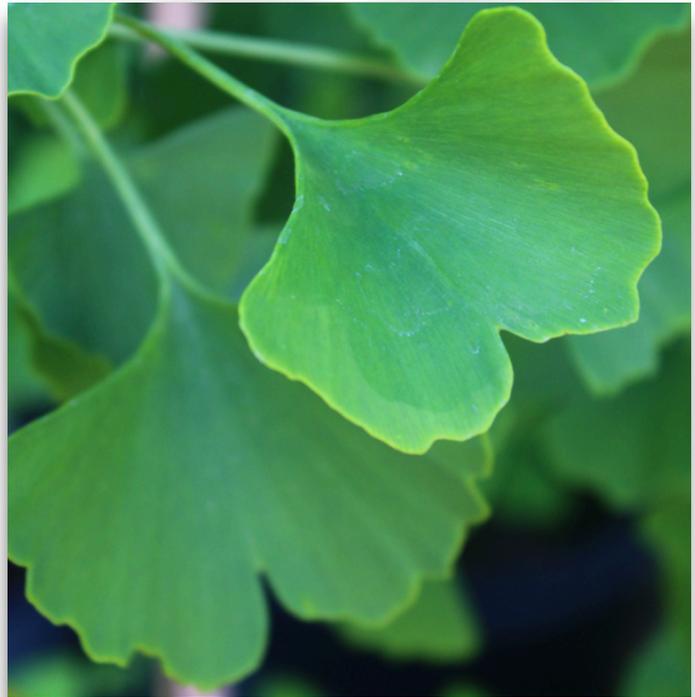
Antinflammatory
Antioxidant
AntiAging

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PubMed has several studies supporting Ginko' s effectiveness. Here is one on Anxiety:
<https://pubmed.ncbi.nlm.nih.gov/25642989/>

Alzheimer' s:
<https://pubmed.ncbi.nlm.nih.gov/26268332/>

PMS:
<https://pubmed.ncbi.nlm.nih.gov/19678774/>



Caution

There are possible side effects like nausea, dizziness, headaches, diarrhea and allergic reactions like alkylphenols allergy.

Studies do not support long term use. However short term use, 6 months or so has been proven to be safe.

*DO NOT use if you are taking Blood Thinners (Aspirin, Warfarin etc), Antidepressants and NSAIDS including ibuprofen and Tylenol.