



# Bio-Biloba

A Natural Remedy<sup>1</sup>

Memory & Cognitive Support

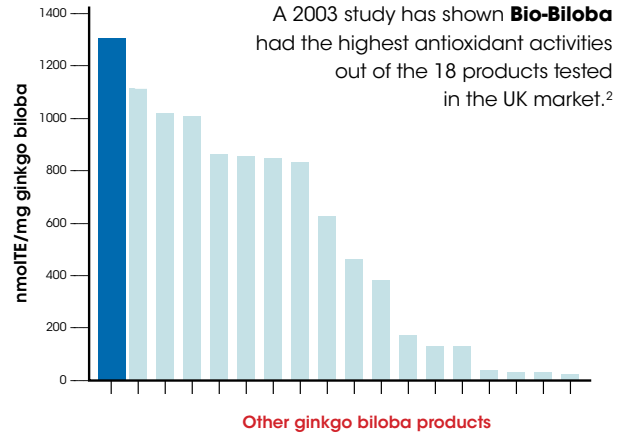
Poor Vestibular Blood Circulation<sup>5</sup>

Dizziness & Tinnitus



1. Bio-Biloba Package Insert.

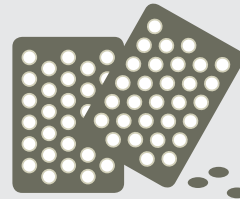
5. Sani MRM, Chaleshtori MH, Asadi-Samani M, Yang Q. Ginkgo biloba in the treatment of tinnitus: An updated literature review. Int Tinnitus J. 2017; 21(1): 58-62



In a 2003 British study that compared the in-vitro antioxidant activity of 18 commercial ginkgo biloba preparations, Bio-Biloba came out with the highest level.<sup>2</sup>



It is manufactured in accordance with Good Manufacturing Practice (GMP) standards



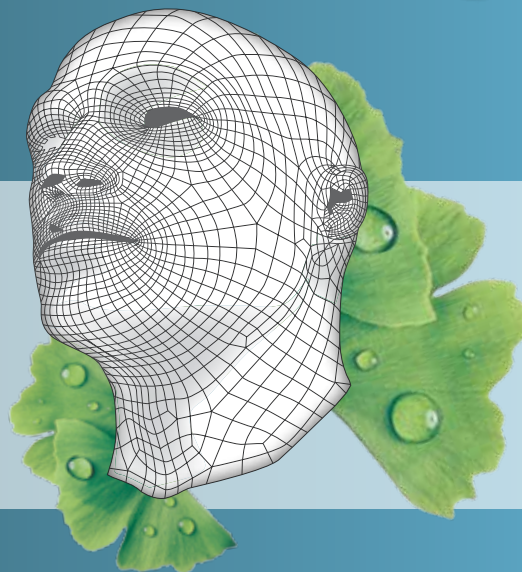
Each tablet contains the same amount of active ingredients:

**22.8% flavones glycosides**  
**5.4% terpene lactones**

2. Mantle D, Wilkins RM, Gok MA. Comparison of antioxidant activity in commercial Ginkgo biloba preparations. J Altern Complement Med. 2003 Oct;9(5):625-9. doi: 10.1089/107555303322524472. PMID: 14629840.

## Support Mental Well Being

The flavones glycosides and terpene lactones are suggested to be responsible for the antioxidant activity in ginkgo biloba.<sup>3</sup> This may help to support mental well being together with regular physical and cognitive exercises.



A 1995 British study was done on 58 relatively healthy elderly people to determine the effect of engaging in cognitive exercises for several months on supporting well-being. None of the participants were diagnosed as having dementia or any diseases affecting cognition.

It was found that following a period of cognitive exercises, the majority of the participants experienced subjective improvement in well-being, particularly in those who exercise

regularly. Furthermore, among those who exercised regularly, 22% were taking ginkgo biloba supplements and they experienced greater improvement compared to the rest. Participants who are taking other ginkgo biloba 100mg experienced greater improvement compared to no use of, or use of weaker concentrations of other ginkgo biloba supplements in the study.<sup>4</sup> Hence, Bio-Biloba may help to support mental well-being in conjunction with regular physical and cognitive exercises.

3. Singh SK, Srivastav S, Castellani RJ, Plascencia-Villa G, Perry G. Neuroprotective and Antioxidant Effect of Ginkgo biloba Extract Against AD and Other Neurological Disorders. *Neurotherapeutics*. 2019 Jul;16(3):666-674. doi: 10.1007/s13311-019-00767-8. PMID: 31376068; PMCID: PMC6694352.

4. Kyriazis M: Cognitive Exercises Improve Mental Well-Being in Healthy Elderly People; 3. *Europ. Congr. Gerontol.* 1995 1076



## Improves Tinnitus<sup>5</sup>

Ginkgo biloba is widely used in European countries to manage tinnitus. While the mechanism of action is unknown, it is possible that ginkgo biloba may alleviate tinnitus through its antioxidant activity and by improving vestibular blood circulation.

## Improves Vertigo

Vertigo is the illusion of rotation, spinning or swaying in the environment around the person or themselves. Vertigo can be vestibular or non-vestibular in origin, with the latter caused by factors such as medications, stress or medical conditions. When there is vestibular dysfunction, spatial orientation and sense of balance becomes adversely affected.<sup>6</sup>

While the mechanism of action is not well understood, it is suggested that ginkgo biloba may alleviate vertigo by enhancing vestibular blood flow.<sup>7</sup>



5. Sani MRM, Chaleshtori MH, Asadi-Samani M, Yang Q. Ginkgo biloba in the treatment of tinnitus: An updated literature review. *Int Tinnitus J.* 2017; 21(1): 58-62
6. Hallak, Bassel., Schneider, A., Güntensperger, D. and Schapowal A. (2021) Standardized Ginkgo Biloba Extract in the Treatment of Vertigo and/or Tinnitus: A Review of the Literature. *Advances in Aging Research*, 10, 31-57. <https://doi.org/10.4236/aar.2021.102002>
7. Sokolova L, Hoerr R, Mishchenko T. Treatment of Vertigo: A Randomized, Double-Blind Trial Comparing Efficacy and Safety of Ginkgo biloba Extract EGb 761 and Betahistine. *Int J Otolaryngol.* 2014;2014:682439. doi: 10.1155/2014/682439. Epub 2014 Jun 25. PMID: 25057270; PMCID: PMC4099171.



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**Pharma Nord**

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The Danish company Pharma Nord is one of Northern Europe's leading manufacturers of preventive nutritional supplements and medical drugs based on scientific research. All products are developed for optimal bioavailability and packed in hygienic blister packs.