

**Product
of the
Month**

Ginkgo-PS™



Ginkgo-PS™: the primeval plant for smarter circulation!

With a medicinal heritage that dates back thousands of years (ginkgo's medicinal use in China can be traced to around 2800 BC), the ginkgo biloba tree species is so old that it's considered to be a living fossil – a relic of the Ice Age in fact! The leaves contain over 40 active components but the two most therapeutic of these are called flavonoids and terpenoids.

USANA's **Ginkgo-PS™** combines the benefits of ginkgo with phosphatidylserine (PS), a lipid (fat) that's vital for the normal functioning of all body cells.

Ginkgo

Modern research is focusing on a standardised ginkgo biloba extract (GBE) which is harvested from the dried green leaves. The resulting and highly concentrated extract seems to be more effective than the non-standardised leaf alone.

Ginkgo extract contains a mix of bioflavonoids, powerful antioxidants that help to neutralise free radicals which are destructive molecules that can damage cells and DNA (genetic material). The antioxidants in ginkgo are thought to help capture free radicals in the brain, the eyes and also protect cells in the cardiovascular system (heart and blood vessels), nerves, and more.

Ginkgo also contains terpenoids, substances which help to 'thin' the blood. They work by helping to reduce the stickiness of platelets, constituents of blood that encourage blood clotting according to animal studies.

Blood clotting is important – when blood is exposed to air, platelets break apart to plug up the wound helping to prevent major blood loss.

Inside the body, platelets can be affected by stress hormones. Stress can make the blood sticky – which is handy because if you were wounded, this would help to ensure that your blood would clot fast so that any wound would heal faster, too.

The trouble is that stress is ever-present in hectic, 21st century living. The ongoing release of stress hormones can make your blood stickier on the inside – again to ensure



Combining ginkgo with phosphatidylserine (PS) is a dream team because while the ginkgo contains powerful anti-inflammatory antioxidants, PS has the ability to enter cells where ginkgo can't go.

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fast wound healing should you be hurt. But, because sticky blood is harder for your heart to pump around your body, the result can be hypertension (high blood pressure). Hypertension is a major risk factor for heart attack, stroke and migraine headaches.

Terpenoids are thought to reduce the stickiness of platelets. They dilate (widen) blood vessels which can lead to a reduction in blood pressure. Terpenoids improve blood circulation throughout the body, helping deliver vital oxygen and nutrients to all cells, tissues and organs.

Ginkgo and brain health

One of the traditional uses for ginkgo is for brain health. That's because ginkgo may help to improve blood flow. A healthy blood supply is vital to brain health because blood carries oxygen and nutrients to the cells. Both of these are needed in large amounts by brain cells. Studies suggest that ginkgo has positive effects on memory, learning and the processing of information.

Because ginkgo encourages better blood flow to all of the body – including to the brain – studies suggest a connection between ginkgo and improved memory. Although it's not a cure, ginkgo shows promise in improving cognitive (brain) function in people with Alzheimer's disease and may be moderately effective in improving cognition in people with dementia.

Specialist in elderly care at King's College Hospital, London's Professor Stephen Jackson advises that anyone who has dementia, and has been using ginkgo to slow its progression, should continue taking it if it seems to be helping improve their memory.

Because of its blood circulation boosting benefits, ginkgo has also been used to treat conditions including memory loss, headaches, ringing in the ears plus in the treatment of dizziness and eye problems including macular degeneration.

Look at the label – trans fats are found in manufactured foods such as margarine spreads, cakes and pastries and in the kind of fats used in commercial deep fryers. When buying processed foods look at the label – anything that says it contains partially hydrogenated fats contains trans fats.



The results of one study suggest that you can indeed teach an old dog new tricks! Scientists from the University of Toronto examined whether dietary supplements could protect nerve tissue in elderly beagles. Nine dogs were given supplements that contained phosphatidylserine, ginkgo biloba, plus vitamin E and pyridoxine. To assess that it was the supplement that was causing the effects, the scientists used a crossover design for the experiment. So, one group received the supplement and the other was given a control substance in the first phase. Results were noted and the treatment conditions were then reversed for the second phase.

The researchers found that brain function was significantly improved in the supplemented dogs compared with the control dogs, and the effect was long lasting. The fact that both groups of dogs could be affected by the supplements suggests these results are especially convincing.





Peripheral circulation

Due to its ability to dilate blood vessels, ginkgo has been used to treat the symptoms of poor circulation. One of these is intermittent claudication – sporadic cramping or leg pain in the lower legs that can occur both at rest and/or during exercise. The pain is due to clogged arteries, which make it more difficult for nourishing oxygen to reach the cells. Even though pain might be triggered by exercise, regular exercise is important because of its circulation boosting effects.

There is no official recommended dietary allowance for ginkgo but most studies involve a dose of 120 mg/d of standardised (24 per cent flavonoid glycosides) extract. No adverse reactions have been reported at these levels.

Phosphatidylserine explained

The other major ingredient in **Ginkgo PS** and the ideal complement to ginkgo biloba is a type of lipid, phosphatidylserine (PS). PS contains both amino acids and fatty acids and is a component of all cell membranes.

Brain cells contain the highest concentration of PS in the body. This special type of lipid (fat) enables brain cells to metabolise (use) glucose and is also needed to release and bind with neurotransmitters – all of which play an important part in learning, memory and other cognitive (brain) functions. For this reason, PS may help to improve cognitive function including enhancing mental ability. Take with **BiOmega™** as PS works with the omega-3 essential fat, DHA (docosahexaenoic acid).

Boost your circulation, boost your brain

Enjoying a healthy mixed diet is an important way to ensure that your circulation is healthy, too. Try to include around two to three servings of oily fish each week which contain essential omega-3 fats.

Research shows that omega-3 fatty acids reduce inflammation. Reducing inflammation helps blood to circulate more effectively around your body and your brain. **BiOmega™** is another excellent source of the essential omega-3s docosahexaenoic acid (DHA), also a major component of the brain and eyes.

To reduce internal inflammation, try to avoid eating too much fat in general and ditch foods that contain trans fats. Although trans fats are unsaturated, they behave like saturated fats in the body and can trigger similar health issues. Instead of saturated fats (from fatty meat and full fat dairy), choose healthier, unsaturated fats from fish, seeds, nuts, olive and canola oils.



Essential omega-3 fats and B-group vitamins plus antioxidant vitamins C and vitamin E are important for maintaining brain function. These potent antioxidants may help to prevent against oxidative stress. Supplement wise, you'll find all of these in your daily **Essentials™** and **BiOmega™**.

Too much salt and too many calories can affect circulation for the worse, too. Plus it's important to keep your cholesterol levels in check and not to smoke (and avoid second-hand smoke) to help keep your blood vessels clean and clear.

Mental exercises such as crosswords and Sudoku, learning and practicing a language and learning music can help to keep your brain sharper for longer. To boost the circulation of oxygen and nutrient-rich blood around the brain, exercise regularly – this is a must for mind as well as body health. Rest is essential too, so try and get into a regular sleeping pattern so that you get enough restful and restorative sleep.





More about Ginkgo-PS™

USANA's **Ginkgo-PS™** combines two powerful ingredients in a single tablet and USANA is one of just a few major manufacturers to combine ginkgo and PS into a single product. Mixing ginkgo with PS appears to boost fluidity of cell membranes and peripheral circulation. **Ginkgo-PS** uses standardised ginkgo biloba extract plus phospholipid complex as soy lecithin.

Directions:

Take two tablets twice daily with food.

Tell all your health care professionals about any complementary and alternative medicines you use. Give them a full picture of what you do to manage your health to help ensure safe care.

May have an additive anticoagulant effect when taken at the same time as aspirin, warfarin or other blood-thinning drugs or supplements so consult your doctor if you're already taking a prescribed anticoagulant or aspirin.

USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

Contains glucose.

Ginkgo-PS is laboratory tested, quality guaranteed. Meets British Pharmacopoeia (BP) specifications for potency, uniformity and disintegration where applicable.



Ginkgo-PS™



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