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GINKGO MEM

A traditional collection of herbs designed to improve concentration, co-ordination, learning and memory. A fast-acting formulation with superior absorption. Due to its effects on the circulatory system, this remedy may help with headaches and for those who suffer from poor cerebral circulation.

New Zealand Herbals Ginkgo Mem formula is made from completely organic and pesticide-free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Ginkgo:** A very well-known and studied herb, its complete benefits are too many to list here. It has been shown to improve vascular disorders such as vertigo, tinnitus, as well as other conditions such as inner ear disturbances, impairment of memory, poor concentration. Studies have shown that it may assist those who have a sensitivity to cold and pallor in the toes (caused by poor circulation) due to its effect on the circulation system. It has also been found to be a good uterine stimulant.
- **Schisandra:** Traditionally used in Chinese medicine to strengthen the lungs, kidneys, and adrenal glands. It is also said to calm the spirit and is used accordingly in the natural treatment of insomnia, palpitations, and forgetfulness. The lignans found in schisandra help to improve concentration, fine co-ordination skills, and sensitivity in young children. Improvements in vision, hearing, and a reduction in fatigue have also been seen from the consumption of this herb. Finally, this herb also appears to elevate liver microsomes which in turn increase the liver's ability to detoxify foreign substances within the body.
- **Siberian Ginseng:** This herb helps the body to adapt to changes within the environment and increases resistance to radiation and other stressors (including physical, chemical, and biological). Studies on healthy individuals who have consumed Siberian ginseng have shown that the consumption of this herb tends to improve mental and physical performance (including stamina).
- **Rosemary Oil:** Rosemary stimulates the circulatory, digestive, and nervous systems. In particular, it has been found that rosemary has a strong effect on the brain, clearing thought and memory (partly due to its positive effect on the blood supply to the brain). Not only does rosemary have a beneficial effect on a number of the body's systems, it is also a good source of vitamins A and C. It also contains large amounts of calcium, iron, magnesium, phosphorus, potassium, sodium, and zinc.
- **Bacopa:** A traditional Ayurvedic herb, often used as a brain tonic to improve memory and learning. However, other benefits include its use in the treatment of epilepsy, insanity, nervous breakdown, and exhaustion.
- **Gotu Kola:** An excellent herb when used after a nervous breakdown (or before to help prevent it). It is also said to help rebuild energy reserves and for this reason it is known as an excellent 'food for the brain'. It increases mental and physical power, helps to combat stress and improves reflexes. It is also known to aid the body in defending itself from various toxins.

PRECAUTIONS: This product is perfectly safe when used within the recommended dosage. Exceeding the dosage may lead to over stimulation although no toxic dosage has yet been established.

Typical Dose: Ten drops to 5mls, twice daily.