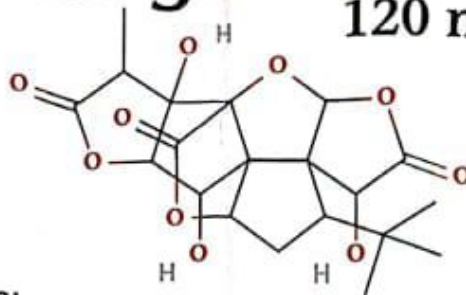


# WIDEN

## Ginkgo Biloba

120 mg



### Uses:

#### 1. Contains Powerful Antioxidants

Ginkgo's antioxidant content may be the reason behind many of its health claims.

Ginkgo contains high levels of flavonoids and terpenoids, which are compounds known for their strong antioxidant effects.

Antioxidants combat or neutralize the damaging effects of free radicals.

Free radicals are highly reactive particles that are produced in the body during normal metabolic functions, such as converting food to energy or detoxification.

Yet, they also have the potential to damage healthy tissues, contributing to accelerated aging and disease development.

Research on ginkgo's antioxidant effects is promising.

#### 2. Can Help Fight Inflammation

Inflammation is part of the body's natural response to injury or invasion by a foreign substance.

In the inflammatory response, various components of the immune system are recruited to fight against the foreign invader or heal the injured area.

Some chronic diseases trigger an inflammatory response even when there is no illness or injury present. Over time, this excessive inflammation can cause permanent damage to the body's tissues and DNA.

Years of animal and test-tube research shows that ginkgo extract can reduce markers of inflammation in both human and animal cells in a variety of disease states.

Some specific conditions in which ginkgo extract has shown to reduce inflammation include:

- Arthritis
- Irritable bowel disease (IBD)
- Cancer
- Heart disease
- Stroke

#### 3. Improves Circulation and Heart Health

In traditional Chinese medicine, ginkgo seeds were used to open "channels" of energy to different organ systems, including the kidneys, liver, brain and lungs.

Ginkgo's apparent ability to increase blood flow to various parts of the body may be the origin of many of its supposed benefits.

One study in people with heart disease who supplemented with ginkgo revealed an immediate increase in blood flow to multiple parts of the body. This was attributed to a 12% increase in levels of circulating nitric oxide, a compound responsible for dilating blood vessels.

Similarly, another study showed the same effect in older adults who were treated with ginkgo extract.

Additional research also points to ginkgo's protective effects on heart health, brain health and stroke prevention. There are multiple potential explanations for this, one of which may be the anti-inflammatory compounds present in the plant.

#### 4. Reduces Symptoms of Psychiatric Disorder, Dementia and Alzheimer's Disease

Ginkgo has been repeatedly evaluated for its ability to reduce anxiety, stress and other symptoms associated with Alzheimer's disease and cognitive decline associated with aging.

Some studies show a marked reduction in the rate of cognitive decline in people with dementia using ginkgo, but others fail to replicate this result.

A review of 21 studies revealed that when used in conjunction with conventional medicine, ginkgo extract may increase functional capabilities in those with mild Alzheimer's (12).

Another review evaluated four studies and found a significant reduction in a spectrum of symptoms associated with dementia when ginkgo was used for 22-24 weeks (13).

These positive results could be related to the role that ginkgo may play in improving blood flow to the brain, especially as it relates to vascular types of dementia.

## 5. Improves Brain Function and Well-Being

There is some speculation that ginkgo may enhance brain function in healthy individuals. A handful of small studies support the notion that supplementing with ginkgo may increase mental performance and perceived well-being. Results from studies like these have given rise to claims linking ginkgo to improved memory, focus and attention span.

## 6. Can Reduce Anxiety

Some research indicates that supplementing with ginkgo may reduce symptoms of anxiety.

A handful of animal studies have observed reductions in anxiety symptoms that may be attributed to the antioxidant content of ginkgo.

In one study, 170 people with generalized anxiety were treated with either 240 mg or 480 mg of ginkgo or a placebo. The group treated with the highest dose of ginkgo reported a 45% greater reduction in symptoms of anxiety, compared to the placebo group.

## Dosage:

The following doses have been studied in scientific research:

### BY MOUTH:

For anxiety: 80 mg or 160 mg of Widen Capsules has been taken three times per day for 4 weeks.

For dementia: 60-480 mg per day of Widen Capsules, divided in two or three doses, has been taken for up to one year. The most commonly studied dose is 120-240 mg per day with 240 mg possibly being more effective.

For retinal damage caused by diabetes: 120 mg of Widen Capsules has been taken daily for 6 months.

For walking leg pain related to poor circulation (claudication, peripheral vascular disease): 120-240 mg per day of Widen Capsules, divided into two or three doses, has been used for up to 6 years.

The higher dose may be more effective. For dizziness (vertigo): 160 mg of Widen Capsules has been taken once daily or in two divided doses daily for 3 months. For premenstrual syndrome (PMS): 80 mg of Widen Capsules has been taken twice daily, starting on the sixteenth day of the menstrual cycle until the fifth day of the next cycle. Also 40 mg of a Widen Capsules has been taken three times daily starting on the sixteenth day of the menstrual cycle until the fifth day of the next cycle.

For vision loss related to glaucoma: 120 to 160 mg of Widen Capsules has been taken in two or three divided doses per day for up to 12.3 years. For schizophrenia: 120-360 mg of Widen Capsules has been used daily for 8-16 weeks.

For the movement disorder called tardive dyskinesia: 80 mg of Widen Capsules, three times daily for 12 weeks, has been used.

For all uses, start at a lower dose of not more than 120 mg per day to avoid gastrointestinal (GI) side effects. Increase to higher doses indicated as needed. Dosing may vary depending on the specific formulation used.



- Enhances cognitive function & memory.
- Supports brain function & alertness.
- Regulates blood flow to the brain.
- Effective in treating Alzheimer's disease & Dementia.
- Also decreases high blood pressure & prevent cancer.

<b>Supplement Facts</b>
<b>Each capsule contains:</b>
<b>Powdered Ginkgo Biloba (Ext.) (USP).....120mg</b>
<b>Product Specifications: USP</b>

M.L. No. (E.No):002  
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