

## Ginkgo BILOBA

### Protecting The EYES

It appears that Ginkgo BILOBA can help protect against glaucoma, by improving circulation to the eyes. Though 'intra-ocular pressure' - the pressure within the eyeball - can be reduced by drugs or operation, the sight may still continue to deteriorate. The use of Ginkgo at this time is thought to protect the optic nerve in a way as yet little understood.

60 - 80mg bd is the dose used in the studies. [J Glaucoma](#). 2012 May 16.

[Epub ahead of print]

Effect of Ginkgo biloba Extract on Visual Field Progression in Normal Tension Glaucoma.

**Ginkgo** is one of the top ten best-selling medications in Germany. It is also very popular in France. It is used for a wide range of purposes - mostly related to its ability to improve circulation and act as an anti-oxidant. Its main properties are: it dilates (expands) blood vessels, and thins the blood.



Ginkgo is a tree with nuts Native to China the tree is widely cultivated and introduced early in human history, and has various uses as a food and in traditional medicine.

Look out for a Traditional Herbal Registration (THR) marking on the product packaging – this means the herbal remedy has been assessed against quality standards, and you'll have information about how and when to use it.

One Product approved by MHRA is Ginkgoforce Ginkgo Biloba tablets. (produced by A. Vogel around £9 per bottle of 60 – dose one table per day)

<http://www.mhra.gov.uk/home/groups/par/documents/websiteresources/con051911.pdf> This provides considerable information about how the product is made.

**Caution! Blood thinning tablets Aspirin, Warfarin, Clopidogrel**

Ginkgo products have been reported to cause bleeding in some cases, and taking it with other medications that can also cause bleeding such as aspirin may increase that risk.

Therefore should not be used in conjunction with these.