

# Ultimate Ginkgo

## Dietary supplement for the brain.

It seems that almost everyone wants to get physically fit and improve their appearance and health. But what about getting mentally fit? Isn't it just as important to sharpen your brain as it is to develop the biceps in your arms?

With a little help from nature's age-defying botanical ginkgo biloba, you can help keep your brain in optimum condition, as well as the rest of your body. Ginkgo biloba, the oldest living tree species on earth, has been a mainstay of traditional Chinese medicine for more than 5,000 years, where it has been used for age-related circulation disorders and memory loss. This powerful antioxidant herb helps enhance circulation to increase the flow of oxygen to the heart, brain and other body parts.

The most exciting research focused on ginkgo's potential for helping elderly people maintain healthy brain function, while decreasing short-term memory loss. Studies have shown that ginkgo biloba may help improve blood flow to the brain, stimulate neural activity and help maintain blood vessel tone. These results are extremely encouraging for combating some of the problems associated with old age. Herbalife's Ultimate Ginkgo also contains docosahexaenoic (DHA) and phosphatidylserine (PS) and critical phospholipids which maintain the flexibility of brain cells.

Herbalife has captured the botanical treasures of this ancient tree and formulated its goodness into Ultimate Ginkgo. Used on a daily basis, this "wonder" herb can help support healthy brain function.\*

## Discussion Points

- World's oldest "smart herb": Ginkgo biloba may have a history that dates back thousands of years, but it's a modern-day phenomenon. Experience the remarkable health-enhancing attributes of this ancient herb with daily use of Ultimate Ginkgo.\*
- Closing the generation gap: Young or old can benefit from Ultimate Ginkgo. This unique dietary supplement can have a positive effect on your mental well-being, whether you are in your prime or enjoying your retirement years.\*
- Combine with other products: Ultimate Ginkgo can be used in conjunction with the Thermojetics® Weight-Management Programs and Herbalife's entire line of nutritional products.
- Ginkgo has also been found helpful in reducing symptoms of tinnitus, also known as ringing in the ears and claudication, also known as pain during walking due to inadequate blood flow to the legs.

## Did You Know?

The Ginkgo tree was nearly wiped out during the last Ice Age. However, a few survived in China, where they have thrived ever since. A single ginkgo tree may live as long as 1,000 years. Ginkgo trees have been transplanted all over the world and thrive under adverse conditions, resistant to insects, disease, and pollution. One ginkgo even survived the atomic bombing of Hiroshima, where it still grows today.

The Ginkgo tree's name is derived from the Japanese word ginkgo, meaning "silver apricot," referring to the fruit, which is popular in Japan. Biloba translates as "two-lobed," a reference to the split shape of this tree's leaves. Strangely, the Ginkgo tree sometimes waits 20 years before producing flowers or fruit. Ginkgo biloba is believed to have been re-introduced into the United States by William Hamilton in 1784 for his home in Philadelphia. The tree was also a favorite of architect Frank Lloyd Wright, who incorporated its irregular shape into his exterior landscaping designs.

## Fast Facts

- Provides flavonoid glycosides and terpene lactones, which can support healthy brain function.\*
- Contains DHA, an essential fatty acid present in the brain.\*
- Includes phosphatidylserine, which is an important component of brain neurons.\*

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



## SUPPLEMENT FACTS

Serving Size: 1 tablet

Servings per container: 30 tablets

	Amount Per Serving	% Daily Value*
Calcium (as dicalcium phosphate, calcium carbonate, calcium silicate)	101 mg	10%
Ginkgo (leaf)	50 mg	†
Dried Ginkgo Extract (leaf)	40 mg	†
Bio-absorption Complex-5 Lecithin, Vitamin C (as ascorbyl palmitate), Plant Cellulose Enzyme, Cinnamon Powder (bark) and Dried Black Pepper Extract (fruit)(from Bioperine®).	23 mg	†
DHA (Docosahexaenoic Acid)	10 mg	†
Phosphatidylserine (soybean) (90% sernol)	10 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

**Other Ingredients:** Microcrystalline Cellulose, Hydrogenated Cottonseed Oil, Sodium Carboxymethylcellulose, Shellac, Magnesium Stearate, Hydroxypropyl Methylcellulose, Silicon Dioxide, Hydroxypropyl Cellulose, Natural Vanilla Flavor and Polyethylene Glycol.

**Suggested Serving:** Take one tablet two times per day.

**Notice:** Not recommended for pregnant or lactating women.

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