

Ginkgo Biloba

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GINKGO - GINKGO BILOBA (PDF Version - 36 K) This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient. Notes Text in parentheses is additional optional information which can be included on the label at the applicant's discretion. The solidus (/) indicates that either term and/or statement may be selected on the label. Date July 25, 2025

Proper name(s), Common name(s), Source information Table 1. Proper name(s), Common name(s), Source information Proper name(s) Common name(s) Source information Source material(s) Part(s) Ginkgo biloba Ginkgo Ginkgo biloba Maidenhair tree Baiguo Icho Ginkgo biloba Leaf References: Proper name: USDA 2024; Common names: USDA 2024; Gardner and McGuffin 2013; WHO 1999; Source information: Birks and Evans 2007. Route of administration Oral Dosage form(s) This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document. Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications. Use(s) or Purpose(s) Helps to enhance cognitive function in adults (Cieza et al. 2003; Santos et al. 2003; Mix and Crews 2002; Stough et al. 2001; Kennedy et al. 2000; Mix and Crews 2000). Helps to enhance memory in adults (Santos et al. 2003; Stough et al. 2001; Kennedy et al. 2000; Mix and Crews 2000). Helps to support peripheral circulation (Boelsma et al. 2004; Mehlsen et al. 2002; Pittler and Ernst 2000). Note: The above uses can be combined on the product label (e.g., Helps to enhance cognitive function in adults and support peripheral circulation). Dose(s) Subpopulation(s) Adults 18 years and older Quantity(ies) Methods of Preparation: Standardized Extracts (Dry extract) 80 - 240 milligrams of extract, per day (quantity crude equivalent 4 - 12 grams of dried leaves), standardized to 22-27% flavonoid glycosides and 5-7% terpene lactones; and providing at least 80 milligrams of extract per single dose (Crew et al. 2005; Cieza et al. 2003; Santos et al. 2003; Mix and Crews 2002; Blumenthal et al. 2000; Kennedy et al. 2000; Pittler and Ernst 2000; WHO 1999). Direction(s) for use No statement required. Duration(s) of use Products providing 80 mg to less than 120 mg of extract (4 g to less than 6 g dried leaves), per day Ask a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 8 months (Santos et al. 2003; Le Bars et al. 1997; Grassel 1992). Products providing 120 mg to 180 mg of extract (6 g to 9 g dried leaves), per day Ask a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 6 weeks (Elsabagh et al. 2005; Mix and Crews 2002; Mix and Crews 2000). Products providing more than 180 mg to 240 mg of extract (more than 9 g to 12 g dried leaves), per day Ask a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 4 weeks (Cieza et al. 2003). Risk information Caution(s) and warning(s) Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding (Blumenthal et al. 2000; WHO 1999). Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are taking diabetes, high blood pressure or seizure medications (Brinker 2010). Contraindication(s) Do not use if you are having a surgery (Gardner and McGuffin 2013). Do not use if you are taking blood thinners or other health products that affect blood coagulation (Gardner and McGuffin 2013; Brinker 2010; Bent 2005). Known adverse reaction(s) No statement required. Non-medicinal ingredients Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database. Storage conditions Must be established in accordance with the requirements described in the Natural Health Products Regulations . Specifications The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide. The medicinal ingredient must comply with the requirements outlined in the NHPID. Ginkgolic acids: Testing must be performed to ensure that the finished product meets the toxicity restrictions for Ginkgolic acids of not more than 5 ppm (NHPID). EXAMPLE OF PRODUCT FACTS: Consult the Guidance Document, Labelling of Natural Health Products for more details. References cited Bent S, Goldberg H, Padula A, Avins AL. Spontaneous bleeding associated with ginkgo biloba: a case report and systematic review of the literature. *Journal of General Internal Medicine* 2005;20(7):657-661. Birks J, Grimley Evans J. Ginkgo biloba for cognitive impairment and dementia (Review). Oxfordshire (UK): The Cochrane Database of

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Winther K, Randlov C, Rein E, Mehlsen J. Effects of *Ginkgo biloba* extract on cognitive

function and blood pressure in elderly subjects. *Current Therapeutic Research: Clinical and Experimental* 1998;59(12):881-888. Report a problem on this page Date modified: 2019-03-01

MEDICINAL INGREDIENT(S)

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

DOSAGE FORM(S)

Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.

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RISK INFORMATION

Caution(s) and warning(s) Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding (Blumenthal et al. 2000; WHO 1999). Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are taking diabetes, high blood pressure or seizure medications (Brinker 2010). Contraindication(s) Do not use if you are having a surgery (Gardner and McGuffin 2013). Do not use if you are taking blood thinners or other health products that affect blood coagulation (Gardner and McGuffin 2013; Brinker 2010; Bent 2005).

Known adverse reaction(s) No statement required.

NON-MEDICINAL INGREDIENTS

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

STORAGE CONDITION(S)

Must be established in accordance with the requirements described in the Natural Health Products Regulations.

SPECIFICATIONS

The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide. The medicinal ingredient must comply with the requirements outlined in the NHPID. Ginkgolic acids: Testing must be performed to ensure that the finished product meets the toxicity restrictions for Ginkgolic acids of not more than 5 ppm (NHPID).

Proper name(s)	Common name(s)	Source information	
Source material(s)	Part(s)		
Ginkgo biloba	Ginkgo Ginkgo biloba Maidenhair tree Baiguoluo	Ginkgo biloba	Leaf