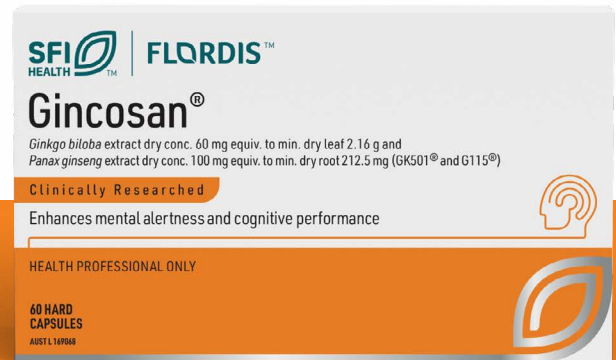


Gincosan®

For enhancing mental alertness and cognitive performance



The Gincosan® difference

- Uses a clinically trialled combination of the specific extracts of ginkgo (*Ginkgo biloba* – GK501®) and ginseng (*Panax ginseng* – G115®).
- The combination of these extracts work synergistically to reduce cognitive fatigue, enhance mental alertness and maintain physical endurance.¹⁻³
- The two standardised extracts in Gincosan®, obtained through high quality and controlled processes, have been tested for efficacy during multiple clinical and preclinical studies, both in acute and chronic administration.
- Gincosan® only uses 'white' C.A Meyer *Panax ginseng* to produce the G115® extract standardised on the total of eight major ginsenosides.
- High quality, researched efficacy in both young and older adults, with a good tolerance profile.
- The Gincosan® extracts conform or follow the guidelines of global monographs and pharmacopoeias.
- Well established tolerability through clinical research, with no known reported drug interactions.

Gincosan® contains the scientifically researched combined extract of *Ginkgo biloba* – GK501® and *Panax ginseng* C.A. Meyer – G115®

Gincosan® therapeutic indications

- Decreases cognitive fatigue.
- Maintains physical endurance.
- Supports mental focus and clarity.
- Supports healthy blood circulation, including to the peripheral areas of the body.
- Enhances mental alertness and cognitive performance.
- Supports cognitive and brain function.
- Supports learning and information processing.
- Improves memory recall and short term memory.
- As an antioxidant: helps reduce free radical formation and damage to body cells.

***Ginkgo biloba* GK501® and *Panax ginseng* C.A. Meyer G115® extracts clinically researched to enhance mental alertness and cognitive performance**



Multiple clinical trials and history of use show efficacy and tolerability



Gincosan® has a long history of use and high levels of tolerability:

- With over 30 years clinical research (International birth date 31 January 1989) and use in millions of people globally
- Research shows tolerability in numerous clinical trials
- Gincosan® has been studied in both healthy young and older adults

Gincosan® research summary

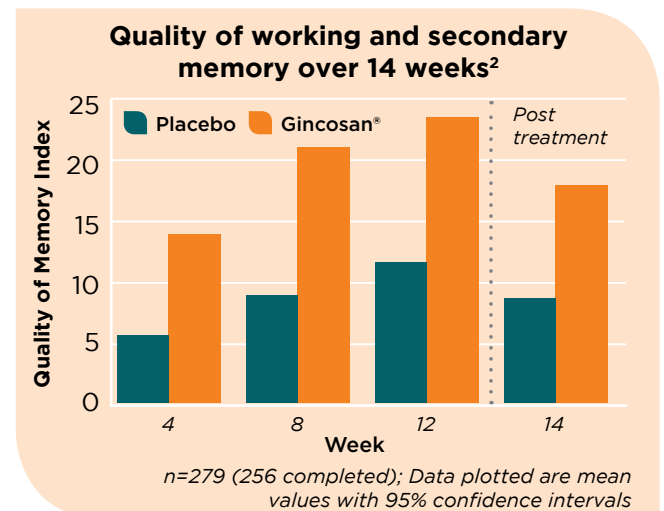
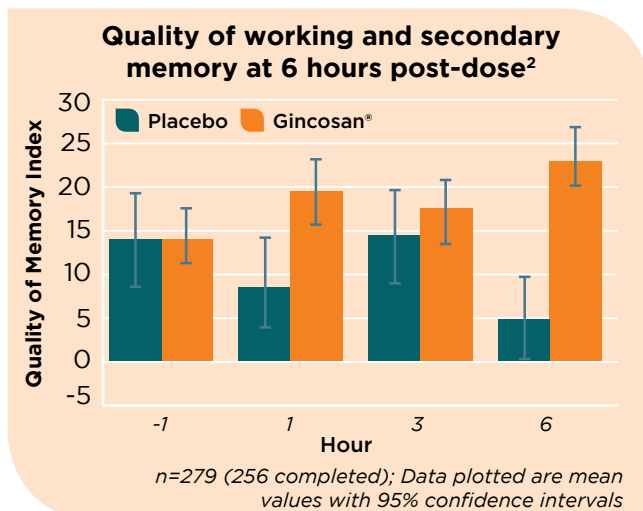
Gincosan®, containing the specialised extracts GK501® and G115®, has been studied for efficacy and tolerability in thousands of patients over many years. This research shows a clinically researched use of Gincosan® for enhancing mental alertness and cognitive performance.

Lead Author/Year	Study Design	Participants/Dose	Outcome Summary
Wesnes, KA, et al. 1997 ¹ .	Randomised, double-blind, placebo-controlled, parallel group study.	64 healthy adults (42-65 years) with mild neurasthenic complaints (fatigue and tiredness). Gincosan® ½-2 capsules daily for 3 months was tested in the study.	Chronic efficacy and dose-dependent study Gincosan® positively supported cognitive functions in a dose-dependent manner, with the dose of 320mg (2 capsules per day) significantly improving working and long-term memory indices as early as one hour after a morning dose, when taken for 30 or 90 days.
Wesnes, KA, et al. 2000 ² .	Placebo-controlled double-blind, parallel group multicentre clinical study.	279 healthy adults (38-66 years). Gincosan® 1 capsule twice a day or 2 capsules once a day, for 12 weeks.	Chronic efficacy and tolerability study Gincosan® at the dose of 320mg (2 capsules per day) improved memory recall and enhanced cognitive performance, with good tolerability. The benefits were evident after 4 weeks and still present 2 weeks after dosing was stopped.
Scholey AB, et al. 2002 ³ .	Double-blind, placebo-controlled studies (3).	20 healthy young adults (combined mean ages between 19.9 and 21.3 years) across three studies. GK501® - 120mg, 240mg or 360mg. G115® - 200mg, 400mg or 600mg. Gincosan® - 320mg, 640mg or 960mg (equivalent to 2, 4 or 6 capsules).	Acute efficacy dose-dependent study Gincosan® dose of 320mg (2 capsules) enhanced cognitive performance, with a sustained effect during the most challenging cognitive test. These results appeared to be due to a synergistic effect of the two extracts, compared to the effects of the individual herb extracts.
Kiesewetter H, et al. 1992 ⁴ .	A randomised, double-blind, placebo-controlled crossover study and an open pilot study.	10 healthy young adults (mean age 26 years) with rheological abnormalities. Gincosan® 1 capsule or 2 capsules as acute dosages.	Acute efficacy and dose-dependent study Gincosan® had positive effects on blood circulation, with the greatest benefits at the dose of 320mg (2 capsules). This may increase oxygen and nutrient delivery.

Gincosan® extracts - global monographs and pharmacopoeias

The Gincosan® extracts conform or follow the guidelines of worldwide monographs and pharmacopoeias, including the European Pharmacopoeia, WHO Monographs, German Commission E Monograph, and ESCOP Monographs.⁵⁻¹⁰

Gincosan® improves working and long-term memory



A placebo-controlled double-blind, parallel group multicentre clinical study demonstrated improvements in the Quality of Memory Index, when tested 1, 3 and 6 hours after dosing. Gincosan® demonstrated improvements in memory from 4-12 weeks and during the 2 weeks washout period after dosing was stopped, with an average improvement of 7.5%.

Gincosan® was beneficial in improving working and long-term memory quality in healthy middle age subjects.²

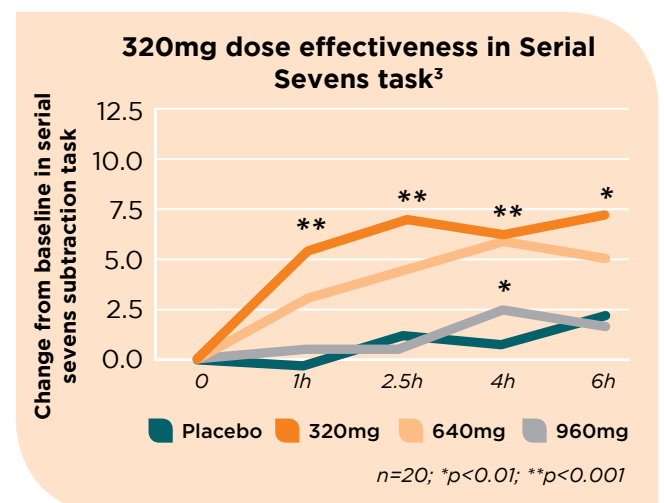
Wesnes KA, et al. The memory enhancing effects of a *Ginkgo biloba*/*Panax ginseng* combination in healthy middle-aged volunteers. *Psychopharmacology*. 2000;152(4):353-361.

Gincosan® supports acute cognitive performance in healthy young adults

A set of three double-blind, placebo-controlled studies used single doses of ginkgo (GK501®), ginseng (G115®) or the combination of both (Gincosan®) to test their effect on cognition in healthy adults in their 20s.

It was found Gincosan® at the dose of 320mg provided a highly significant and sustained increase in the challenging Serial Sevens subtraction tests across all post-treatment testing times.³

Scholey AB, et al. Acute, dose-dependent cognitive effects of *Ginkgo biloba*, *Panax ginseng* and their combination in healthy young volunteers: differential interactions with cognitive demand. *Hum Psychopharmacol Clin Exp*. 2002;17:35-44.



Gincosan® potential modes of action

The potential modes of action from both extracts synergistically work to support cognitive function, such as mental focus and memory recall, support blood circulation, and reduce mental fatigue.

Ginkgo biloba

- Effect on cerebral blood flow
- Nerve protection and nerve growth activity
- Modulation of neurotransmission
- Regulation of synaptic plasticity
- Antioxidant activity



Ginseng

- Effects on energy metabolism
- Nerve protection and nerve growth activity
- Modulation of neurotransmission
- Antioxidant activity

Active ingredients

Each Gincosan® capsule contains:

- *Ginkgo biloba* (Ginkgo) specific ext. dry conc. GK501® 60mg, equivalent to min. dry leaf 2.16g, standardised to ginkgo flavonglycosides 14.7mg and ginkgolides & bilobalide 3.6mg (24.5% ginkgo-flavone-glycosides and 6% terpene lactones).
- *Panax ginseng* (Ginseng) specific ext. dry conc. G115® 100mg, equivalent to min. dry root 212.5mg, standardised to ginsenosides 4mg (4% ginsenosides).

Both extracts are standardised according to certain specifications for consistency and reproducibility of quality, efficacy and tolerance. The ginseng species most used as a herbal remedy is *Panax ginseng* C.A. Meyer (also called Asian or Korean ginseng) named after the Russian botanist Carl Anton Meyer. Only *Panax ginseng* C. A. Meyer is used to produce the G115® extract standardised on the total of eight major ginsenosides (4%) i.e. Rb1, Rb2, Rc, Rd, Re, Rf, Rg1, and Rg2. Additionally, only 'white' ginseng is used, as this provides the optimal yield of the naturally occurring ginsenosides. This is due to its long period of growth (5-7 years) and the gentle washing and natural sun drying of the roots, which preserves the active substances while ensuring unwanted contaminants are removed.

Dosage and administration

Adults: take 2 capsules per day with water (1 capsule after breakfast and 1 capsule after lunch).

It is recommended to take Gincosan® for a minimum of 4 weeks¹. Clinical studies demonstrate effects may be seen within hours; however, best results have been shown after 3 months of daily use.

Presentation

60 cylindrical (size no. 1), yellow-orange opaque colour, hard gelatine capsules.

Hard gelatine capsules have been chosen, among other reasons, to ensure the physico-chemical stability of the active ingredients, without the need for preservatives.

Storage conditions

Store below 25° C.

Contraindications and precautions

Do not recommend if there is a history of hypersensitivity to *Ginkgo biloba* or *Panax ginseng*.

Contains 55.5 milligrams lactose.

According to a systematic review, up to 12-15 grams may be tolerated by those with lactose intolerance or malabsorption, with a minimum of 15 grams required for diagnosis.¹¹ Therefore, 55.5mg is a very low amount of lactose. However, those with the rare hereditary conditions of galactose intolerance, lactase deficiency or glucose-galactose malabsorption should not take lactose containing medications.

There are no known reported drug interactions with Gincosan®. However, caution is advised in patients with bleeding disorders, those planning to have surgery, or in those on medications that may increase the risk of bleeding (anticoagulants, antithrombotics and antiplatelet medications), due to potential interactions with ginseng and ginkgo. Additionally, there may be a possible interaction between efavirenz, an antiretroviral treatment, and ginkgo; therefore, it is not recommended to take these two products together.

Pregnancy and lactation

Safety during pregnancy and lactation has not been established. In the absence of sufficient data, it is not recommended to use Gincosan® during pregnancy and lactation.

FAQ

How does Gincosan® differ from other cognitive herbal products?

Gincosan® is a synergistic formula for mental fatigue, supporting blood circulation and maintaining physical endurance. It is particularly useful in those who are mentally and physically fatigued due to lifestyle, work or study demands, and who may have difficulty concentrating and remembering important information.¹⁻³



No added:

- Gluten ■ Wheat ■ Corn ■ Egg ■ Soy ■ Yeast ■ Sesame ■ Peanuts or tree nuts
- Genetically modified ingredients ■ Artificial or nature identical flavours, colours or sweeteners

References

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Sustainability. Conservation. Restoration. Respect.