

THE COACH'S PLAN

The Honest Ginkgo Evidence Plan

For anyone taking, or considering, ginkgo biloba for memory or brain health.

3,000+

Adults in the GEM trial

The largest ginkgo dementia trial ever run

0

Reduction in dementia

No difference between the ginkgo and placebo groups

6 yrs

Length of follow-up

Long enough to see an effect if one existed

Ginkgo biloba is one of the most popular brain supplements in the world, sold for memory and sharper thinking. The problem is the evidence. The NIH funded the largest ginkgo trial ever run, followed more than 3,000 older adults for about six years, and it did not reduce dementia or slow cognitive decline.

What the evidence actually says

- 1 Ginkgo is among the most popular herbal brain supplements sold for memory.
- 2 The NIH GEM trial in over 3,000 adults found no benefit for dementia.
- 3 A follow-up analysis found it did not slow cognitive decline either.
- 4 NCCIH says there is no conclusive evidence ginkgo helps any condition.
- 5 Ginkgo may raise bleeding risk with blood thinners, and raw seeds are toxic.

Your 3-step plan

1 Step 1: Judge It by the Biggest Trial, Not the Ad

The NIH GEM study, the largest ginkgo trial ever run, found no reduction in dementia and no slowing of cognitive decline. That is the number to weigh before spending.

2 Step 2: If You Take a Blood Thinner, Ask First

Ginkgo may increase bleeding risk alongside anticoagulants such as warfarin. Talk to your provider before adding it, and never eat raw or fresh ginkgo seeds, which are toxic.

3 Step 3: Spend Your Brain Budget Where Evidence Is Stronger

For long-term brain health, the better-supported moves are unglamorous: physical activity, blood pressure control, sleep, and staying socially engaged.

The safety line

Ginkgo leaf extract is generally well tolerated, but it may raise bleeding risk with blood thinners such as warfarin, and raw or fresh ginkgo seeds are toxic. Tell your provider you take it, especially if you are on any medication.

Read the full article: <https://www.agelesscoach.com/articles/ginkgo-has-huge-demand-and-thin-evidence>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.