

Ginkgo biloba

Ginkgo biloba, commonly known as Ginkgo, is one of the oldest living tree species in the world and has been used in traditional Chinese medicine for centuries. Native to China, Ginkgo is widely recognized for its potential role in cognitive support, circulation, and antioxidant protection. Today, it is one of the most popular herbal supplements globally.

Key facts

- **Scientific name:** *Ginkgo biloba*
- **Common names:** Ginkgo, Maidenhair tree
- **Family:** Ginkgoaceae
- **Active compounds:** Ginkgolides, bilobalide, flavonoids
- **Typical forms:** Capsules, tablets, teas, extracts

Botanical characteristics

Ginkgo biloba is a deciduous tree characterized by its fan-shaped leaves and exceptional longevity. The leaves are harvested and processed into standardized extracts used in herbal medicine and dietary supplements.

Traditional and modern uses

Traditionally, Ginkgo has been used in Chinese medicine for respiratory and circulatory support. In modern herbal medicine, it is commonly promoted for memory support, cognitive performance, blood circulation, and healthy aging.

Mechanism and research

Research suggests that Ginkgo extracts may exhibit antioxidant and vascular effects, potentially influencing blood flow and neuronal function. Clinical studies have explored its role in memory, cognitive decline, and circulation, although findings remain mixed and further research is ongoing.

Safety and regulation

Ginkgo is generally considered safe when used in standardized formulations. Possible side effects may include headache, dizziness, or gastrointestinal discomfort. Ginkgo may interact with anticoagulant or antiplatelet medications, and professional guidance is recommended before use.

Culinary and supplement context

Ginkgo extracts are widely available in dietary supplements aimed at cognitive and circulatory support. The plant remains highly popular within global wellness and herbal medicine markets.