



GinkgoSense helps to enhance cognitive function and memory in adults. It provides antioxidants and helps to support eye health in conditions (associated with sunlight damage), such as cataracts and age-related macular degeneration.

How is GinkgoSense Unique? —————

- Combines ginkgo biloba extract with curcumin extract
- Contains curcumin extract, not just turmeric powder
- Formulated to improve cognitive and visual function
- Formulation includes adaptogen properties to assist in enhancing memory health

Approach —————

Mental acuity is known as the sharpness of the mind. Memory, focus, concentration and understanding are the main elements when evaluating mental acuity. These elements are valued by all age groups whether you're a college student studying for your next exam or a senior citizen focused on maintaining a sharp mind in your golden years.

Stress can affect mental acuity. Cortisol is a hormone that our body releases during stressful periods. At high levels, it can wear down our brain's ability to function. Even consistent, low-stress levels can lead to exhaustion and fatigue. Stress can kill brain cells. Chronic stress can shrink the prefrontal cortex, the area of the brain responsible for memory and learning.

Ginkgo —————

Ginkgo biloba is an herb with a 5,000-year history of use in Chinese medicine. Ginkgo biloba extract (GBE) shows positive results for what is known as "cerebral insufficiency," symptoms of which include difficulties in concentration and memory, absent-mindedness, confusion, lack of energy, tiredness, decreased physical performance, dizziness, etc.

The positive results of taking ginkgo are largely due to its effect on circulation. This natural botanical increases blood flow to the extremities and the brain, which gets more oxygen and glucose, explaining why there is significant improvement.

Curcumin —————

Curcumin is the most active phenol (phytonutrient) found in turmeric root. While turmeric is a popular spice added to dishes such as curry and soup, even tea, it is

Key Benefits and Features

- Helps to maintain memory, concentration and mental clarity
- Helps maintain mental acuity
- Supports healthy vision
- Helps to maintain blood flow to the extremities
- Improves neuroplasticity
- Powerful antioxidants
- Standardized extracts for consistent results
- Synergistic effect – ingredients work together to improve each other
- Vegan formula

often used in dietary supplements as a cheap alternative to curcumin. However, turmeric contains only 2 to 5% curcumin.

Curcumin provides anti-inflammatory properties that may be beneficial in reducing joint pain and detoxifying the body. Curcumin may also help improve cognitive function by increasing a growth hormone in the brain called brain-derived neurotrophic factor (BDNF). Curcumin continues to be tested for its efficacy in memory improvement, for which results have been positive.

Of all the turmeric compounds known as curcuminoids, the most important is curcumin. Formulated with 95% curcuminoids, AIM's curcumin contains no less than 15% of desmethoxycurcumin and no less than 2.5% bisdesmethoxycurcumin: key indicators of high-quality curcumin.

Ashwagandha —————

Commonly known as Indian ginseng, ashwagandha is a potent adaptogen, which means this herb may help body systems to better adapt to stress, mood changes and



lack of concentration, having an overall balancing effect on the body.

Adaptogens—ashwagandha specifically—may also lower cortisol levels which directly relate to stress levels. This is accomplished by preventing the adrenal glands from unnecessarily releasing cortisol.

Black Pepper Extract (Piperine) —

Black pepper extract is a key part of this formulation since it is directly linked to curcumin absorption. Without the combination of black pepper extract and a high level of curcuminoids, curcumin absorption can be difficult for the body. One study showed that subjects taking only curcumin had barely measurable blood levels of this phytonutrient while participants who took it with black pepper had a 2,000 percent increase of bioavailable curcumin in their blood. Additionally, black pepper extract is a powerful anti-inflammatory and supports digestive enzyme activity.

Ginger —

Ginger is one of the most commonly consumed dietary condiments in the world and for good reason. For thousands of years, ginger has been recognized for aiding digestion and reducing nausea due to the presence of a compound called gingerol. In more recent times, gingerol became known for its anti-inflammatory and antioxidant properties.

Lutein and Zeaxanthin —

Derived from marigold flower extract, lutein and zeaxanthin are two carotenoids necessary for eye health. The antioxidant properties of these carotenoids protect the macular (in the retina of the eye) from free radical damage and therefore, help to prevent age-related macular degeneration (AMD) and cataracts. Both lutein and zeaxanthin are being studied because of their ability to filter high-energy blue light, which causes damage to the most active part of the eye, the retina. The *Archives of Ophthalmology* (Vol. 126, October 2008) published a study that significant associations were found between blue light exposure and neovascular AMD in individuals with low antioxidant level.

Another beneficial effect is that lutein and zeaxanthin may help with neuroplasticity, or the ability of the brain to form and change neuropathways connected with memories or experiences.

How to use GinkgoSense

- Take 2 capsules daily. Best taken on an empty stomach.
- Consult a health care practitioner for use beyond 6 weeks.
- Avoid taking with alcohol or products with sedative properties.
- Close tightly after opening and store in a cool, dry, dark place. Do not refrigerate.
- Keep out of reach of children.



FAQs —

Who should use GinkgoSense?

Anyone concerned with preserving mental acuity and vision should consider using GinkgoSense.

Is there anyone who should not take GinkgoSense?

Consult a health care practitioner prior to us if you:

- are pregnant or breast feeding
- have gallstones or bile duct obstruction, stomach ulcers or excess stomach acid.
- are taking blood thinners, medications for diabetes, high blood pressure or seizures.

Do not use if you are taking health products that affect blood coagulation as this may increase the risk of spontaneous bleeding.

Are there any side effects?

Very seldom, cases of stomach or intestinal upset, headache or allergic skin reactions have been reported by some people taking ginkgo. Some people may experience drowsiness.

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