



Nervous

Ginkgo-PS™



Unique *Ginkgo biloba* formula supporting acute memory function and cognition

As advances in medical technology steadily lengthen the average human life span, we face the problem of retaining mental acuity throughout our lives. Several factors contribute to weakening mental function. As we age, the number of nerve cells in the brain steadily declines, partly because of oxidative damage caused by free radicals. In later years, many intellectual functions we once took for granted, such as memory tasks, require more effort and attention. However, maintaining good nutrition, continuing physical and intellectual activity, and supplementing our diet with standardized Ginkgo biloba extract and phosphatidylserine may help preserve cognitive health. USANA's **Ginkgo-PS** supplement combines these two powerful ingredients in a single tablet.\*

### GINKGO'S MANY HEALTH BENEFITS

The Chinese have traditionally used *Ginkgo biloba* in herbal form for thousands of years, and an extract of ginkgo leaves has been used widely for decades in Europe for supporting memory, attention span, and other neurological activity. Ginkgo extract contains a mix of bioflavonoids that provide antioxidant activity to reduce free-radical formation. Its most important role, however, is facilitating blood circulation throughout the body and supporting healthy oxygenation.\*

### PHOSPHATIDYLSERINE (PS)

Phosphatidylserine, or PS, is the ideal complement to *Ginkgo biloba*. PS is a component of all cell membranes and is essential to proper cell function. It is found in highest concentration in the cell membranes of brain tissue.\*

### WHY GINKGO-PS™?

USANA is one of few major manufacturers to combine *Ginkgo biloba* and PS into a single product. In addition, USANA uses only standardized Ginkgo biloba extract. The high quality of our *Ginkgo biloba* extract combined with PS gives **Ginkgo-PS** clear advantages over other products on the market.



Kosher



Available for MyHealthPak™

ITEM #126

**DIRECTIONS:** ADULTS, TAKE FOUR (4) TABLETS DAILY, PREFERABLY WITH FOOD.

## SUPPLEMENT FACTS

SERVING SIZE: 1 TABLET

AMOUNT PER SERVING	%DV
GINKGO ( <i>GINKGO BILOBA</i> LEAVES)	25 mg †
SOY LECITHIN (WITH PHOSPHATIDYLSERINE)	125 mg †
† DAILY VALUE NOT ESTABLISHED.	

OTHER INGREDIENTS: DEXTROSE, CROSCARMELOSE SODIUM, SILICON DIOXIDE, ASCORBYL PALMITATE, DEXTRIN, SODIUM CITRATE.

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR UNIFORMITY AND DISINTEGRATION, WHERE APPLICABLE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

THIS BOTTLE HAS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES, INC., 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120 USA

STORE BELOW 25° C. MADE IN USA

### References

- Baumeister J, Barthel T, Geiss KR, Weiss M. Influence of phosphatidylserine on cognitive performance and cortical activity after induced stress. 2008. *Nutritional Neuroscience* 11(3):103-10.
- Crook TH, Tinklenberg J, Yesavage J, Petrie W, Nunzi MG, Massari DC. Effects of phosphatidylserine in age-associated memory impairment. 1991. *Neurology* 41(5):644-9.
- Kennedy DO, Haskell CF, Mauri PL, Scholey AB. Acute cognitive effects of standardised Ginkgo biloba extract complexed with phosphatidylserine. 2007. *Human Psychopharmacology: Clinical and Experimental* 22(4):199-210.
- Pietri S, Maurelli E, Drieu K, Culcasi M. Cardioprotective and Antioxidant Effects of Ginkgo Biloba Extract. 1997. *J Mol Cell Cardiol* 29(2):733-42.
- Smith PF, MacLennan K, Darlington CL. The neuroprotective properties of the Ginkgo biloba leaf: a review of the possible relationship to platelet-activating factor (PAF). 1996. *J Ethnopharmacol* 50(3):131-9.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.