SUPPORT YOUR HEALTH with AIM GinkgoSense™ as a defense against the aging process.

Aging can unleash any number of health issues that indicate the body is beginning to show the effects of time. Worsening vision and memory are just two examples of age-related concerns. Needing reading glasses or forgetfulness may be early indications of far more serious conditions that are not necessarily normal processes of aging— cataracts, macular degeneration, dementia, or Alzheimer’s disease. Steps can be taken to avoid a decline in vision or memory, and inhibit related serious ailments. A healthy diet, regular exercise, and AIM supplements are a trio of factors that can help to modulate the effects of time.

GinkgoSense™ helps to maintain the health of your nervous system, especially in regard to memory and vision. The nervous system controls communication within the body. This system is led by the brain, which allows us to think, make decisions, control our actions, coordinate our ability to move, as well as touch, smell, taste, hear, and see. As with any system of the body, nutrition plays an important part in keeping the nerve pathways—lines of communication—functioning optimally.

GinkgoSense™ contains Ginkgo biloba, bilberry, fish oil, and lutein—an effective blend of medicinal ingredients that improves circulation, and helps to maintain the nervous system, as well as support cardiovascular health. GinkgoSense™ is a natural health product that can support anti-aging.

**Medicinal Ingredients:** (per capsule)

- Ginkgo Biloba Leaf Extract 120 mg (standardized to 24% ginkgo flavonglycosides and 6% terpene lactones)

The ginkgo tree is believed to be the oldest living species of tree. Ginkgo seed has been used in traditional Chinese medicine for thousands of years. Today, the extract from the leaves is now known to aid the body with a rich source of flavonoid nutrients: terpene lactones, quercetin, proanthocyanidins, and ginkgolides. Ginkgolide B alone has been shown to prevent deviations of the normal heart rhythm caused by a reduction of blood supply to the muscular tissue of the heart, strengthen and restore nerve membranes, and increase energy metabolism in nerve cells.

One of the main benefits of ginkgo is improved circulation to the body’s extremities, and in particular, increased blood flow to the brain and eyes. Ginkgo is used in treating people with dementia, Alzheimer’s disease, depression, adult attention deficit disorder, cataracts, glaucoma, macular degeneration, diabetes, and menopausal and post-menopausal issues. Ginkgo’s powerful antioxidants are also considered to be anti-aging agents. It has been used successfully as a vasodilator (dilates blood vessels) and has been shown to scavenge free radicals, which may be responsible for its protective effect on vascular (blood vessel) walls. Researchers continue to discover even more benefits from this amazing botanical.

The *Journal of Gerontology* (2003) featured a study conducted in France that shows the positive effects of ginkgo in the prevention of Alzheimer’s disease; wherein, cognitive performance appears to be maintained longer as a result of long-term treatment with a ginkgo extract. *Ginkgo biloba* extract is widely used in European countries for treating dementia. A year-long study of Alzheimer’s patients treated with a *ginkgo biloba* extract was published in the *Journal of the American Medical Association* (1977). The results showed that the *ginkgo biloba* extract not only stabilized Alzheimer’s disease, it led to significant improvement of mental function in sixty-four percent of the patients. It is suggested the ginkgo extract be taken for at least twelve weeks to determine effectiveness, six months before seeing results, and taken indefinitely to maintain improvement.

**Key Benefits & Features**

- Helps maintain nervous system and cardiovascular health
- Supports brain function, memory, concentration, and mental clarity
- Helps maintain healthy vision
- Improves blood flow to the extremities
- Powerful antioxidants
- Synergistic effect of ingredients provides a powerhouse of support
- 30 vegetarian capsules

To further support nervous system and cardiovascular health, consider adding AIM CellSparc 360® NPN 80006625 and AlMega® NPN 80006364.
By increasing circulation to the eyes, ginkgo also provides protection against macular degeneration. Acting as a free-radical scavenger, ginkgo can slow the process of cataract formation on the lens of the eye. Ginkgo also helps to prevent destruction of the ocular nerve in people with glaucoma.

It makes sense that this healing herb gives GinkgoSense™ its name.

**Bilberry Fruit Extract 40 mg**
(standardized to 25% anthocyanosides)

Bilberry fruit extract is bursting with flavonoids, which help remove harmful chemicals from the retina, and phytochemicals, which help stabilize the capillary walls and maintain the integrity of the retina. Along with improving blood circulation, bilberry extract provides antioxidant protection against free radicals that can cause eye diseases. It has been proven effective as treatment for the fragility of capillaries, ocular hemorrhages, retinitis, pigmentosa, glaucoma, cataracts, diabetic retinopathy, macular degeneration and varicose veins. Back in the Second World War, British and American fighter pilots discovered that eating bilberry jam improved their night vision. The American Botanical Council lists bilberry as shown to improve nighttime visual acuity, quicken adjustment to darkness, and speed restoration of visual acuity after exposure to glare.

With its astringent properties, bilberry has been used in the treatment of gastritis, colitis, diarrhea, and dysentery. It shows promise as a treatment for joint inflammation because of its ability to decrease uric acid levels and prevent collagen destruction.

Bilberry adds a wealth of health benefits to the GinkgoSense™ formula.

**Fish oil (21 mg)**
(providing eicosapentaenoic acid [EPA] 3.78 mg and docosahexaenoic acid [DHA] 2.52 mg)

Omega-3 is one of the essential fatty acids required for good health. Fish oil provides omega-3 in the form of EPA and DHA. From EPA, our body makes PG3 prostaglandins and leukotrienes, which help prevent high blood pressure, strokes, heart attacks, and other problems that involve clot formation, such as pulmonary embolisms and cardiovascular complications accompanying diabetes, which can result in gangrenous limbs and blindness. DHA is the building block of human brain tissue—sixty percent of the brain is fat and it is the most abundant fat in the retina of the eye. DHA plays a major role in the structural development of the retinal, neural, and synaptic membranes, and it is essential for communication between the brain and the nervous system. As you age, your body is less able to synthesize DHA, so supplementing is especially important. As well, both EPA and DHA keep our platelets from getting too sticky, reducing clogged arteries, which can cause heart attack and stroke.

**Lutein 400 mcg** (plus zeaxanthin 18 mcg)
Derived from marigold flower extract, lutein and zeaxanthin are two carotenoids necessary for eye health. A high concentration of lutein and zeaxanthin gives the macula (in the retina of the eye) its yellow colour. The antioxidant properties of these carotenoids protect the macula from free radical damage and, therefore, help to prevent macular degeneration and cataracts. The Archives of Ophthalmology (Vol. 125, September 2007) published the Age-Related Eye Disease Study (AREDS) that showed higher dietary intake of lutein and zeaxanthin was independently associated with decreased likelihood of having neovascular age-related macular degeneration (AMD).

**Recommended use:** Helps improve memory in an aging population.

**Recommended dose:** Adults: 1 capsule per day.

**Risk information:** Consult a health care practitioner prior to use if you are taking medications for diabetes, high blood pressure, seizures, undergoing surgery or if your memory problems are accompanied by headaches and dizziness. Do not use if you are taking blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, as this may increase the risk of spontaneous bleeding.

**Q & A**
*Who should use GinkgoSense™?*
Anyone concerned with maintaining mental acuity, eye health, and overall nervous system health. You may take GinkgoSense™ with other AIM products.