

### Health Basics

- Formulated with the highest quality *Ginkgo biloba* extract
- Phosphatidylserine, or PS, enhances the formula's action

### Did You Know?

- Phosphatidylserine (PS) is a unique ingredient that plays an important role specific to brain function.\*



ITEM# 126

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.<sup>1</sup> 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.\*

### 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 ginkgo products on the market.

### 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.<sup>2</sup> Ginkgo extract contains a mix of bioflavonoids that provide antioxidant activity to reduce free-radical formation.<sup>3</sup> Its most important role, however, is facilitating blood circulation throughout the body and maintaining 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.<sup>4,5\*</sup>

### References

1. Koritos HA. *Circ Res* 1985;57:508-16.
2. McKenna DJ, et al. *Altern Ther Health Med* 2001;7(5):70-86, 88-90.
3. Pietri S, et al. *J Mol Cell Cardiol* 1997;29:733-42.
4. Vance JE, Steenbergen R. *Prog Lipid Res* 2005;44(4):207-34.
5. Mozzi R, et al. *Neurochem Res* 2003;28(2):195-214.



- Cardiovascular
- Cellular Metabolic
- Skeleton/Structural
- Endocrine
- Brain/Nervous

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

## Supplement Facts

Serving Size 1 Tablet

	AMOUNT PER SERVING	%DV*
GINKGO BILOBA STANDARDIZED EXTRACT (LEAVES)	25 mg	†
SOY LECITHIN (SUPPLYING PHOSPHATIDYLSERINE)	125 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

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

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

\*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.