

BioGinko Plus

uncoated tablets, for oral use

Active ingredient	One tablet contains	%NRV
Ginseng leaf and root extract (Panax ginseng C.A. Mey) (Standardized on 80% ginsenosides)	125 mg	*
Ginkgo biloba leaf extract (Ginkgo Biloba L.) (Standardized on 24% flavone glycosides and 6% terpene lactones)	80 mg	*
Vitamin C (L - Ascorbic acid)	30 mg	38%
Vitamin B1 (Thiamine hydrochloride)	5 mg	455%
Vitamin B2 (Riboflavin)	5 mg	357%
Vitamin B6 (Pyridoxine hydrochloride)	3 mg	214%
Vitamin B12 (cyanocobalamin)	100 mcg	4000%
Folic Acid (Pteroylmonoglutamic acid)	400 mcg	200%

NRV – Nutrient Reference Values
* NRV not established

BioGinko plus is an effective balanced combination of ginkgo biloba extract, ginseng, essential vitamins and elements. **BioGinko** plus boosts your energy and sharpens your brain with this unique combination. This combination has strong synergistic action, that increases mental concentration and cerebral blood flow, oxygen and nutrient absorption in the brain, that improve memory, mental stamina, focus and alertness. In addition to the powerful antioxidants effect of ginkgo, ginseng and vitamin c. Free radicals build up as you are aging and it may contribute to heart disease, cancer and Alzheimer's disease. **BioGinko** plus fights off free radicals and stops them from damaging DNA and other nerve cells. **BioGinko** plus increases alertness, concentration, learning capacity and memory performance, vital energy, mood and overall wellbeing.

Ginkgo Biloba is a natural extract derived from the leaf of the Chinese ginkgo tree, also called the maidenhair tree, that containing flavonoids and terpenoid, which dilate blood vessels, reduce blood viscosity (thickness), modify neurotransmitter systems and reduce free radicals. Also is used in treating blood disorders in the brain throw improving blood circulation and opening blood vessels and enhances memory. It is best known today as way to potentially keep your memory sharp.

Ginseng is the dried root and leaf of Panax ginseng, contains complex mixtures of saponins termed ginsenosides or panaxosides that seem to affect insulin levels in the body and lower blood sugar. Ginseng used for stress, to boost the immune system, and as a stimulant. It also used to fight infections such as colds and flu and to enhance the natural resistance and recuperative power of the body and to reduce fatigue. Thiamine (vitamin B1) plays a significant role in your cognitive functions. Inside the brain, thiamine is required by nerve cells, or neurons, memory and movement and supporting nervous system cells to create neurotransmitters responsible for thoughts. Riboflavin (vitamin B2) which aids in the proper metabolism of iron, a mineral needed for blood cell formation. Pyridoxine (vitamin B6) acts as a catalyst in over 100 biochemical reactions in your nervous system. It is required for the conversion of the amino acid tryptophan into serotonin, a neurotransmitter important for enhancing mood. Cyanocobalamin (Vitamin B12) is necessary for neurological functions, maintaining cardiovascular health and regulating the cranial, spinal and peripheral nerves.

Adverse Effects

Adverse effects include headaches, dizziness, palpitations, gastrointestinal disturbances, bleeding disorders and skin hypersensitivity reactions.

Interactions

It has been suggested that BioGinko Plus should be used with caution in patients receiving anticoagulants or drugs that affect platelet aggregation.

Special precaution and warnings

Pregnancy and breast-feeding: is POSSIBLY UNSAFE when taken by mouth during pregnancy. It might cause early labor or extra bleeding during delivery if used near that time. Not enough is known about the safety of using ginkgo during breast-feeding. Do not use if you are pregnant or breast-feeding. Do not exceed the recommended daily serving for consumption. Consumption in excessive amounts may have a laxative effect

- **Infants and children:** is LIKELY UNSAFE in infants and children. Don't use in children.
- **Bleeding disorders:** Ginkgo might make bleeding disorders worse. If you have a bleeding disorder, don't use it.
- **Seizures:** If you have ever had a seizure, don't use it.
- **Diabetes:** it might interfere with the management of diabetes. If you have diabetes, monitor your blood sugar closely. Use it with caution.

DIRECTIONS

Adults, take 1-2 tablets daily with food, or as directed by your physician.

PACKAGING

30 tablets with an enclosed leaflet in a carton box.

STORAGE

Store in closed original packing, at temperature below 25°C. Keep in a dry and cool place. Keep out of reach of children.



Marketing Authorization Holder: BioActiveT Sp. z o.o.
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