

## Uses

1. Dietary supplement
2. Dementia and Alzheimer's disease,

## Safety alerts

Ginkgo may have undesirable effects, especially for individuals with blood circulation disorders and those taking anticoagulants such as aspirin or warfarin, although recent studies have found ginkgo has little or no effect on the anticoagulant properties or pharmacodynamics of warfarin in healthy subjects.

Additional side effects include increased risk of bleeding, gastrointestinal discomfort, nausea, vomiting, diarrhea, headaches, dizziness, heart palpitations, and restlessness. Ginkgo should be used with caution when combined with other herbs known to increase bleeding (e.g. garlic, ginseng, ginger).

According to a systemic review, the effects of ginkgo on pregnant women may include increased bleeding time, and it should be avoided during lactation because of inadequate safety evidence.<sup>[35]</sup>