PERFECT HERBS

Herb Monograph Latin Name: Ginkgo biloba

Common Name: Ginkgo

Primary Action	vascular tonic
Secondary Actions	circulatory tonic
System Affinities	cerebrovascular, vascular
Conditions Treated	cognitive decline, diminished cognitive performance
Constituents	flavonoid glycosides, primarily gingkolides, terpene lactones
Tincture Daily Dose	3 mL to 9 mL
Tea Daily Dose	4 g to 8 g
Parts Used	leaf
Can Be Substituted With	Centella asiatica (gotu kola)
Pairs Well With	Actea racemosa and Hydrastis canadensis for vertigo and Capsicum frutescens in formulas for improved circulation and Centella asiatica for enhancing congnitive performance



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