

Ginkgo

Ginkgo (*Ginkgo biloba*) is found in many formulations from capsules to energy drinks. It has been used to treat memory loss, depression, anxiety, dizziness, [claudication](#), erectile dysfunction, tinnitus and headache. Ginkgo affects bleeding via an antiplatelet effect and antagonism of platelet-activating factor ¹⁾ ²⁾.

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Lee CJ, Ansell JE. Direct thrombin inhibitors. Br J Clin Pharmacol. 2011; 72:581-592

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Birks J, Grimley Evans J. Ginkgo biloba for cognitive impairment and dementia. Cochrane Database Syst Rev. 2009. DOI: 10.1002/14651858.CD003120.pub3

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