

Product Profile

BRAIN & MEMORY TONIC (Formerly known as Gotu Kola • Ginkgo Compound) Restorative Brain & Memory Tonic

A blend of the liquid extracts of:

- **Gotu Kola herb** (Centella asiatica) 20%
- * **Ginkgo leaf** (Ginkgo biloba) 20%
- * **Skullcap flowering herb** (Scutellaria lateriflora) 20%
- **Sage leaf** (Salvia officinalis) 20%
- * **Rosemary leaf** (Rosmarinus off.) 20%

* Fresh • Dried

Actions: Ginkgo: Pharmaceutical studies show that Ginkgo leaf can significantly improve the overall metabolism of the brain by enhancing cerebral circulation, increasing ATP production (energy production) in the brain cells, and increasing oxygen supply to the brain while facilitating the elimination of lactic acid, lactates and other metabolic waste products.

Gotu Kola: This herb has been used for thousands of years in East Indian Ayurvedic Medicine as rejuvenating tonics for the brain and nervous system.

Uses: Indicated in **mental fatigue** from studying and other memory work; **failing memory** of old age, **Alzheimer's Disease** and other dementias; as an aid in **recovery from strokes**; and to enhance meditation or mental work.

Dose: Two to four times per day, take 30 to 40 drops in water.

Cautions: This compound is not a substitute for qualified healthcare in injuries or diseases of the brain. If pathological symptoms are present promptly seek qualified healthcare.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.