

2/11/10

## **Does Ginkgo Biloba Slow the Decline of Cognitive Function in Older Adults?**

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Ginkgo Biloba is an herb that has been used for years by many people to preserve memory and other mental functions. A recent study, called the Ginkgo Evaluation of Memory (GEM) and funded by the National Institutes of Health, has failed to prove any benefits from Ginkgo.

The GEM study involved 3,069 community residents, ages 72-96 years, of age over 6.1 years using a double blind placebo vs. 120 mg of the herb preparation taken twice a day. The mental tests were conducted at six academic centers across the USA. The tests were the Alzheimer Disease Assessment Scale (ADAS-Cog), attention, visual-spatial construction, language, and executive functions. Primary outcome was the rates of change over time. There was no evidence that the herb slowed the usual progressive decline of mental functions tested over time.

This research is important as these studies, as expensive as they are, have done little to reduce the excessive marketing and use of supplements.