

GIMERY™

Bacopa monnieri extract,
Ginkgo biloba extract & Lecithin

COMPOSITION

GIMERY™ Capsule: Each capsule contains standardized extract of *Bacopa monnieri* as bacosides 135 mg, Extract of *Ginkgo biloba* as Ginkgo flavonglycosides 5.7 mg and Lecithin 50 mg.

DESCRIPTION

Bacopa monnieri belongs to the Scrophulariaceae family and commonly known as Brahmi has been used in ayurvedic system of medicine for centuries. It is a small, creeping herb with numerous branches and grows in wet soil. Flowers and fruits of Brahmi appear in summer & the entire plant is used as medicine.

Ginkgo biloba is generally accepted as a remedy for minor deficits in brain function, such as those that occur with advancing age. It is used to improve concentration and combat short-term memory loss due to clogged arteries in the brain, and to treat dizziness, ringing in the ears, headache and emotional hypersensitivity accompanied by anxiety.

Lecithin is a phospholipid mixture of phosphatides consisting mainly of phosphatidylcholine, phosphatidyl ethanolamine, phosphatidyl serine, and phosphatidyl inositol combined with various other substances, including fatty acids and carbohydrates. Lecithin is largely available as a nutraceutical.

PHARMACOLOGY

Bacopa monnieri enhance neuron density in the hippocampus, the area contributing an important role to learning and memory. It alters the function of the cholinergic system giving rise to enhanced attention and cognitive processing capability and finally leading to enhanced working memory.

Ginkgo biloba leaf extract protects the neurons from oxidative damage potentially preventing the progression of tissue degeneration in patients with dementia. Additionally, *Ginkgo biloba* leaf extract improves blood flow throughout the body, and it restores the balance between prostacyclin and thromboxane A2 resulting in improved vasoregulation. Vascular contraction and improvement in the venous tone are thought to be the result of phosphodiesterase inhibition and release of catecholamine. The beneficial effects of *Ginkgo biloba* leaf extract in Alzheimer's disease is also due to the inhibition of toxicity and cell death induced by beta-amyloid peptides. It has been proposed that *Ginkgo biloba* leaf extract 1) inhibits monoamine oxidase A and B, 2) inhibits catechol-O-methyl transferase (an enzyme that breaks down adrenergic transmitters), and 3) increases the number of alpha-adrenoreceptors in the brain as there is a decline in alpha-adrenoreceptors with age.

Lecithin is a good source of choline. Phosphatidylcholine is a precursor of choline for acetylcholine (ACh) synthesis. Choline increases the accumulation of acetylcholine within the brain. Acetylcholine is important for many brain functions, including memory; therefore, increasing the concentration of this neurotransmitter results in improved memory. Apparently, lecithin accelerates ACh synthesis in the

brain through enhanced availability of choline. Lecithin has been tried out in the treatment of dementia, alone or in combination with an acetylcholinesterase inhibitor (AChEI).

INDICATIONS

Improves memory and helps concentration and learning. Also supports mental alertness and cognitive function while improving blood circulation and improving blood flow to the brain. It can also provide relief from anxiety and fatigue.

DOSAGE & ADMINISTRATION

Adults: 1 capsule daily with food, or as directed by the physician.

PREGNANCY & LACTATION

No restrictions known.

CONTRAINDICATIONS

Contraindicated in patients with known hypersensitivity to any of the ingredients. *Ginkgo biloba* should only be used with caution in patients taking anticoagulant or antiplatelet agents i.e. warfarin, heparin & aspirin.

SIDE EFFECTS

Well tolerated in recommended dose.

DRUG INTERACTIONS

Bacopa may potentiate the activity of thyroid stimulating drugs or decrease the effects of anti-thyroid medications.

STORAGE

Store at dry place below 30 °C away from direct sunlight & moisture. Keep the medicine out of the reach of children.

HOW SUPPLIED

GIMERY™ Capsule: Each box contains 30 capsules in Alu-Alu blister pack.

Manufactured by
SQUARE PHARMACEUTICALS PLC.
HERBAL DIVISION
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