

Refreshall®

Ginkgo Biloba, Lemon Balm, Sage and Rosemary Plus Vitamins and Minerals

Presentation

A green coated oval tablet.

Two tablets deliver:

Ginkgo Biloba (provided by 120mg extract)	6000mg
Lemon Balm (provided by 50mg extract)	1000mg
Sage (provided by 200mg extract)	1000mg
Rosemary (provided by 20mg extract)	100mg
Thiamin	0.55mg
Vitamin B12	1.25µg
Pantothenic Acid	3mg
Iodine	50µg

quantity
120

type
tablets

code
8543



Tableted with:

DiCalcium Phosphate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide, Curcumin, Copper Chlorophyllin & Iron Oxide, Glycerin), Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Crosslinked Cellulose Gum.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

Uses

Ginkgo's potential as a preventative for age-related memory loss has been the focus of a great deal of research of late since it has been shown that it may help maintain memory in the short-term. Refreshall® is a high potency product that, at two tablets daily, provides the full 6000mg of ginkgo that studies have confirmed as an effective dose. We use the same premium quality ginkgo in Refreshall® as we do our straight ginkgo product and VeinTain®.

Lamberts® Ginkgo is the highest quality available and we insist on a raw material that has low levels of an unwanted compound called ginkgolic acid. No-one else in the UK insists on this grade except in Germany where it is the only one permitted.

Whilst ginkgo is probably the herb most associated with memory, there are several others that are also well regarded in this area including lemon balm, sage and rosemary. So in addition to ginkgo, we have added all 3 of these to Refreshall® together with selected B vitamins and iodine known to contribute to normal neurological and psychological functions and normal mental performance.

Usage and administration

2 tablets daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women. Those using prescription blood-thinning medication (anticoagulants) or aspirin should consult their doctor before using Ginkgo supplements. See page 194.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

