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## Is Ginkgo biloba a cognitive enhancer in healthy individuals? A meta-analysis.

Laws KR<sup>1</sup>, Sweetnam H, Kondel TK.

### Author information

#### Abstract

**OBJECTIVE:** We conducted a meta-analysis to examine whether **Ginkgo biloba** (*G. biloba*) enhances cognitive function in healthy individuals.

**METHODS:** Scopus, Medline, Google Scholar databases and recent qualitative reviews were searched for studies examining the effects of *G. biloba* on cognitive function in healthy individuals. We identified randomised controlled trials containing data on **memory** (K = 13), executive function (K = 7) and attention (K = 8) from which effect sizes could be derived. The analyses provided measures of **memory**, executive function and attention in 1132, 534 and 910 participants, respectively.

**RESULTS:** Effect sizes were non-significant and close to zero for **memory** (d = -0.04: 95%CI -0.17 to 0.07), executive function (d = -0.05: 95%CI -0.17 to 0.05) and attention (d = -0.08: 95%CI -0.21 to 0.02). Meta-regressions showed that effect sizes were not related to participant age, duration of the trial, daily dose, total dose or sample size.

**CONCLUSIONS:** We report that *G. biloba* had no ascertainable positive effects on a range of targeted cognitive functions in healthy individuals.

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