28 January 2015
EMA/HMPC/321097/2012
Committee on Herbal Medicinal Products (HMPC)

European Union herbal monograph on *Ginkgo biloba* L., folium

Final

Discussion in Working Party on European Union monographs and list (MLWP)	May, Sep, Nov 2012 Jan, Mar, May, Jul, Sep, Nov 2013
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Keywords	Herbal medicinal products; HMPC; European Union herbal monographs; well-established medicinal use; traditional use; *Ginkgo biloba* L., folium; Ginkgo folium; Ginkgo leaf

BG (bulgarski): Гинко, лист CS (čeština): jinanový list DA (dansk): Ginkgoblad DE (Deutsch): Ginkgoblätter EL (elliniká): ΓΙΓΚΟΥ ΦΥΛΛΟ EN (English): Ginkgo leaf ES (español): Ginkgo, hoja de ET (eesti keel): hõlmikpuuleht FI (suomi): neidonhiuspuu, lehti FR (français): Ginkgo (feuille de) HR (hrvatski): ginkov list HU (magyar): Páfrányfenyőlevél IT (italiano): Ginkgo foglia	LT (lietuvių kalba): Ginkmedžių lapai LV (latviešu valoda): Ginka lapas MT (Malti): Werqa tal-Ginko NL (Nederlands): Ginkgo PL (polski): Liść miłorzębu japońskiego PT (português): Ginkgo, folha RO (română): frunză de ginkgo SK (slovenčina): List ginka SL (slovenščina): list ginka SV (svenska): Ginkgo, blad *IS (íslenska)*: *NO (norsk):* Ginkgoblad

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European Union herbal monograph on *Ginkgo biloba* L., folium

1. Name of the medicinal product

To be specified for the individual finished product.

2. Qualitative and quantitative composition[1,2]

Well-established use	**Traditional use**
With regard to the marketing authorisation application of Article 10(a) of Directive 2001/83/EC as amended	With regard to the registration application of Article 16d(1) of Directive 2001/83/EC as amended
Ginkgo biloba L., folium (Ginkgo leaf)	*Ginkgo biloba* L., folium (Ginkgo leaf)
i) Herbal substance	i) Herbal substance
Not applicable.	Not applicable.
ii) Herbal preparations	ii) Herbal preparations
Dry extract (DER 35-67:1), extraction solvent: acetone 60% m/m[3]	Powdered herbal substance

3. Pharmaceutical form

Well-established use	**Traditional use**
Herbal preparations in liquid or solid dosage forms for oral use.	Herbal preparations in solid dosage forms for oral use.
The pharmaceutical form should be described by the European Pharmacopoeia full standard term.	The pharmaceutical form should be described by the European Pharmacopoeia full standard term.

4. Clinical particulars

4.1. Therapeutic indications

Well-established use	**Traditional use**
Herbal medicinal product for the improvement of (age-associated) cognitive impairment and of quality of life in mild dementia.	Traditional herbal medicinal product for the relief of heaviness of legs and the sensation of cold hands and feet associated with minor circulatory disorders, after serious conditions have been excluded by a medical doctor.

[1] The declaration of the active substance(s) for an individual finished product should be in accordance with relevant herbal quality guidance
[2] The material complies with the Ph. Eur. Monograph 01/2011: 1828
[3] The herbal preparation should be in accordance with the Ph. Eur. monograph "Ginkgo dry extract, refined and quantified" 04/2008: 1827

Well-established use	Traditional use
	The product is a traditional herbal medicinal product for use in specified indication exclusively based upon long-standing use.

4.2. Posology and method of administration

Well-established use	Traditional use
Posology *Adults and elderly* Single dose: 120-240 mg Daily dose: 240 mg There is no relevant indication for children and adolescents. **Duration of use** Treatment should last for at least 8 weeks. If there is no symptomatic improvement after 3 months, or if pathological symptoms should intensify, the doctor should check whether continuation of treatment is still justified. **Method of administration** Oral use.	**Posology** *Adults and elderly* Single dose: 250-360 mg Daily dose: 750 mg The use in children and adolescents under 18 years of age is not recommended (see section 4.4 'Special warnings and precautions for use'). **Duration of use** If the symptoms persist for more than 2 weeks, a doctor or a qualified health care practitioner should be consulted. **Method of administration** Oral use.

4.3. Contraindications

Well-established use	Traditional use
Hypersensitivity to the active substance. Pregnancy (see section 4.6. 'Fertility, pregnancy and lactation').	Hypersensitivity to the active substance.

4.4. Special warnings and precautions for use

Well-established use	Traditional use
If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted. In patients with a pathologically increased bleeding tendency (haemorrhagic diathesis) and concomitant anticoagulant and antiplatelet treatment, the medicinal product should only be used after consultation with a doctor.	The use in children and adolescents under 18 years of age has not been established due to lack of adequate data. If the symptoms worsen during the use of the medicinal product, a doctor or a qualified healthcare professional should be consulted.

Well-established use	Traditional use
Preparations containing Ginkgo might increase susceptibility to bleeding, the medicinal product should be discontinued as a precaution 3 to 4 days prior to surgery. In patients with epilepsy, onset of further seizures – promoted by intake of Ginkgo preparations – cannot be excluded. Concomitant use of *Ginkgo biloba* containing products and efavirenz is not recommended (see section 4.5).	

4.5. Interactions with other medicinal products and other forms of interaction

Well-established use	Traditional use
If the medicinal product is taken concomitantly with anticoagulants (e.g. phenprocoumon and warfarin) or antiplatelet drugs (e.g. clopidogrel, acetylsalicylic acid and other non-steroidal anti-inflammatory drugs), their effect may be influenced. Available studies with warfarin do not indicate that there is an interaction between warfarin and *G. biloba* products, but adequate monitoring is advised when starting, when changing *G. biloba* dose, when ending *G. biloba* intake or if changing product. An interaction study with talinolol indicates that *G. biloba* may inhibit P-glycoprotein at the intestinal level. This may give rise to increased exposure of drugs markedly affected by P-glycoprotein in the intestine such as dabigatran etexilate. Caution is advised if combining *G. biloba* and dabigatran. One interaction study has indicated that the C_{max} of nifedipine may be increased by *G biloba*. In some individuals, increases by up to 100% were observed resulting in dizziness and increased severity of hot flushes. Concomitant use of *G. biloba* preparations and efavirenz is not recommended; plasma concentrations of efavirenz may be decreased because of induction of CYP3A4 (see also section 4.4).	Ginkgo leaf may increase the effects of anticoagulants such as coumarin derivatives.

4.6. Fertility, pregnancy and lactation

Well-established use	Traditional use
Pregnancy *G. biloba* extracts may impair the ability of platelets to aggregate. The tendency for bleeding may be increased. Animal studies are insufficient with respect to reproductive toxicity (see section 5.3). The use is contraindicated in pregnancy (see section 4.3) **Lactation** It is unknown whether *G. biloba* metabolites are excreted in human milk. A risk to the newborns/infants cannot be excluded. In the absence of sufficient data, the use during lactation is not recommended. **Fertility** No specific studies with *G. biloba* in humans have been conducted to evaluate effects on fertility. In a study in female mice effects on fertility were seen (see section 5.3).	Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended. No fertility data.

4.7. Effects on ability to drive and use machines

Well-established use	Traditional use
No adequate studies on the effect on the ability to drive and use machines have been performed.	No adequate studies on the effect on the ability to drive and use machines have been performed.

4.8. Undesirable effects

Well-established use	Traditional use
Blood and lymphatic system disorders Bleeding of individual organs has been reported (eye, nose, cerebral and gastrointestinal haemorrhage). The frequency is not known. *Nervous system disorders* Very common: headache Common: dizziness *Gastrointestinal disorders* Common: diarrhoea, abdominal pain, nausea, vomiting	Gastrointestinal disorders, headaches and allergic reactions have been reported. The frequency is not known. If other adverse reactions not mentioned above occur, a doctor or a qualified health care practitioner should be consulted.

Well-established use	Traditional use
Immune system disorders Hypersensitivity reactions (allergic shock) may occur. The frequency is not known. *Skin and subcutaneous tissue disorders* Allergic skin reactions (erythema, oedema, itching and rash) may also occur. The frequencies are not known. If other adverse reactions not mentioned above occur, a doctor or a pharmacist should be consulted.	

4.9. Overdose

Well-established use	Traditional use
No case of overdose has been reported.	No case of overdose has been reported.

5. Pharmacological properties

5.1. Pharmacodynamic properties

Well-established use	Traditional use
Pharmacotherapeutic group: Other anti-dementia drugs ATC code: N06DX02 The exact mechanism is not known. Human pharmacological data show increased EEG vigilance in geriatric subjects, reduction in blood viscosity and improved cerebral perfusion in specific areas in healthy men (60-70 years) and reduction in platelet aggregation. Additionally, vasodilating effects on forearm blood vessels causing increased regional blood flow are shown.	Not required as per Article 16c(1)(a)(iii) of Directive 2001/83/EC as amended.

5.2. Pharmacokinetic properties

Well-established use	Traditional use
Following oral administration (as solution) of 120 mg of the Ginkgo extract, the mean absolute bioavailability has been shown in humans for the terpene lactones ginkgolide A (80%), ginkgolide B (88%) and bilobalide (79%). Peak plasma concentrations of terpene lactones were in the range of 16-22 ng/ml for ginkgolide A, 8-10 ng/ml	Not required as per Article 16c(1)(a)(iii) of Directive 2001/83/EC as amended.

Well-established use	Traditional use
for ginkgolide B and 27-54 ng/ml of bilobalide when given as tablets. The corresponding half-lives of ginkgolide A and B and bilobalide were 3-4, 4-6 and 2-3 hours, respectively. 120 mg *G. biloba* extract given as solution peak plasma concentrations were 25-33 ng/ml, 9-17 ng/ml and 19-35 ng/ml for ginkgolide A, B and bilobalide, respectively. The related half-life for ginkgolide A was 5 hours, for ginkoglide B 9-11 hours and for bilobalide 3-4 hours.	

5.3. Preclinical safety data

Well-established use	Traditional use
Chronic toxicity Chronic toxicity was tested orally over 6 months in rats and dogs with daily dosages of 20 and 100 mg/kg BW (corresponding to safety factor of up to 3.3 in rats and 11.6 in dogs), as well as with incremental doses of 300, 400 and 500 mg/kg BW (rat) or 300 and 400 mg/kg BW (dog) (corresponding to a safety factor of up to 16.8 in rats and 46.3 in dogs). The results showed only for dogs a low toxicity in the highest dosage group. *Reproductive toxicity* Only limited information is available on reproductive toxicity of the *Ginkgo biloba* dry extract. The published data are contradictory. While an older study in rats and rabbits and a newer study in mice revealed no teratogenic, embryotoxic or adverse reproductive effects, another study in mice showed effects on reproductive parameters, such as fertility and reproductive performance and it evoked vaginal bleeding. Also tests with unspecified or slightly different Ginkgo extracts pointed towards effects on fetal development (with and without maternal toxicity) or caused subcutaneous bleeding, hypopigmentation, growth inhibition and anophthalmia in chicken embryos. Adequate tests on reproductive toxicity do not exist.	Not required as per Article 16c(1)(a)(iii) of Directive 2001/83/EC as amended. Adequate tests on reproductive toxicity and tests on genotoxicity and carcinogenicity have not been performed.

Well-established use	Traditional use
Mutagenicity, carcinogenicity Tests on genotoxicity and carcinogenicity are not available for the *Ginkgo biloba* dry extract. An extract similar to the monograph relevant extract was tested in a series of studies for genotoxicity and carcinogenicity. It was positive for gene mutation in bacteria. A peripheral mouse erythrocytes micronucleus test provided a negative result in male and an equivocal result in female animals. The thyroid gland tumours found in a rat carcinogenicity study and hepatocellular carcinoma found in a mouse carcinogenicity study are considered rodent specific, non-genotoxic response associated (with long-term treatment) with high doses of hepatic enzyme inducers. These types of tumours are not considered relevant to humans. The extract did not induce measurable genotoxic effects in mice up to 2000 mg/kg.	

6. Pharmaceutical particulars

Well-established use	Traditional use
Not applicable.	Not applicable.

7. Date of compilation/last revision

28 January 2015