

# BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®

## Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

**WARNING:** Important safety information is provided in a boxed warning in the [full CMI](#). Read before using this medicine.

### 1. Why am I using BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®?

BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® contains the active ingredient *Ginkgo biloba*. BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® is used to support memory, mental recall, cognitive function and maintain healthy blood circulation.

For more information, see Section [1. Why am I using BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®?](#) in the full CMI.

### 2. What should I know before I use BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®?

Do not use if you have ever had an allergic reaction to BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® or any of the ingredients listed at the end of the CMI.

**Talk to your doctor or pharmacist if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.**

For more information, see Section [2. What should I know before I use BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®?](#) in the full CMI.

### 3. What if I am taking other medicines?

Some medicines may interfere with BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

### 4. How do I use BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®?

- Adults: Take 1 tablet two times a day, or as professionally prescribed. Take with food.

More instructions can be found in Section [4. How do I use BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®?](#) in the full CMI.

### 5. What should I know while using BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®?

<b>Things you should do</b>	<ul style="list-style-type: none"><li>Remind any doctor, dentist, pharmacist or health professional you visit that you are using BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®.</li><li>Discontinue use at least 2 weeks before elective surgery.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>Do not use during pregnancy or breastfeeding.</li><li>Do not take more than the recommended dose unless your doctor or health professional tells you to.</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>Store below 25°C in a dry place.</li><li>Store away from direct sunlight.</li></ul>

For more information, see Section [5. What should I know while using BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®?](#) in the full CMI.

## 6. Are there any side effects?

BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® has been shown to support memory, mental recall, cognitive function and maintain healthy blood circulation, but it may have unwanted side effects in a few people. All medicines can have side effects. Sometimes they are serious but most of the time they are not. You may need medical treatment if you get some of these side effects.

Ask your doctor, pharmacist or health professional to answer any questions you may have.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

# BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®

Active ingredient(s): *Ginkgo biloba*

## Consumer Medicine Information (CMI)

This leaflet provides important information about using BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®. You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®.

Where to find information in this leaflet:

- [1. Why am I using BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®?](#)
- [2. What should I know before I use BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®?](#)
- [5. What should I know while using BLACKMORES GINKGO 6000 mg Tebonin® EGb 761®?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

### 1. WHY AM I USING BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®?

BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® contains the active ingredient *Ginkgo biloba* extract Tebonin® EGb 761® (*Ginkgo*) equiv. to dry leaf 6 g (6000 mg) standardised to ginkgo flavonglycosides 29.4 mg, bilobalide 3.5 mg and 3.7 mg ginkgolides.

BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® is used to support memory, mental recall, cognitive function and maintain healthy blood circulation.

### 2. What should I know before I use BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®?

#### Warnings

Do not use if:

- you are pregnant or breastfeeding
- you are allergic to *Ginkgo biloba* or any of the ingredients listed at the end of this leaflet.

Always check the ingredients to make sure you can use this medicine.

- you are planning to have elective surgery, stop using it at least 2 weeks prior to the elective surgery

Check with your doctor or pharmacist if you:

- have or have had the following medical conditions:
  - bleeding disorders
  - epilepsy
- are taking blood thinner medicines (e.g. warfarin)
- are taking any medicines for any medical condition

Do not give BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® to children or adolescents. There is no experience with its use in children or adolescents under 18 years old.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

### Pregnancy and breastfeeding

Do not take BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® if you are pregnant or breastfeeding.

### 3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may interfere with BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® and affect how it works. These include:

- blood thinner medicines (e.g. warfarin)

These medicines may be affected by BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® or affect how BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® works.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®.

## 4. How do I use BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®?

### How much to take / use

- The standard dose of BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® is one tablet two times a day. There is no evidence taking more than the recommended dose will increase the effect of BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®
- Swallow the tablet whole with a full glass of water.
- Do not crush, chew or divide your tablet.
- Follow the instructions provided with the medicine.
- Do not exceed the recommended dosage.

### When to take / use BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®

- BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® should be taken with food.

### If you forget to use BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®

BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® should be used regularly at the same time each day. If you miss your dose at the usual time, take it as soon as you remember or wait until it's time for your next dose.

**If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.**

**Do not take a double dose to make up for the dose you missed.**

This may increase the chance of you getting an unwanted side effect.

**If you are not sure what to do, ask your doctor or pharmacist.**

### If you use too much BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® (overdose)

**If you think that you have taken too much BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® immediately go to the Emergency Department at your nearest hospital or contact your doctor or the Poisons Information Centre (telephone 13 11 26) for advice.**

**You should do this even if there are no signs of discomfort or poisoning.**

You may need urgent medical attention.

## 5. WHAT SHOULD I KNOW WHILE USING BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®?

### Things you should do

**Immediately stop taking the product and consult your doctor if you:**

- become pregnant.
- are breastfeeding.
- have pre-existing bleeding disorders, epilepsy.
- have planned for an elective surgery.

Remind any doctor, dentist or pharmacist you visit that you are using BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® before you start any medicine.

### Things you should not do

- Do not give BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®, to anyone else, even if they have the same condition as you.
- Do not take more than the recommended dose unless your doctor tells you to.
- Do not use this medicine to treat any other complaints unless your doctor tells you to.

### Looking after your medicine

- Store BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®, below 25°C in a dry place.
- Store away from direct sunlight

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on windowsills.

**Keep it where young children cannot reach it.**

### Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

## 6 Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions.

## [Less serious/common] side effects

Less serious side effects	What to do
<b>Nervous System Disorders:</b> <ul style="list-style-type: none"><li>Headache</li></ul> <b>Gastrointestinal disorders</b> <ul style="list-style-type: none"><li>Mild gastrointestinal disturbances.</li></ul> <b>Skin and subcutaneous tissue disorders</b> <ul style="list-style-type: none"><li>Hypersensitivity reactions.</li></ul>	<b>Speak to your doctor or pharmacist if you have any of these less serious side effects and they worry you.</b>

## [Serious/rare] side effects

Serious side effects	What to do
<b>Vascular Disorders:</b> <ul style="list-style-type: none"><li>Bleeding from single organs</li></ul> <b>Immune system disorders</b> <ul style="list-style-type: none"><li>Hypersensitivity reactions.</li></ul>	<b>Call your doctor straight away or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</b>

**Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.**

Other side effects not listed here may occur in some people.

## Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Blackmores Advisory Service on 1800 803 706 (Australia only) or online at [advice@blackmores.com.au](mailto:advice@blackmores.com.au), or to the Therapeutic Goods Administration online at [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems). By reporting side effects, you can help provide more information on the safety of this medicine.

## 7. Product details

This medicine is available over-the-counter without a doctor's prescription.

### What BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® contains

<b>Active ingredient</b>	<i>Ginkgo biloba</i> extract TEBONIN® EGb 761® (Ginkgo)
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BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®

<b>(main ingredient)</b>	equiv. to dry leaf 6 g (6000 mg) standardised to ginkgo flavonglycosides 29.4 mg, bilobalide 3.5 mg and 3.7 mg ginkgolides.
<b>Other ingredients (inactive ingredients)</b>	Croscarmellose sodium, hypromellose, iron oxide red, lactose monohydrate, macrogol 1500, magnesium stearate, maize starch, microcrystalline cellulose, purified talc, silicon dioxide, titanium dioxide.
<b>Potential allergens</b>	Lactose and sugar

**Do not take this medicine if you are allergic to any of these ingredients.**

### What BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® looks like

BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761® tablets are smooth, round, red, film coated tablets (Aust L 222229).

### Who distributes BLACKMORES GINKGO 6000 mg TEBONIN® EGb 761®

BLACKMORES LTD. 20 Jubilee Avenue, Warriewood, NSW 2102 AUSTRALIA

This leaflet was prepared in May 2023.