



LabCat

The international division
of Laboratório Catarinense

where Nature and Science come together

PLANT EXTRACT

Cynara scolymus L.



ARTICHOKE

Artichoke is a perennial herb native to Mediterranean southern Europe and northern Africa and the Canary Islands. Its cultivation in Europe dates back to ancient Greece and Rome. It is cultivated in North Africa as well as in other subtropical regions.

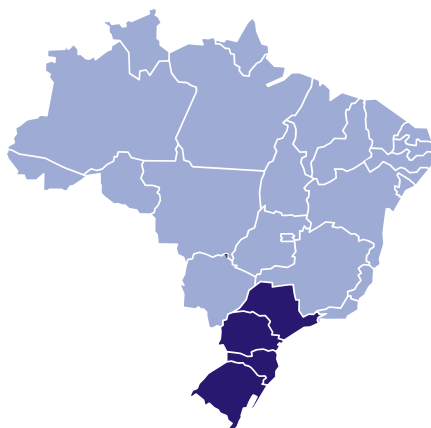
Artichoke, which grows to heights of up to two meters, produces large, violet flower heads. The lower parts of the fleshy leaf scales surrounding the flower heads and bottoms are eaten as a vegetable. The artichoke is valued for its pleasant bitter taste. The preparation contains caffeoylquinic acid derivatives such as cynarin and bitter principles. The concentration of the bitter principle is the highest just before the plant blossoms and then again when the fruit becomes ripe. Only the green parts of the plant contain the bitter principle. The foliage leaves are used as the drug.

The pharmacologically active constituents of artichoke leaf are considered to be caffeoylquinic acids and flavonoids, which exert choleric,

hepatoprotective, antioxidant, cholesterol-lowering and lipid-lowering effects.

Artichoke is indicated for functional dyspeptic disorders that are due to insufficient biliary secretion, normalization of disturbed liver and gall bladder function, and influence on lipid metabolism by lowering the total cholesterol and triglyceride values by about 10-12%. Simultaneously, it lowers the LDL-value while inversely raising the HDL-value, causing the therapeutically desired differential effect.

Artichoke preparations may relieve digestive complaints through increases in the formation and flow of bile (choleresis). Bile is excreted from the liver, stored in the gall bladder, and released into the intestine. Bile acids form a complex with dietary fats in the intestine and thereby assist in their digestion and absorption. In addition, stimulation of bile production results in reduced serum cholesterol, as cholesterol is pulled from the blood to be converted into bile acids.



Harvesting

JAN | FEB | MAR | APR | MAY | JUN | JUL | **AUG** | SEP | OCT | NOV | DEC

Characteristics:

Artichoke dry extract with min. 2.1% cynarin.

Benefits:

Choleric and cholagogue.
Hypolipidaemic and -cholesterolemic.
Diuretic.

Applications:

Phytomedicines, functional drinks, juices,
cereal bars, nutraceuticals, cosmetics.

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