

ARTICHOKE

Used in Herbal Medicine to help relieve digestive disturbances, such as dyspepsia and to help increase bile flow (choleretic).

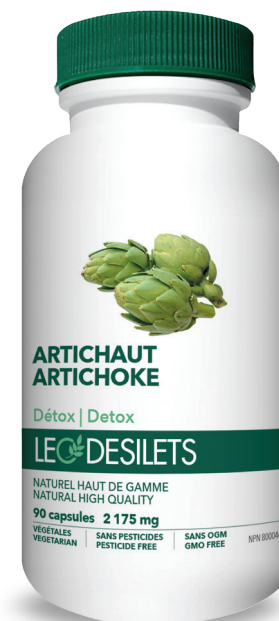
90 capsules 2 175 mg

VEGETARIAN | PESTICIDE FREE | GMO FREE

NPN 80004406

History²

Originally from the Mediterranean basin, artichoke was cultivated by Egyptians in antiquity and was later imported by Greeks and Romans who used it to promote digestion and to treat hepatic and renal disorders. Its therapeutic properties were studied in the early 20th century, which led to the isolation of its active component: cynarine (dicaffeoylquinic acid). Cynarine is a polyphenol that is responsible for its bitter taste. The molecule was synthesized in the 1980s for use in stimulating the hepatobiliary system. Today, artichoke leaves are still used as a natural treatment for disorders of the liver and gall bladder. Its use is recognized by the Commission E and Health Canada. Dyspepsia consists of a complex set of digestive symptoms that are more or less directly related to functional problems (i.e., without organic lesions) of the hepatobiliary system. It is therefore difficult to determine the precise cause. Pharmaceutical treatments used to control symptoms remain unsatisfactory.



MEDICINAL INGREDIENT

Artichoke (extract ratio 5:1) (Cynara scolymus) (leaf)..... 435 mg
quantity equivalent to 2 175 mg of artichoke

NON-MEDICINAL INGREDIENT

Hypromellose

RECOMMENDED DOSE

Adult: 1 capsule 3 times daily. Take with a glass of water with each meal.

PRECAUTIONS AND WARNINGS

- Consult a health care provider if symptoms persist or worsen.
- Consult a health care practitioner before use if you are pregnant and/or if you have gallstones.

CONTRAINDICATIONS

- Do not use if you are allergic to the Asteraceae/Compositae/ Daisy family.
- Do not use if you have an obstruction of the bile duct.

KNOWN UNDESIRABLE EFFECTS

Hypersensitivity has been known to occur; in which case, discontinue use.

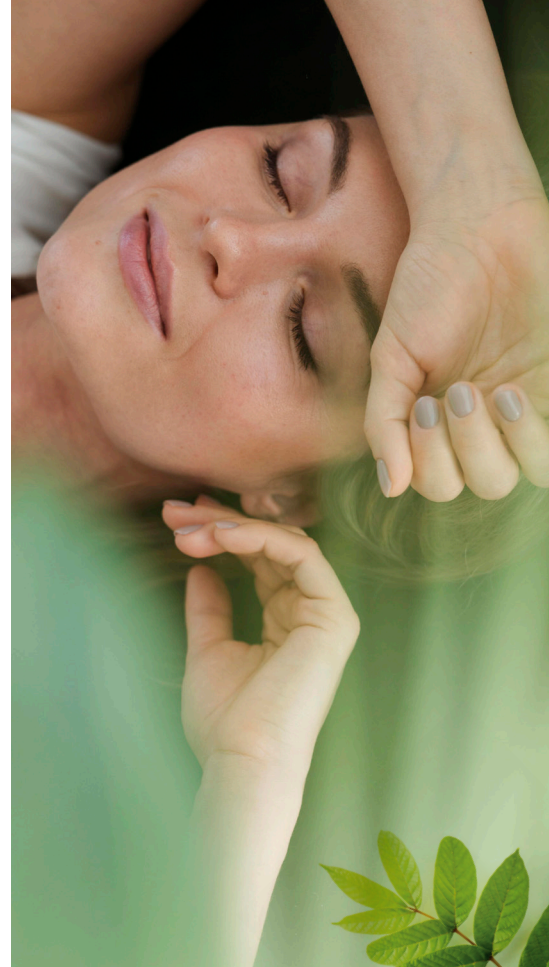
CYNARA SCOLYMUS

USDA Classification¹
Kingdom: Plantae
Division: Magnoliophyta
Class: Magnoliopsida
Order: Asterales
Family: Asteraceae
Genus: Cynara L.
Species: Cynara scolymus L.

Professionals

The effectiveness of artichoke leaf extracts has been evaluated through numerous studies, such as the following:

- In 1997, a literature review synthesizing diverse drug safety studies, focusing on over 1000 patients, revealed a decrease in symptoms without causing any undesirable side effects of note³.
- More recently, in 2003, G. Holtman et al. demonstrated that an artichoke leaf extract (320 mg administered twice a day), which was tested on 244 patients (129 received the active treatment; 115 received placebo), had a significant effect compared to placebo on decreasing symptoms of functional dyspepsia among patients and improving quality of life⁴.



LEO DESILETS

Léo Désilets Master Herbalist is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

RÉFÉRENCES

¹ **Cynara scolymus L.** *United States Department of Agriculture*. Natural Resources Conservation Service. Plants Database. Available online at: <http://plants.usda.gov/core/profile?symbol=CYSC2> (accessed on 13.01.2015)

² **Passeport Santé - Fiche Artichaut.** Available online at: http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=artichaut_ps (accessed on 13.01.2015)

³ **Kraft K. Artichoke leaf extract- recent findings reflecting effects on lipid metabolism, liver and gastrointestinal tracts.** *Phytomedicine* 4(4):369-78. 1997 Cité et décrit dans : Blumenthal M, Goldberg A, Brinckmann J (Ed). Expanded Commission E Monographs, published in collaboration with Integrative Medicine Communications, United States, pp. 10-12. 2000

⁴ Holtmann, et al. **Efficacy of artichoke leaf extract in the treatment of patients with functional dyspepsia: a six-week placebo-controlled, double-blind, multicentre trial.** *Aliment Pharmacol Ther.* 18(11-12):1099-105. 2003

