

ARTICHOKE EXTRACT

For Liver and Digestive Support



Not only have artichokes been a longtime part of a wholesome Mediterranean diet, but their uses for digestive support and liver health have been documented since the time of the Roman Empire in the 4th century B.C. Recently, scientists began documenting the scientific benefits derived from artichokes. Researchers discovered that compounds such as cynarin and chlorogenic acids extracted from artichokes effectively stimulated bile production, which helps to stimulate healthy digestion, relieve occasional indigestion, increase fat metabolism, support liver health, improve gallbladder function and promote cholesterol wellness.

Planetary Formulas, the company that unites traditional herbal wisdom with modern clinical research, introduces ARTICHOKE EXTRACT – for digestive comfort and liver support. ARTICHOKE EXTRACT is standardized to 5% cynarin and 15% chlorogenic acids for assured consistency and potency of these important compounds.



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Beneficial Compounds in Artichokes

Traditionally, artichoke globes and their leaf extracts have been used to promote digestive health. But it is the leaves that contain the highest concentration of beneficial antioxidant polyphenolic compounds such as cynarin, luteolin and chlorogenic acids. Cynarin is what gives artichokes their pleasant bitter taste and was originally believed to be the only active component of artichoke extracts. However, researchers have discovered that the dried extract of the complete leaf is more potent than extracts containing just cynarin. Planetary Formulas ARTICHOKE EXTRACT contains 500 mg of artichoke extract, standardized to 5% cynarin and 15% chlorogenic acids, to insure consistency and maximum potency.

Digestive Health, Gallbladder Support, Fat Digestion and Fat Metabolism

The polyphenols in artichoke extract stimulate increased bile production in your body. Bile is one of the most important compounds your body can make to keep you healthy. Bile is made in the liver from cholesterol and triglycerides and stored in the gallbladder. It mixes and emulsifies fats to support fat digestion and absorption of fat-soluble vitamins. By supporting fat digestion it also supports overall digestive health and relieves occasional indigestion.

Liver Health and Cholesterol Wellness

In addition to having digestive benefits, artichoke extract also helps to maintain cholesterol levels that are already within the normal range. Medical experts theorize that this benefit may be due to the artichoke extract inhibiting the activity of the enzyme HMG CoA Reductase to decrease the amount of cholesterol made by your liver. Also, since cholesterol and triglycerides are used to make bile, the bile stimulating activity of artichoke extract may also help to

remove excess cholesterol from the bloodstream, which promotes your cardiovascular health. The antioxidants and bile stimulating effects of artichoke also help promote healthy liver function.

Planetary Formulas are Clinically Derived and Made with Quality

Planetary Formulas is a member of the National Nutritional Foods Association (NNFA) and the American Herbal Products Association (AHPA). These organizations establish quality control guidelines and ethical codes for manufacturing botanical supplements.

Scholarly blending of Eastern and Western herbalism with modern pharmacology is another hallmark of Planetary Formulas. Acupuncturist, herbalist and author Michael Tierra, L.Ac., O.M.D., uses ARTICHOKE EXTRACT regularly in his clinical practice. Michael Tierra's patients and many other health seekers get results from Planetary Formulas because they are based on herbalism that you can rely on.

References

- Fritsche J et al. (2002). Isolation, characterization and determination of minor artichoke (*Cynara scolymus* L.) leaf extract compounds. *Eur Food Res Tech.* 212(2):149-157.
- Kraft K. (1997). Artichoke leaf extract—Recent findings reflecting effects on lipid metabolism, liver and gastrointestinal tracts. *Phytomed.* 4(4): 369-378.
- Marakis G et al. (2002). Artichoke leaf extract reduces mild dyspepsia in an open study. *Phytomed.* (9):694-699.

Adhering to the quality control requirements and codes of ethics of:

*American Herbal Products Association
National Nutritional Foods Association*



Developed exclusively for Planetary Formulas by world renowned herbalist, acupuncturist, and author Michael Tierra, L.Ac., O.M.D., who has more than 30 years of clinical experience.



*The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.