



Description

Artichoke extract is a standardized herbal extract made from the leaves of *Cynara scolymus* L., cultivated in Spain by EUROMED.

Chemistry

Cynara scolymus L. leaves contain a complex of substances. The most important chemical components are caffeoylquinic acids (chlorogenic acid, cryptochlorogenic acid and neochlorogenic acid), flavonoids (cynaroside, scolymoside, cynarotrioside and luteolin) and sesquiterpene bitter agents (cynaropicrin, dehydrocynaropicrin, grossheimin, cynaratriol and cynarin).

The choleric and hepato stimulating effects of artichoke extracts have been found to depend on their caffeoylquinic acids content.

Indications

Artichoke extract is used in the treatment of dyspeptic and digestive complaints, especially in the case of functionally caused disturbances of bile drain. It has shown cholesterol-lowering and lipid-lowering activity in rats and humans.

It results in relief of symptoms, such as digestive complaints, heartburn/sour belching, chest pain, sickness/vomiting, intolerance against fat, irregular bowel movements and pain of epigastrium.

Contraindications, interactions and side-effects

Artichoke extract is generally well tolerated. Side-effects are rare and relatively mild when the standardized extract is taken. In exceptional cases there are allergic reactions upon direct dermal contact with dried plant parts

There are no known contraindications to the long-term use of artichoke extract. There are no known interactions with drugs usually prescribed.

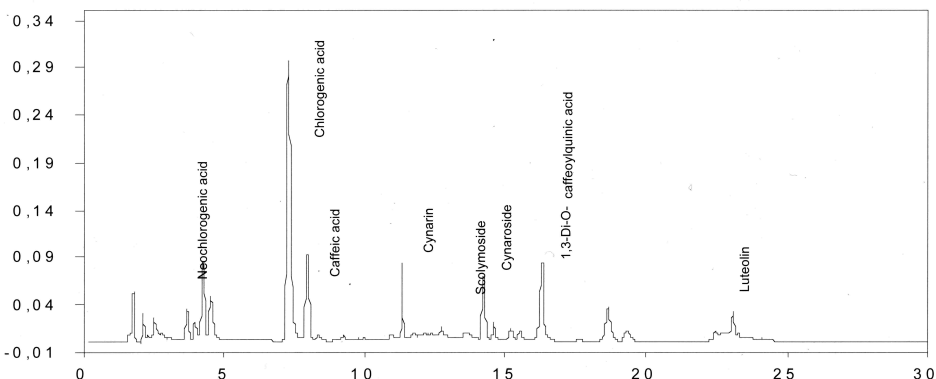
Therapeutic Safety

Artichoke extract is notable for its particularly high level of clinical safety. Particular emphasis should be put on the high tolerance of artichoke extract preparations leading to a high level of treatment compliance because of the almost total absence of side-effects.



EUROMED Analytical Specifications

Denomination	➤ ARTICHOKE DRY EXTRACT
Used plant drug	➤ <i>Cynara scolymus</i> L.
Used plant parts	➤ Leaves
Aspect	➤ Fine powder, brown colour, hygroscopic
Identification	➤ TLC (Ph. Eur.)
Loss on drying	➤ Max. 5.0%
Assay	
Type 1	➤ Cont. min. 3% caffeoylquinic acids as chlorogenic acid and min. 5% Cynarin derivates as cynarin
Type 2	➤ Cont. min. 15% caffeoylquinic acids as chlorogenic acid
Microbiology	➤ Acc. Ph. Eur. 5.1.4, cat. 3B



HPLC fingerprint of a EUROMED artichoke dry extract

Selected References

- Hagers Handbuch der Drogen und Arzneistoffe Springer-Verlag Berlin Heidelberg (2004)
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- Schilcher, H., Heil, B.M.: Artischockenextrakt - Eine aktuelle Standortbestimmung. Therapeutikon 9 (1992) 410-7
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- www.euromed.es



EUROMED S.A.

Carrer Rec de Dalí 21-23
Polígon Can Magarola
E-08100 Mollet del Vallès
Barcelona (Spain)
Tel. (34) 93 544 0110
Tel. (34) 93 544 0111
www.euromed.es

EUROMED U.S.A., Inc.
9103 Club House Road
Nevillewood, PA 15142
Tel. +1-412-279 88 08
Fax +1-412-279 88 09
joev@euromedusa.com

EUROMED France
95 Route du Morgon
69 400 Gleize
Tel. +33(0)4 74 60 53 52
Fax +33(0)4 74 60 54 65
hkgosien@wanadoo.fr

EUROMED Germany
Hauptstr. 192
53 557 Bad Honningen
Tel. +49 2635 / 923350
Fax +49 2635 / 923354
j.klapperich@euromed.es