



Avena Sativa – herba

Grüner Hafer
Green Oat



ANKLAMEXTRAKT



General information

Oat (*Avena sativa*) is a species from the genus *Avena* within the *Poaceae*. It is an annual herbaceous plant whose height can reach 0.6 to 1.5 metres. Botanically, green oat is a meadow grass.

Due to its low demands on soil oat can be cultivated anywhere with a moderate climate, even with high precipitation. It is grown in low mountain ranges, the Alpine foothills and in coastal regions. The blooming period is June to August and harvesting for agricultural use starts mid August. In Central Europe, *Avena* enjoys a growing popularity.

The term "*Avena sativa*" refers to the aerial parts of the plant just before flowering. The herb is harvested in a green, pre-mature state and is rapidly dried thereafter. Green oat has gained a unique reputation primarily in traditional medicine over the last years.



Functional properties

Avena sativa is traditionally used to reduce mild symptoms of mental stress and acts as mood and concentration enhancer.

Avena sativa extracts in varying qualities are used as a **food supplement** throughout the world.

The most important notified **pharmacological activities** are antidepressant, smoking cessation and LDL-cholesterol lowering effects.

Clinical evidence has been provided for improved **cognitive capability** with a significant improvement of attention, concentration and task focusing ability.

Dosage

According to Community Herbal Monograph on *Avena sativa* L., herba (2)

Adolescents over 12 years of age, adults, elderly

Herbal preparations - Single dose

Comminuted herbal substance: 3 g for the preparation of an infusion.

Other preparations corresponding to the daily dose of 3 g dried herb.



Extract qualities

Summary of preclinical and clinical evidence and scientific marketing material are available on request.

The powdered extract *Avena sativa* is produced from the herbal drug's aerial parts, prematurely harvested using water as the extraction solvent.

Green Oat Powdered Extract

Avena sativa e herb extr aq sicc - 00-111-0178-02

DER 2–4:1, 65 % native extract, 35 % Maltodextrin

Additional extract qualities are available upon request.



Constituents

The most important **constituents** of **nutritional** and **medicinal** value of green oat are:

- high contents of proteins, important minerals and polysaccharides: cereal fibre, β -glucan
- various Phytoconstituents:
 - avenanthramides (=phenols exclusive to oats)
 - flavonoids: vitexin & isovitexin
 - steroid saponines



Use as a food

Avena sativa is traditionally known as a **natural supporter** of **mental fitness**. The first documented medicinal application was already in the 12th century by Hildegard von Bingen.

Oat has the highest nutritional value of all cereals grown in Central Europe. The variety of products for human consumption made from oat ranges from oat groats, to oatmeal, oat bran, oat flour, cereals and drinks.



Literature

1. Singh R, S De & A Belkheir. Avena sativa (Oat), A Potential Nutraceutical and Therapeutic Agent: An Overview. Critical Reviews in Food Science and Nutrition 53:126-144 (2013)
2. Community herbal monograph Avena sativa L., herba; HMPC, draft, Doc. Ref. EMEA/HMPC/202966/2007 (London, 31th Oct 2007)
3. Wichtl M (2016) Avenae herba. In: Teedrogen und Phytopharmaka. Wissenschaftliche Verlagsgesellschaft mbH, 6. Auflage, Stuttgart.



Disclaimer

The content of this brochure is based on our findings and experience. Our goal is to inform our customers to the best of our current knowledge. The information is, however, non-binding. Rights of third parties must be observed. The recommended dosages are only guidelines and cannot replace preliminary trials with individual products. Furthermore, before sale, it is essential that all products satisfy local legal requirements.



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A. Pilot plant allows sample production on a small scale

B. Vacuum belt dryer in use

C. Analytical service included

D. Tailor-made plant extracts

E. The inside of a vacuum belt dryer



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