



***Cynara
scolymus –
folium***

Artischockenblätter
Artichoke leaves



ANKLAMEXTRAKT



General information

The origin of the **artichoke** lies in the Mediterranean area, with records of use as a food among the ancient Greeks and Romans. Varieties of artichokes were cultivated and improved in southern Europe over the course of many centuries. Artichoke is a herbaceous, **thistle-like plant** that belongs to the Asteraceae family. It has violet flowers and a short, perennial rootstock. The leaves are deeply lobed and 50-80 cm in length. The plants can attain 1.5–2 m in height.

Varieties with delayed bolting as well as elevated **chlorogenic acid** and **cynarin** have been bred for medicinal use. Fresh and dried leaves are used for extraction purposes. Other varieties have been selected for use as a food, contain lower levels of active ingredients and have fleshy involucral bracts („artichoke hearts“).

The plant raw materials for Anklam Extrakt are acquired from **controlled contract cultivation** in Germany and France. We work together with experienced and qualified cultivation partners and can provide excellent **raw material documentation**. Also common is the production of freshly pressed artichoke juice, both from leaves and buds.

Pharmacopoeial and other monographs

BHP 1996, BP 2007, Complete German Commission E,
Martindale 35th edition, Ph Eur 2007.



Functional properties

Artichoke is stated to possess **diuretic**, **choleric**, **hypocholesterolaemic**, **hypolipidaemic**, and **hepatostimulating** properties. The modern uses of artichoke focus on the **treatment of hyperlipidaemia**, **hyperlipoprotein-aemia**, **non-ulcer dyspepsia** and conditions requiring an increase in **choleresis**.

Dosage

Dried herb

For dyspeptic problems, the German Commission E recommends an average daily dose of 6 g drug divided in several portions, an equivalent dose of extract (based on the herb-to-extract ratio) or other preparations.

Extract

Clinical trials have assessed the effects of globe artichoke leaf extract dosages of up to 1.2 g daily in divided doses for up to six months.



Extract qualities

Documentation to support your regulatory process (up to an ASMF including stability report) is available for 00-111-1219-04P. The powdered extract of artichoke leaves is produced from the herbal drug (*Cynara scolymus folium*) using water as extraction solvent.

Artichoke Leaf Powdered Extract

Cynarae e fol extr aq sicc- 00-111-1219-01

DER 3–5:1, 85 % native extract, 15 % maltodextrin

Assay: Chlorogenic acid > 0.6%

Artichoke Leaf Powdered Extract

Cynarae e fol extr aq sicc- 00-111-1219-04P

DER 4–6:1, 80 % native extract, 17 % maltodextrin, 3% silicon dioxide

Assay: Chlorogenic acid > 0.6%

Additional extract qualities are available upon request.



Constituents

The most important constituents of the medicinal artichoke leaves are:

- Phenolic acids, with up to 2 % caffeic acid as well as mono- and dicaffeoylquinic acid derivatives, e.g. cynarin, and chlorogenic acid.
- Flavonoids 0.1–1 %, including flavone glycosides, e.g. luteolin derivatives.
- Phytosterols, tannins, glycolic and glyceric acids, sugars, and inulin.



Use as a food

Artichoke is listed by the Council of Europe as a **natural source of food flavouring** (category N2). This category indicates that artichoke can be **added to foodstuffs** in small quantities, with some possible limitations. Artichoke extracts in varying qualities are used as a **food supplement** throughout the world.



Literature

1. Fintelmann V, Menssen HG. Artichoke leaf extract. Current knowledge concerning its efficacy as a lipid-reducer and antidyspeptic agent. Dtsch Apoth Ztg 1996; 136: 1405–1414.
2. Schilcher H, Kammerer S, Wegener T. (2007). Leitfaden Phytotherapie, Urban&Fischer, 3. Auflage, München.
3. Wichtl M (2016) Cynarae folium. 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.



A



B



C



D



// Images upper left to lower right

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



EXTRACTS
FROM GERMANY

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