Cynara scolymus – folium

Artischockenblätter
Artichoke leaves
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
**Functional properties**

Artichoke is stated to possess diuretic, choleretic, 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


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. 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
Anklam Extrakt GmbH
Headquarters
Johann-Friedrich-Böttger-Strasse 4
17389 Anklam, Germany

Anklam Extrakt GmbH
International Special Projects
Division - Sales Office
Campus Marienberg
Marienbergstrasse 94
90411 Nuremberg, Germany

Distributor for USA and Canada:

Charles Bowman & Company
3328 John F. Donnelly Drive
Holland, MI 49424, U.S.A
Phone: +1 (616) 786-4000
Fax: +1 (616) 786-2864
E-mail: cbc@charlesbowman.com
Website: www.charlesbowman.com

Impressum
Anklam Extrakt GmbH
Johann-Friedrich-Böttger-Strasse 4
17389 Anklam, Germany

Court of registration: Neubrandenburg
Registry number: HRB 17217

Sales tax identification number
according to § 27a UStG: DE254700277