



Hedera helix – folium

Efeublätter

Ivy leaves



ANKLAMEXTRAKT



General information

Six European species of ivy belong to the genus *Hedera* in the ginseng family (*Araliaceae*). Common or English ivy, *Hedera helix* L. is a climbing, evergreen, woody plant found growing on trees, walls, rocks and along the ground in west/middle- and south of Europe and Asia as well as in North and South America. The shiny or leathery leaves are highly polymorphic, appearing in different shapes and sizes, and containing different active constituents. More than 500 varieties of ivy are known, most of which are used for ornamental purposes.

For commercial use, the plant material derives from wildcrafting. Anklam Extrakt acquires its plant raw materials from areas that are famous for high levels of active ingredient levels and with the assistance of experienced collectors.

Pharmacopoeial and other monographs

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



Functional properties

Common ivy is known for its pharmacological active saponins which have **anti-inflammatory, antiviral, antibacterial, antimycotic, and anthelmintic** effects in animals. These compounds are stated to possess **secretolytic, expectorant, antitussive, and spasmolytic action**. Human medical applications have focussed on its spasmolytic action. **Coughs and bronchitis** are the most important indications.

Dosage

Average daily dose

0.3–0.8 g of ivy leaves or preparations thereof.

Acc. To ESCOP: Oral use of ethanolic preparations:

Adults: 250–420 mg.

Children 4–12 yo 150–210 mg, 1–4 yo 50–150 mg, 0–1 yo 20–50 mg.



Extract qualities

The powdered extract of ivy leaves (*Hedera helix folia*) is produced from the herbal drug using an aqueous-ethanolic mixture as extraction solvent. Our extract quality complies with the requirements of the Ph. Eur. monograph.

Assay: Hedeacoside C content is more than 10 % calculated to the dried extract and is analyzed with a validated HPLC method.

Feel free to contact us regarding documentation to support your regulatory process (up to an ASMF including stability report).

Ivy Leaf Powdered Extract

Hederae e fol extr spir sicc - 00-115-0541-01P

DER 4–8:1, 100 % native extract

Ivy Leaf Powdered Extract

Hederae e fol extr spir sicc - 00-115-0541-05P

DER 6–7:1, 90 % native extract, 10 % maltodextrin

Additional extract qualities are available upon request.



Constituents

The most important constituents of the common ivy leaves are:

- 2.5–6 % mostly bidesmosidic **triterpene saponins** with hederagenin, oleanolic acid and bayogenin as aglycones and acylglycosidic sugar chains
- Small amounts of monodesmosides such as a-hederin and hederagenin-3-O- β -D-glucoside
- Primarily hederasaponin C (hederacoside C) together with other hederasaponins
- **Flavonoids** such as quercetin and kaempferol including their 3-O-rutinosides and 3-O-glucosides (= isoquercitrin and astragalinalin)



Use as a food

No food use known.



Literature

1. Buechi S, Kaehler D. Efeu (Hedera helix) bei Atemwegserkrankungen. Schweiz. Zschr. GanzheitsMedizin 15 (2003), 124–128.
2. Gladtko E: Zur Wirksamkeit eines Efeublätterpräparates (Prospan). Intern Praxis 32 (1992), 187;
3. Wagner H, Reger H. Folium Hederae-Extrakte. Dtsch Apoth Ztg 126 (1986), 2613–2617.
4. Wichtl M (2016) Hedera 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.



// 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

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

Visit our homepage:



04/2016



EXTRACTS
FROM GERMANY

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