

Artichoke 40 g

EAN: 8435110840109 FABRICANTE: NATURLIDER



The Naturlider Artichoke are leaves in pieces to prepare as an infusion or decoction. Artichoke increases the production or synthesis of bile in the liver and favors its elimination from the gallbladder, it is a liver protector, it lowers triglycerides in the blood, it lowers cholesterol levels, it has diuretic and anti-edematous action.

DESCRIPTION

What is the Naturlider Artichoke?

The Artichoke or *Cynara Scolymus*, is a herbaceous plant, whose fruits are edible. In feeding, the tender and fleshy receptacle is mainly used.

To prepare infusions, the leaves collected in their first year, or at the end of flowering in summer, are used.

What are the active ingredients of Alcachofera Naturlider?

Numerous polyphenolic acids:

- Phenolic acids derived from cinnamic acid (2%): cynarine (diester of caffeic and quinic acid: 1,5-O-dicaffeoylquinic acid), caffeic, chlorogenic, neochlorogenic, cryptochlorogenic, quinic, caffeoylquinic, dicaffeoylquinic acids, etc.
- Organic acids: alpha-hydroxymethylacrylic acid, malic acid, citric acid, succinic acid, lactic acid, fumaric acid, glycolic acid, glyceric acid, etc.
- Sesquiterpene lactones or bitter principles: cinaropicrina, cinaratriol, dehidrocinaropicrina and grosheimina. A sesquiterpene lactone from the guaianolide group, equivalent to that found in dandelion, has also been detected.
- Flavonoids (0.1-1%): apigenin, luteolin, heterosides derived from luteolin: cinnaroside, scolimoside, cinaratoside and rutin.
Mucilages, pectin, inulin.
- Phytosterols: B-sitosterol, stigmasterol.
- Triterpene alcohols (taraxasterol, pseudotaraxasterol).
- Essential oil: muurolene, beta-selinene, caryophyllene, alpha-humulene, alpha-cedrene.
- steroidal sapogenins.
- Tannins.



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- Mineral salts rich in potassium, magnesium, iron, phosphorus, manganese, calcium, sodium and copper.
- Vitamins (A, B1, B2 and C).
- Enzyme complex (oxidases, peroxidases, catalases, kinarases, ascorbinases).
- There are very active oxidases in the leaves of the artichoke, which degrade the O-Dihydroxyphenolic derivatives (cynarin, flavonoids) during drying, which explains the darkening of the plant when drying is not done quickly. The drying temperature should not be higher than 40°C.

What are Naturlider Artichoke infusions used for?

Artichoke infusions serve to:

- Hepato-biliary disorders such as fatty liver, lazy gallbladder, cholelithiasis...
- To lower cholesterol levels.
- In case of indigestion, after a fatty meal.
- For anorexia.
- For diabetics, since it has a high content of inulin, which when broken down does not generate glucose and allows an adequate supply of carbohydrates to the diet.
- To lower blood pressure.
- In cases where there is fluid retention, since it is a diuretic plant.
- In obesity and cellulite.
- To treat gout.
- In constipation.
- eadaches or headaches.

Does the artichoke have contraindications?

- It is contraindicated if there is hypersensitivity to the artichoke. Although it must be borne in mind that the artichoke is not toxic.
- It should not be taken in case of obstruction of the bile ducts because it could aggravate the condition by stimulating the secretion of bile.
- t is not recommended in lactation because the bitter principles of the artichoke can pass into the milk and give it a bad taste.
- It is not recommended during pregnancy.
- In case of suffering from gallstones, it should be taken only under the supervision of the doctor.

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Does the Naturlider Artichoke have interactions?

Artichoke as an infusion can increase the function of antidiabetic drugs.

And, due to its diuretic action, it can produce interactions with analgesics, anti-inflammatories, it can interfere with medications to lower blood pressure, it can reinforce lithium therapy that is taken in cases of acute depression, it can lower calcium levels in case of being under treatment with corticosteroids.

Does Artichoke have side effects?

The Artichoke can produce secondary effects in case of taking high doses of it.

These side effects could be:

- Dermatological allergies.
- Ocular diplopia.
- hyperthyroidism
- Muscle spasms.
- Hypocalcaemia.

How can I use Naturlider Artichoke?

As an Infusion: Put 1 teaspoon of plant per cup. Add boiling water, let stand 5-10 minutes and filter.

Decoction (root, stems): Put the plant in boiling water, boil for 2-5 minutes, let stand 5-10 minutes and filter, in the proportion of 1 teaspoon per cup.

