

Product Profile

ARTICHOKE

Cynara scolymus

Liquid extract of dried leaf & flower bud.

Actions: Choleric (stimulates production of bile by the liver). Lowers concentration of fats, cholesterol and triglycerides in the blood. Protective, regenerative and anti-toxic to the liver. Bitters action stimulates appetite and enhances good digestion. Diuretic.

Uses: Excessive blood levels of cholesterol, fats and triglycerides. Sluggish liver and gallbladder function; jaundice; prevention of gallstones; fatty degeneration of the liver. Adjunct therapy in arteriosclerosis. Poor appetite, atonic dyspepsia and poor digestion (especially fats). Skin problems associated with poor liver function. Rheumatism and gout.

Dose: Take 30 to 40 drops, 2 or 3 times per day. For optimal effect on digestion, take 15 minutes before a meal.

Cautions: Large doses may produce colic in cases of gallstones, or obstruction of bile ducts and intestines.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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