**ORGANIC 1:2 Artichoke T.**

**COMPOSITION**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Source</th>
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<tbody>
<tr>
<td>Artichoke</td>
<td>Cynara scolymus</td>
</tr>
<tr>
<td>Alcohol (50%)</td>
<td>Fresh leaves</td>
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<tr>
<td>Organic</td>
<td>Organic</td>
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<tr>
<td>Ethanol</td>
<td>Plant source</td>
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</tbody>
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**PREPARATION**

The fresh herbs are chopped and macerated in organic alcohol. The preparation is stirred daily for 30 days, then pressed, decanted and strained. Contains no additives, food colouring or preservatives. No added sugar, no gluten, soy or GMOs, non-irradiated.

**FORMAT**

50 ml amber glass bottle with dropper

**INDICATIONS**

Digestive system: Liver congestion, nausea, vomiting, flatulence, anorexia, lack of appetite, indigestion, dyspepsia, symptoms associated with irritable bowel syndrome (pain, spasms, gas, flatulence, constipation), hypercholesterolemia

**CONTRAINDICATIONS AND WARNINGS**

Obstruction of the common bile duct

Known hypersensitivity to artichoke or plants from the Asteraceae family

If you have gallstones, consult a health care professional

**INTERACTIONS**

No known interactions.

**dosage**

Intervention dose: 10 to 25 drops, 2 or 3 times per day, for a maximum of 1 week.

Treatment dose: 5 to 15 drops, 1 or 2 times per day, for 4 to 6 weeks. Repeat as needed.

Begin with small doses to ensure that you have no reaction to the herbs. Shake well before using. Dilute the tincture in a small amount of water. For long-term treatment, take 6 days out of 7.

**Mechanism of Action**

Artichoke leaves contain up to 2% phenolic acid (chlorogenic acid, cynarin, caffeic acid), 4% sesquiterpenic lactones, 1% flavonoids (scolymoside, cynaroside, luteoline), phytosterols, sugars, inulin, enzymes and bitter principles. Most of its therapeutic uses center on its choleretic action on the liver. Antiemetic, antispasmodic and carminative properties have also been identified, which could benefit people suffering from irritable bowel syndrome (IBS). Artichoke phenols also seem to have cholesterol-lowering properties. Furthermore, many of its components have antioxidant and hepatoprotective effects.

**Artichoke**

Bitter tonic, choleretic, hepatoprotective, liver stimulant, stimulant, antioxidant, antitumoral, antispasmodic, anti-inflammatory, anti-rheumatic, anti-atherosclerotic, cholesterol-lowering, lipid-lowering and anti-atherosclerotic. Artichoke is used to treat digestive problems, lack of appetite, indigestion, dyspepsia, gastritis, bloating, constipation, flatulence, hepatobiliary disease, liver failure, hepatitis B and C, liver damage caused by medication or chemical substances, jaundice, improper lipid digestion, gallstones, urinary calculus, diabetes, hyperlipidemia, hypercholesterolemia, nausea, atherosclerosis, arteriosclerosis and skin problems.

**Favourable Associations**

Mild laxative tea infusion for slow intestinal transit. Drink 1 to 3 cups, as needed.

Liver tea infusion or capsules to ease digestive problems. Drink ½ cup before meals and at bedtime or take 2 to 6 capsules per day.

Slippery elm powder to soothe irritation of the digestive tract. Mix 1 tablespoon with water or juice. Do not strain.

Colon tea capsules to soothe irritation of the digestive tract. Take 1 to 3 capsules per day, with plantain infusion.

Milk thistle tincture or capsules and Turmeric powder for hepatitis B and C. Take 30 to 60 drops of tincture, 1 or 2 times per day or 2 to 4 capsules per day. Add Turmeric powder to meals, to taste, using not more than 1 tsp. per day.

Digest tea cold decoction for lack of appetite or digestive problems. Take 30 ml before meals.

**Traditional Uses**

Native to the Mediterranean basin, Southern Europe, North Africa and the Canary Islands, artichoke has been used for its choleretic and diuretic properties since Ancient Rome. In the first century A.D., Dioscorides recommended that a paste be made with ground artichoke root and applied to the underarms or any other body part to mask bad odours. This bitter tonic’s use was widespread in Europe by the 16th century. Traditionally, artichoke was used to treat all liver problems and to stimulate this organ. Today, artichoke...
is used in Germany for its choleretic properties and its cholesterol-lowering, aperient and liver-toning action. For medicinal purposes, the large leaves are picked before the flower bud matures.

**Certification**

Certified organic by an independent third party (Ecocert Canada)
Controlled by the Conseil des appellations agroalimentaires du Québec (CAAQ)
Manufactured according to Good Manufacturing Practices

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