

HEALTHY BILE FLOW FOR AN EASY DIGESTION



 **indena**<sup>®</sup>  
INDUSTRIA  
DERIVATI  
NATURALI

HEALTH - FOOD

# BILEAR<sup>®</sup>

ARTICHOKE LEAVES STANDARDIZED EXTRACT

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## WHAT IS BILEAR®?

**BILEAR®** is a standardized dry extract from the leaves of *Cynara cardunculus* L. commonly referred as artichoke. Artichoke flower buds have long been used in foods, while traditionally the leaves of the artichoke were used as a diuretic to stimulate the kidneys and as a “choleric” to stimulate the production and flow of bile from the liver to the intestine.

## SPECIFICATIONS

**BILEAR®** is standardized to contain:  
≥0.3% flavonoids expressed as luteolin-7-O-glucoside, ≥2.5% caffeoylquinic acid expressed as chlorogenic acid, ≥0.6% chlorogenic acid by HPLC; it is produced according to EP 7.0 monograph.

## RECOMMENDED DOSE

**BILEAR®** is a light yellow-brown powder for use in nutritional supplements.  
Recommended daily dose: 320-640 mg

### References

- <sup>1</sup> Kirchoff, R., et al., *Phytomedicine*, 1994. 1[2]: p. 107-15.
- <sup>2</sup> Holtmann, G., et al., *Aliment Pharmacol Ther*, 2003. 18[11-12]: p. 1099-105.
- <sup>3</sup> Marakis, G., et al., *Phytomedicine*, 2002. 9[8]: p. 694-9.
- <sup>4</sup> Walker, A.F., et al. *Phytother Res*, 2001. 15[1]: p. 58-61.
- <sup>5</sup> Bundy, R., et al., *Phytomedicine*, 2008. 15[9]: p. 668-75.

## WHAT MAKES BILEAR® UNIQUE?

The specific phytochemical profile of **BILEAR®** *Cynara cardunculus* L. is supported and proven effective by pharmacological and clinical data.

The studies have shown that artichoke extract:

- promotes bile production and secretion.<sup>1</sup>
- Improves the symptoms of dyspepsia.<sup>2,3</sup>
- Improves the symptoms of gastrointestinal distress.<sup>4</sup>
- Beneficially remodulates total plasma cholesterol in healthy adults with mild to moderate hypercholesterolemia.<sup>5</sup>



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