

EASY DIGESTION AND HEALTHY BILE FLOW



 **indena**[®]
INDUSTRIA
DERIVATI
NATURALI

HEALTH - FOOD

B I L E A R[®]
ARTICHOKE LEAF
TRIPLE 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 digestion improver**, 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 triple 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.

BILEAR® 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: starting from 320 mg.

References

¹ Holtmann, G., et al., *Aliment Pharmacol Ther*, 2003. 18(11-12): p. 1099-105.

² Marakis, G., et al., *Phytomedicine*, 2002. 9(8): p. 694-9.

³ Walker, A.F., et al. *Phytother Res*, 2001. 15(1): p. 58-61.

⁴ Kirchoff, R., et al., *Phytomedicine*, 1994. 1(2): p. 107-15.

⁵ Bundy, R., et al., *Phytomedicine*, 2008. 15(9): p. 668-75.

WHAT MAKES BILEAR® UNIQUE?

BILEAR® is **triple standardized** and its specific phytochemical profile is supported and proven effective by pharmacological and clinical data.

The studies have shown that artichoke leaf extract:

- Significantly improves the **symptoms of dyspepsia**;^{1,2}
- maintains **healthy wellbeing of the gastrointestinal tract**;³
- promotes **bile production and secretion**;⁴
- beneficially **remodulates total plasma cholesterol** in healthy adults.⁵

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