

HEALTHY BILE FLOW FOR AN EASY DIGESTION



 **indena**[®]
INDUSTRIA
DERIVATI
NATURALI

HEALTH - FOOD

BILEAR[™]

ARTICHOKE LEAVES STANDARDIZED EXTRACT

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Please note that the physiological activity of the ingredient described herein is supported by the referenced clinical trial reports. Marketers of finished products containing the ingredient described herein are responsible for determining whether the claims made for such products are lawful and in compliance with the laws of the country in which they will market the products.

WHAT IS BILEAR®?

BILEAR® is a standardized dry extract from the leaves of *Cynara cardunculus* L. commonly referred as artichoke. Artichoke flower buds has long been used in foods, while traditionally the leaves of the artichoke were used as a diuretic to stimulate the kidneys and as a “choleretic” 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: 1-2 g

References

- ¹ Kirchoff, R., et al., *Phytomedicine*, 1994. 1[2]: p. 107-15.
- ² Holtmann, G., et al., *Aliment Pharmacol Ther*, 2003. 18[11-12]: p. 1099-105.
- ³ Marakis, G., et al., *Phytomedicine*, 2002. 9[8]: p. 694-9.
- ⁴ Walker, A.F., et al. *Phytother Res*, 2001. 15[1]: p. 58-61.
- ⁵ 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.¹
- Improves the symptoms of dyspepsia.^{2,3}
- Improves the symptoms of gastrointestinal distress.⁴
- Beneficially remodulates total plasma cholesterol in healthy adults with mild to moderate hypercholesterolemia.⁵



us.indena.com

