

Cardunara (Herbal Extract)



Recommended Use:

- High cholesterol
- Liver support
- Dyspepsia
- Indigestion

The artichoke is one of the oldest cultivated plants in the world and has been used in traditional medicine as a specific liver and gallbladder remedy. The leaves of the artichoke have a high content of pharmacologically relevant ingredients, with the three essential groups being the caffeoylquinic acids (CCS), flavonoids and bitter substances. Extensive research shows that the caffeoylquinic acid group is the active component of the artichoke leaf extract that promotes choleresis (secretion of bile by the liver into the gallbladder), stimulates liver cell function and the production of bile.

Cardunara is effective as a natural aid to lower cholesterol and for cases that fall within the framework of functional dyspepsia (pain in the upper abdomen, indigestion, bloating, fullness, belching, heartburn, nausea, GERD, and gastritis). The increase of bile production and flow is advantageous for the digestion of fats, detoxification of the liver/gallbladder system, stimulation of intestinal peristalsis, protection of the intestinal mucosa and results in overall better digestion. Due to the effects on fat metabolism, excessive cholesterol and triglyceride values in the blood are lowered. It promotes better blood flow through the liver and stimulates liver regeneration.

Clinical Pearls

When using Cardunara in cases of high cholesterol, also consider addressing the patient's stress levels, as stress is a contributor to increased cholesterol levels in the body.

An excellent protocol for high blood fat values and for detoxification of the liver/gallbladder system is 30 drops of Cardunara combined with 35 drops of Carduus and 20 drops of Hepatica in water three times daily.

What does artichoke have to do with cholesterol? The origin of cholesterol blockers began in the 1950s after the discovery of the active ingredients found in artichoke leaves. Pharmaceutical cholesterol blockers, such as Lipitor, are derived from synthetic extract of artichoke leaves. Cardunara is a safe and natural alternative of artichoke leaf extract that can be used for cholesterol lowering, without side effects.

The artichokes that Nestmann Pharma uses in Cardunara are grown under controlled conditions in Northern Bavaria, with no pesticides or artificial fertilizers. These artichokes have particularly high contents of the active ingredients (caffeoylquinic acids and flavonoids), and are processed and standardized within three days of being harvested to preserve the medicinal properties.

Refer to liver and gallbladder drainage and gastrointestinal protocols for more details.

Ingredients:

Artichoke

Uses:

Gallstones, liver and gallbladder bile stimulant, cholesterol lowering, digestive disorders, irritable bowel syndrome, Crohn's disease and other bowel problems.



Medicinal ingredients: Each 1/2 teaspoon (2.5 ml) contains/Chaque 1/2 cuillerée à thé (2.5 ml) contient: Artichoke/artichaut (*Cynara cardunculus*) 1:1 DHE 2.5 g, leaf/feuille 2.5 ml

Non-medicinal ingredients: Purified water/eau purifiée, ethanol/ éthanol.

Recommended dose (adults): Take half teaspoon (2.5 ml) three times per day or as directed by a health care practitioner.

Recommended Duration of use: For prolonged use, consult a health care practitioner.

Cautions and warnings: Consult a health care practitioner prior to use if you have gallstones. Consult a health care practitioner if symptoms persist or worsen. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use.

Contraindications: Do not use if you are pregnant or breastfeeding.

Do not use if you are allergic to the Asteraceae (daisy) family. Do not use if you have bile duct obstruction.

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