



Artichoke - <i>Cynara scolymus</i>	
Description	Globe artichoke is a member of the botanical family that includes the daisy. It grows mainly in Mediterranean countries where it can reach up to 2 metres high. It has a large purple and green flower head, the hearts of which are cooked as a delicacy. Cynarin is the key active component. Not to be confused with the root vegetable, Jerusalem artichoke.
Traditional Use	Artichoke has been used to support healthy functioning of the gall bladder and liver. It has been found to improve digestion and relieve nausea and flatulence.
Commercial Availability & Dosage	Globe artichokes can be cooked and eaten as a vegetable. Also available as extracts in tablet or capsule form, and as standardised leaf extract containing cynarin.
Precautions / Contra-Indications	People suffering from obstructive gall bladder disease should consult their GP before taking artichoke extract because it increases bile secretion. A small number of people are allergic to artichoke.
Pregnancy & Breastfeeding¹	No adverse effects expected
Adverse Effects	Artichoke presents minimal risks, although some people may experience flatulence and mild gastro-intestinal upset.
Interactions¹	None known
References	1. Mills, S. & Bone, K. Principles and practice of phytotherapy. Churchill Livingstone, 2000.