

Social Media Posts

Artichoke Extract Components

Artichoke extract contains luteolin, caffeoylquinic acid, chlorogenic acid, apigenin, sterols, and inulin. It's also rich in minerals such as potassium, magnesium, calcium, sodium, zinc, copper, and manganese

- Luteolin is an antioxidant that may also help prevent inflammation and cancer.
- Caffeoylquinic acid is another antioxidant. It helps form bonds with toxic compounds, thus lowering their toxicity.
- Cynarin is another antioxidant compound found in artichoke. It stimulates bile production, which helps the gut digest fats and absorb vitamins from food.
- Inulin is a sweet-tasting indigestible starchy substance found in artichoke. It is a prebiotic, which means it can increase the number of beneficial microorganisms in the gut.

Regular consumption of artichoke extract may aid cholesterol levels, blood pressure, liver health, IBS, indigestion, and blood sugar levels.

(*Aloe Ferox*) Numerous scientific studies on aloe gel are demonstrating its analgesic, anti-inflammatory, wound healing, immune modulating, and anti-tumor activities as well as antiviral, antibacterial, antifungal properties Its juice has been shown to lower cholesterol and triglycerides while demonstrating anti-diabetic activity.

Aloe ferox leaf powder showed potential to prevent weight gain and possible hypoglycaemic effect in animals fed with high fat diet. It also showed potential glucose modulation activity through inhibition of α -glucosidase enzyme activity.

Ref: Science Direct

Aloe has been reported to have anti-diabetic activity as well as anti-obesity activity in several studies.

Ref: Science Direct

Aloe species have been used to treat different ailments such as stomach pain, constipation as a laxative, inflammation, hypertension as well as infectious diseases and they have been reported to be used traditionally in the treatment of diabetes.

Ref: Science Direct

Artichoke extract affects cholesterol in two primary ways. First, artichokes contain luteolin, an antioxidant which prevents cholesterol formation. Second, artichoke leaf extract encourages your body to process cholesterol more efficiently, leading to lower overall levels.

One trial in 90 people with non-alcoholic fatty liver disease revealed that consuming 600 mg of artichoke extract daily for two months led to improved liver function.

In another study in obese adults with non-alcoholic fatty liver disease, taking artichoke extract daily for two months resulted in reduced liver inflammation and less fat deposition than not consuming artichoke extract.

Artichokes are a great source of fiber, which can help keep your digestive system healthy by promoting friendly gut bacteria, reducing your risk of certain bowel cancers, and alleviating constipation and diarrhea.

Artichokes contain inulin, a type of fiber which acts as a prebiotic.

Artichoke extract may provide relief from symptoms of indigestion, such as bloating, nausea, and heartburn.

HASHTAGS

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