

## NATURAL HEALTH PRODUCT

### GLOBE ARTICHOKE – *CYNARA CARDUNCULUS*

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

#### Notes

- ▶ Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant’s discretion.
- ▶ The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant.

#### Date

December 18, 2018

#### Proper name(s), Common name(s), Source material(s)

Table 1. Proper name(s), Common name(s), Source material(s)

Proper name(s)	Common name(s)	Source material(s)		
		Proper name(s)	Part(s)	Preparation(s)
<i>Cynara cardunculus</i>	<ul style="list-style-type: none"> <li>▶ Artichoke</li> <li>▶ Artichoke thistle</li> <li>▶ Cardoon</li> <li>▶ Cynara</li> <li>▶ Garden artichoke</li> <li>▶ Globe artichoke</li> <li>▶ Scotch thistle</li> </ul>	<i>Cynara cardunculus</i>	Leaf	Dried

References: Proper name: USDA 2018; Common names: McGuffin et al. 2000; Source material: Bradley 2006, ESCOP 2003, Blumenthal et al. 2000.

#### Route of administration

Oral

#### Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.

Acceptable dosage forms for the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document.

### **Use(s) or Purpose(s)**

- ▶ Used in Herbal Medicine to help relieve digestive upset, such as indigestion (Bradley 2006; ESCOP 2003; Blumenthal et al. 2000).
- ▶ Used in Herbal Medicine to help increase bile flow (choleretic) (Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000).

The following combined use(s) or purpose(s) is/are also acceptable:

Used in Herbal Medicine to help relieve digestive upset, such as indigestion and help increase bile flow (choleretic) (Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000).

### **Dose(s)**

#### **Subpopulation(s)**

Adults 18 years and older

#### **Quantity(ies)**

Methods of preparation: Dry, Powder, Non-Standardised Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

1.5 - 10 grams of dried leaf, per day (Bradley 2006; Mills and Bone 2005; ESCOP 2003; Blumenthal et al. 2000).

#### **Direction(s) for use**

No statement required.

### **Duration(s) of use**

No statement required.



## Risk information

### Caution(s) and warning(s)

- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen.
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are pregnant or have gall stones (Brinker 2010; Barnes et al. 2007; Mills and Bone 2005; ESCOP 2003; Blumenthal et al. 2000).

### Contraindication(s)

Do not use this product if you have a bile duct obstruction (Brinker 2010; Bradley 2006; ESCOP 2003; Blumenthal et al. 2000).

### Known adverse reaction(s)

Stop use if hypersensitivity/allergy occurs (Brinker 2010; Bradley 2006; ESCOP 2003; Blumenthal et al. 2000).

## Non-medicinal ingredients

Must be chosen from the current Natural Health Product Ingredient Database (NHPID) and must meet the limitations outlined in the database.

## Storage conditions

No statement required.

## Specifications

- ▶ The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- ▶ The medicinal ingredient must comply with the requirements outlined in the NHPID.

## References cited

Barnes J, Anderson LA, Philipson JD. Herbal Medicines, 3<sup>rd</sup> edition. London (UK): The Pharmaceutical Press; 2007.

Blumenthal M, Goldberg A, Brinkmann J, editors. *Herbal Medicine: Expanded Commission E Monographs*. Boston (MA): Integrative Medicine Communications; 2000.

Bradley PR, editor. *British Herbal Compendium: A Handbook of Scientific Information on Widely Used Plant Drugs, Volume 2*. Bournemouth (UK): British Herbal Medicine Association; 2006.

Brinker F. *Herb Contraindications and Drug Interactions*, 4<sup>th</sup> edition. Sandy (OR): Eclectic Medical Publications; 2010.

ESCOP 2003: *ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products*, 2<sup>nd</sup> edition. Exeter (UK): European Scientific Cooperative on Phytotherapy and Thieme; 2003.

Hoffmann D. *Medical Herbalism*. Rochester (VT): Healing Arts Press; 2003.

McGuffin M, Kartesz JT, Leung AY, Tucker AO, editors. *Herbs of Commerce*, 2<sup>nd</sup> edition. Silver Spring (MD): American Herbal Products Association; 2000.

Mills S, Bone K. *The Essential Guide to Herbal Safety*. St. Louis (MO): Elsevier Churchill Livingstone; 2005.

USDA 2018: ARS, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Cynara cardunculus* L. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2018 September 27]. Available from: <https://npgsweb.ars-grin.gov/gringlobal/taxonomydetail.aspx?id=12839>

### References reviewed

Sinayoko L, Menecier D, El Jahir Y, Corberand D, Harnois F, Thiolet C, Farret O. [Acute hepatic injury secondary to ingestion of artichoke extracts (Hepanephrol).] Atteinte hépatique aiguë secondaire à la prise d'extraits d'artichaut (Hépanéphrol®). *Gastroentérologie clinique et biologique* 2007; 31(11):1039-1040 (in French).