

Dandelion, Celery, and Artichoke

For Digestive Health

Dandelion, celery seed, and artichoke combine in a time-honoured formula designed to support liver health and digestion, while also offering the added benefit of reducing inflammation [1], [2]

Dandelion Root

Dandelion root (*Taraxacum officinale*) is a member of the Asteraceae family.[3] The root is rich in nutrients and bioactive compounds, making it a popular natural remedy for supporting liver health, digestion, and overall wellness.[4] The key constituents are inulin, sesquiterpene, lactones, phenolic acids, flavonoids, minerals (potassium, magnesium), and vitamins (A, C, E, and K).[5]

Hepatoprotective, Choleretic: Supports liver detoxification and liver function, increases bile production and secretion, promoting detoxification and enhancing digestion.[6]

Diuretic: Promotes urine production and assists in eliminating toxins.[7]

Antioxidant Activity: Neutralizes free radicals, protecting cells from oxidative stress.[8]

Blood-Sugar Regulation: May improve insulin sensitivity and help stabilize glucose levels.[9]

Cardiovascular Support: Contains potassium, which supports blood-pressure regulation and heart function.[10]

Indications

- Liver disorders, including fatty liver and toxin-induced damage.[11]
- Digestive complaints such as indigestion, bloating, and constipation.[12]



- Skin conditions linked to detoxification issues (e.g., acne, eczema).[13]
- Fluid retention and mild urinary tract infections.[14]
- Inflammation-related conditions, such as arthritis.[15]

Dosage

- **Capsules:** 500–1,000 mg daily.

Celery Seed

Celery (*Apium graveolens*) is a biennial plant commonly grown as an annual vegetable.[16] It is characterized by long, fibrous stalks, aromatic leaves, and small flowers that produce the seeds.[17] Celery seeds are used for their therapeutic properties and as a culinary spice.[18] The key constituents are flavonoids such as apigenin and luteolin,[19] volatile oils limonene, selinene and phthalides phtladies,[20] and coumarins such as bergapten and psoralen.[21]

Anti-Inflammatory: Reduces systemic inflammation by inhibiting COX and LOX pathways.[22]

Diuretic: Promotes urine production, aiding in detoxification and lowering blood pressure.[23]

Antispasmodic: Relieves smooth muscle spasms, beneficial for conditions like dysmenorrhea and IBS.[24], [25]

The first company in the industry to have invested in an ISO 17025–accredited laboratory to test for identity, potency, oxidation, disintegration, purity, and more.



Carminative: Alleviates bloating and intestinal gas.^[26]

Antioxidant: Scavenges free radicals, protecting cells from oxidative damage.^[27]

Antimicrobial: Inhibits the growth of certain bacteria and fungi.^[28]

Uricosuric: Promotes the excretion of uric acid, helpful for gout and arthritis.^[29]

Indications

- Gout and hyperuricemia.^[30]
- Rheumatoid arthritis and osteoarthritis.^[31]
- Hypertension.^[32]
- Dyspepsia and flatulence.^[33]
- Urinary tract infections.^[34]
- Menstrual irregularities (as an antispasmodic).^[35]

Dosage

- **Seed Powder:** 1–3 g daily in divided doses.

Scientific Studies

Gout: Phthalides and limonene have been shown to reduce uric acid levels.^[36]

Hypertension: Celery seed extract demonstrated blood pressure-lowering effects in animal and human studies attributed to phthalides.^[37]

Anti-Inflammatory Properties: Celery seed has the ability to reduce inflammation markers in arthritis models.^[38]

Artichoke

Artichoke (*Cynara scolymus*) is a member of the Asteraceae family and is a perennial plant native to the Mediterranean region.^[39] It has been used

in traditional medicine for its hepatoprotective, digestive, and cardiovascular benefits.^[40] Artichoke leaves and stems are particularly rich in bioactive compounds, making them valuable for therapeutic applications.^[41] The key constituents are cynarin, chlorogenic acid, luteolin, sesquiterpene, lactones, flavonoids, inulin, vitamins (C and K), and minerals (potassium and magnesium).^[42]

Liver and Gallbladder Support: Enhances bile production and secretion, aiding in the detoxification and breakdown of fats.^[43]

Cholesterol Regulation: Cynarin and other constituents reduce LDL cholesterol and increase HDL cholesterol.^[44]

Antioxidant Defense: Flavonoids and phenolic acids protect cells from free-radical damage.^[45]

Digestive Health: Improves digestion and reduces gastrointestinal discomfort, including symptoms of IBS.^[46]

Indications

- Dyspepsia (indigestion), including bloating and nausea.^[47]
- Hyperlipidemia (high cholesterol and triglycerides).^[48]
- Liver disorders, such as fatty liver or toxin-induced damage.^[49]
- Irritable bowel syndrome (IBS).^[50]
- Cardiovascular health by supporting healthy lipid profiles and vascular function.^[51]

Dosage and Administration

- **Capsules/Tablets:** 300–600 mg of standardized extract (2–5% cynarin), taken 1–3 times daily.

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Each vegetable capsule contains:

Dandelion (*Taraxacum officinale*) root 323 mg
 Celery (*Apium graveolens* var. *dulce*) seed 107 mg
 Artichoke (*Cynara scolymus*)
 leaf 15:1 extract, 5% cynarin 15 mg

Nonmedicinal ingredients: Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use: Adults: Take 3 capsules twice daily or as directed by your health-care practitioner.

Duration of use: For occasional use only.

Cautions and warnings: Consult a health-care practitioner if symptoms persist or worsen; if you have gall-bladder diseases and/or intestinal obstruction; if you have gallstones; or if you are taking thyroid hormone replacement therapy. Discontinue use and seek medical attention immediately if you experience dizziness, confusion, muscle weakness or pain, abnormal heart beat, and/or difficulty breathing.

Contraindications: Do not use if you are pregnant; if you are allergic to plants of the Asteraceae/Compositae/daisy family; if you have a bile-duct obstruction; if you have a heart disease, high or low blood pressure, liver or kidney disorder, diabetes, or edema (swelling of hands, face, and feet); or if you are taking products containing diuretics.

Known adverse reactions: Hypersensitivity, such as allergy, has been known to occur; in which case, discontinue use.

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