# ARTICHOKE

## HEALTH CONDITIONS IN WHICH ARTICHOKE AND ARTICHOKE SUPPLEMENTS MAY HELP

<table>
<thead>
<tr>
<th>HEALTH CONDITIONS</th>
<th>TRADITIONAL USES</th>
<th>MODERN RESEARCH</th>
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<td>Weight reduction</td>
<td>Liver protector</td>
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<td>High cholesterol</td>
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<td>Reduces cholesterol</td>
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<td>Arthritis</td>
<td>Liver illnesses</td>
<td>Anti genotoxic</td>
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<td>Liver cancer</td>
<td>Diabetes</td>
<td>Irritable bowel syndrome</td>
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<tr>
<td>Diabetes</td>
<td></td>
<td>Leukemia L1210 and HL60</td>
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<td>Irritable bowel</td>
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<td>Liver cancer</td>
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<td>Oxidative stress</td>
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<td>Antioxidative</td>
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<td>Skin cancer</td>
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<td>Reduce excess of creatinine</td>
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<tr>
<td>Leukemia L1210 and HL60</td>
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<td>Protects endothelium</td>
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<td>Gastralgia</td>
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<td>Arthritis</td>
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<td>High creatinine</td>
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<td>Reduces sugar in blood</td>
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<td>Protects endothelium</td>
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<td>Aterosclerosis</td>
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<td>Anti Aterosclerosis</td>
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<td>Anti skin cancer precursors</td>
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## SPECIES
Cynara scolymus

## LOCATION
Artichoke came from Europe. Now is cultivated in middle height Peruvian Sierra and high rainforest

## DESCRIPTION
Herbaceous perennial, rhizome of cylindrical shape. Large leaves, cauline, whole or split. Flowers in flower head, blueto purple. The immature inflorescence is used as food

## SOURCES

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