

Artichoke Extract – benefits and references

Reduction in LDL Cholesterol

<https://pubmed.ncbi.nlm.nih.gov/28609140/>

Increase in HDL Cholesterol

<https://pubmed.ncbi.nlm.nih.gov/22746542/>

Reduction in Blood pressure (Study used a sub optimal dose however still showed benefits)
Suggested mechanism is via upregulation of E-NOS so may hold other bodybuilding applications too.

<https://pubmed.ncbi.nlm.nih.gov/22435514/>

Protection against microcystin-LR-induced hepatotoxicity

<https://pubmed.ncbi.nlm.nih.gov/1902564/>

Liver Function however citing possible mechanism towards prevention of arteriosclerosis

<https://pubmed.ncbi.nlm.nih.gov/23195590/>

Liver function – Rat study but detailed and suggests a reduction in sinusoidal dilation as a potential mechanism

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4771653/>

Improved bile flow > improved digestion and liver function

<https://pubmed.ncbi.nlm.nih.gov/26310198/>

Liver protective in drug induced hepatotoxicity (paracetamol but potential carryover to PED induced hepatotoxicity)

<https://pubmed.ncbi.nlm.nih.gov/25243875/>

Non-alcoholic fatty liver disease – shown reduction in ALT, AST and Bilirubin

<https://pubmed.ncbi.nlm.nih.gov/29520889/>

Improvements to gut bacteria (inulin from artichoke extract but may be some crossover)

<https://pubmed.ncbi.nlm.nih.gov/20591206/>

Digestive health > improvements to choleresis / bile production

<https://pubmed.ncbi.nlm.nih.gov/23195882/>

Improvements to chronic dyspepsia (study size of 247)

<https://pubmed.ncbi.nlm.nih.gov/14653829/>

As a treatment for IBS – over 90% of people in this study rated it as efficacious was medical interventions

<https://pubmed.ncbi.nlm.nih.gov/15353023/>

Reduction in appetite and BG (small study size – more data required)

<https://pubmed.ncbi.nlm.nih.gov/21308825/>

Artichoke has no known severe, serious, moderate, or mild interactions with other drugs.

https://www.rxlist.com/consumer_artichoke_cynara_scolymuscynarin/drugs-condition.htm