



POWERFUL COMBINATIONS

Artichoke / Ginger

Cynara scolymus / Zingiber officinale



Areas of application

- Digestive problems, fat malabsorption, weight loss
- Liver and gallbladder dysfunction
- Elevated cholesterol and blood sugar levels
- Cardiovascular risks, vascular protection
- Inflammatory processes, oxidative stress
- Slow metabolism and weight loss
- Susceptibility to colds, weakened immune system

Usage/Indications

The combination of artichoke and ginger brings together metabolism-regulating, digestion-promoting, liver-strengthening and anti-inflammatory properties, and is particularly suitable for providing holistic support for digestion, the liver and gallbladder system, cardiovascular health and metabolism.

Both plants promote bile production and fat digestion, making them ideal for relieving bloating, flatulence, constipation and cramp-like abdominal discomfort.

Whilst the Artichoke primarily strengthens liver function, lowers cholesterol and has a diuretic effect, ginger additionally stimulates gastric juice production, appetite and blood circulation, and alleviates nausea.

Special features are evident in the areas of metabolism and cardiovascular health:

Artichoke extracts lower blood sugar, triglycerides, and total and LDL cholesterol, support cholesterol excretion,

and relieve the burden on the liver and blood vessels. Ginger complements this effect by inhibiting platelet aggregation, promoting blood circulation and providing antioxidant protection for the blood vessels. Together, they help prevent atherosclerosis, thrombosis and cardiovascular diseases.

Thanks to their anti-inflammatory and antioxidant properties, both plants protect cells, the liver and blood vessels from oxidative stress. Ginger also has pain-relieving and warming effects and is particularly helpful for inflammatory muscle and joint complaints as well as for colds. Artichoke simultaneously supports the metabolism and can be helpful for weight management.

Good to know



The combination of Artichoke and ginger acts as a natural metabolism booster that helps reset the liver: Artichoke promotes detoxification via the bile, whilst ginger improves blood circulation and the absorption of active ingredients – as a result, the effects on fat digestion, liver support and vascular protection can be greater than with either plant alone – a classic example of how bitter and pungent substances complement each other perfectly in phytotherapy.

Side effects/Contraindications

Mild gastrointestinal symptoms such as bloating, diarrhoea or heartburn may occur. Caution is advised in cases of gallstones or bile duct obstruction. Ginger may affect blood clotting, so caution is advised when taking blood-thinning medication. Not recommended for those with a sensitive stomach, an allergy to the Asteraceae family (such as Artichoke), or during pregnancy and breastfeeding without consulting a health-care professional.

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