

skin care

Butcher's Broom

Ruscus aculeatus L.
dry extract 10% ruscogenin

**Chronic venous insufficiency,
anti-oedema,
warts and chilblains**



**Psoriasis, atopic dermatitis, vitiligo,
eczema,
UV protection**

Calaguala

Polypodium leucotomos Poir
aqueous dry extract



Wild pansy

Viola tricolor L.
dry extract 2,5% flavonoids

**Acne, eczema, impetigo,
baby milk crust
vulvar itching**





EPO SRL - Estratti Piante Officinali
Via Stadera 19, 20141 Milano – Italy



Ruscus aculeatus L.

dry extract 10% ruscogenin



1- Botanical information: *Ruscus aculeatus L.* (*Asparagaceae*), also known as Butcher's broom.

2- Parts used: dried **roots**.

3- Active constituents: steroidal compounds (0.5% to 1.5%), comprising the aglycones ruscogenin and neoruscogenin and their glycosides.

4- Galenic forms: dry powdered extract standardised to contain **10% total saponins express as ruscogenin**.

5- Traditional uses: Since the Middle Ages Butcher's broom root was traditionally used for **chronic venous insufficiency** (CVI) and as a **diuretic, diaphoretic, mild laxative** and expectorant; it was also used to treat dropsy, urinary obstruction or gravel, dysuria, **oedema**, ascites, jaundice, eczema, difficult breathing and for the removal of phlegm. For the treatment of **haemorrhoids** it was used both orally and locally. In light of this, Butcher's broom has been the subject of several scientific investigations, including clinical trials. The research has focused on its **anti-oedema and venotonic properties**, which make it an effective therapy for symptoms associated with varicose veins, varicose ulcers, lymphoedema, congestive symptoms of pre-menstrual syndrome and haemorrhoids. It is used in the treatment of **warts and chilblains** and locally against **inflammation and arthritis**. It has also good **antioxidant** activity and **antimicrobial** properties, as well as it exerts an **inhibitory effect on capillary permeability**.

6- Safety and warnings: The use of Butcher's broom is generally regarded as safe. The common dosage of an extract standardised to contain 10% total saponins expressed as ruscogenin is: 70-111mg/die (which corresponds to 7-11mg/die of ruscogenins).

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Polypodium leucotomos Poir

aqueous dry extract



1- Botanical information: *Polypodium leucotomos* Poir. (*Polypodiaceae*), also known as Calaguala.

2- Parts used: dried **rhizome**.

3- Active constituents: phenolic components among which p-coumaric, ferulic, caffeic vanillic and chlorogenic acids

4- Galenic forms: dry powdered extract manufactured by aqueous extraction.

4- Traditional uses: *P. leucotomos* extracts have been traditionally used for skin problems. Growing *in vivo* and *in vitro* evidences as well as clinical trials confirmed its tradition of use, also shading light on mechanisms of action. *P. leucotomos* is used for the treatment of **psoriasis**, **atopic dermatitis**, **vitiligo** and, because it affords **sun protection** from ultraviolet radiation, it is also used for the prevention of polymorphic light eruption. It is also used in **sunburn** and squamous cell carcinoma. Some of the mechanisms verified concern: reducing UV-induced cell damage, reducing oxidative stress and DNA damage, increasing cyclobutene pyrimidine dimer removal (DNA repair), being a potent **antioxidant** agent; blocking UV radiation-induced immune suppression, reducing the acute inflammation via Cox-2 enzyme inhibition, decreasing inflammatory cytokines, activating p53, being a good **anti-inflammatory** agent. The health benefits of this plant make it suitable to counteract **skin aging** problems.

6- Safety and warnings: According to literature data and clinical trials, the use of *Polypodium* is generally regarded as safe. The recommended dosage of this extract is 500mg/die.

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Viola tricolor L.

dry extract 2,5% flavonoids



1- Botanical information: *Viola tricolor* L. (*Violaceae*), also known as Wild Pansy or Heartsease.

2- Parts used: dried **aerial part with flowers**

3- Active constituents: flavonoids mainly rutin, luteolin-7-O-glucoside, violanthin and vitexin; phenol carboxylic acids; mucilage; tannins; hydroxycoumarins. *Viola tricolor* contains some hemolytic, cytotoxic cyclopeptides, which are supposed to be absent in the aqueous extract due to their lipophilic nature.

4- Galenic forms: dry powdered extract manufactured by aqueous extraction, standardised to contain **2.5% total flavonoids** expressed as violanthin.

5- Traditional uses and cautions: The traditional use of *Viola tricolor* goes back at least to the Middle Ages, mainly as a **depurative** and diuretic. The plant has **soothing, emollient and antipruriginous** properties and it has cheratolytic and **anti-inflammatory** action. It **improves the microcirculation**. It is used for **eczema, impetigo** and **acne, vulvar itching** and the **crusta lactea** of newborn babies. It is also used topically for **psoriasis**. Other indications are as an expectorant in bronchitis and as a diuretic in urinary tract disorders, such as cystitis and dysuria and in rheumatism.

6- Safety and warnings: According to literature data, the use of Wild pansy is generally regarded as safe. The recommended dosage of this extract is 1g 1-3 times daily.

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Additional bibliography is available upon request.

This monograph is intended for informational purposes only and should not be interpreted as specific medical advice. You should consult with a qualified healthcare provider before making decisions about therapies and/or health conditions.

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