

## 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**





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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).

Internet: <http://www.eposrl.com> e-mail: [epo@eposrl.com](mailto:epo@eposrl.com)

Tel.: ++39.02.89557.1 Fax: ++39.02.89557490

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## *Polipodium 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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