Six European species of ivy belong to the genus Hedera in the ginseng family (Araliaceae). Common or English ivy, *Hedera helix* L., is a climbing, evergreen, woody plant found growing on trees, walls, rocks and along the ground in Europe and Asia as well as in North and South America. Small aerial roots allow the plants to adhere to many surfaces. The shiny or leathery leaves are highly polymorphic, appearing in different shapes and sizes, and containing different active constituents. More than 500 varieties of ivy are known, most of which are used for ornamental purposes.

In autumn, ivy plants bear yellow or greenish-yellow round flowers in clusters. During winter, the small, dark purple, black, or yellow fruits develop.

For commercial use, the plant material derives from wild-crafting. The main collection areas are in Eastern and South-Eastern Europe.

Anklam Extrakt acquires its plant raw materials from areas that are famous for high levels of active ingredient levels and with the assistance of experienced collectors.

**Extract qualities**

The powdered extract of ivy leaves (*Hedera helix* folium) is produced from the herbal drug using an aqueous-ethanolic mixture as extraction solvent. Our extract quality complies with the requirements of the Ph. Eur. monograph.

**Assay:** Hedeacoside C content is more than 10 % calculated to the dried extract and is analyzed with a validated HPLC method.

Feel free to contact us regarding documentation to support your regulatory process (up to an ASMF including stability report).

**Hederae e fol extr spic sicc - 00-115-0541-00**
Ivy Leaf Powdered Extract
DER 6–7:1 / Extraction solvent Ethanol 40 %
90 % native extract, 10 % maltodextrin

**Hederae e fol extr spic sicc - 00-115-0541-01**
Ivy Leaf Powdered Extract
DER 4–8:1 / Extraction solvent Ethanol 30 %
100 % native extract
Common ivy is known for its pharmacological active saponins which have anti-inflammatory, antiviral, antibacterial, antmycotic, and anthelminthic effects in animals.

These compounds are stated to possess secretolytic, expectorant, antitussive, and spasmylytic action. Human medical applications have focussed on its spasmylytic action. Coughs and bronchitis are the most important indications.

Average daily dose
0.3–0.8 g of ivy leaves or preparations thereof.

Acc. to ESCOP: Oral use of ethanolic preparations:
Adults: 250–420 mg.
Children 4–12 yo 150–210 mg, 1–4 yo 50–150 mg, 0–1 yo 20–50 mg.

The most important constituents of the common ivy leaves are:
- 2.5–6 % mostly bidesmosidic triterpene saponins with hederagenin, oleanolic acid and bayogenin as aglycones and acylglycosidic sugar chains
- Small amounts of monodesmosides such as α-hederin and hederagenin-3-O-β-D-glucoside
- Primarily hederasaponin C (hederacoside C) together with other hederasaponins
- Flavonoids such as querectin and kaempferol including their 3-O-rutinosides and 3-O-glucosides (= isouqueretin and astragalin)
- Caffeic acid derivate and other phenolic acids
- Coumarin glycoside scopolin and the polycacylenes falcarinone, falcarinol and 11, 12-dihydrofalcarnol
- Phytosterols as stigmasterol, sitosterol, cholesterol, campesterol, α-spinasterol

The content of this brochure is based on our findings and experience. Our goal is to inform our customers to the best of our current knowledge. The information is, however, non-binding. Rights of third parties must be observed. The recommended dosages are only guidelines and cannot replace preliminary trials with individual products. Furthermore, before sale, it is essential that all products satisfy local legal requirements.