

References:

- 1 Ignat MV et al. Plants of the Spontaneous Flora with Beneficial Action in the Management of Diabetes, Hepatic Disorders, and Cardiovascular Disease. *Plants* 2021, 10, 216. <https://doi.org/10.3390/plants10020216>.
- 2 Biel W et al. The chemical composition and antioxidant properties of common dandelion leaves compared with sea buckthorn. *Can. J. Plant*, 2017; *Sci.* 97: 1165–1174.
- 3 Bahman M et al. *Silybum marianum*: beyond hepatoprotection. *J Evid Based Complementary Altern Med.* 2015 Oct;20(4):292–301. doi: 10.1177/2156587215571116.
- 4 Freitag AL et al. Hepatoprotective Effect of Silymarin (*Silybum marianum*) on Hepatotoxicity Induced by Acetaminophen in Spontaneously Hypertensive Rats. Hindawi Publishing Corporation. Evidence-Based Complementary and Alternative Medicine Volume 2015, Article ID 538317, 8 pages <http://dx.doi.org/10.1155/2015/538317>.
- 5 Mohaddese Mahboub. *Cynara scolymus* (artichoke) and its efficacy in management of obesity. *Bulletin of Faculty of Pharmacy, Cairo University* 2018, 56(2):115–120.
- 6 Nurul Elyani Mohamad et al. Antioxidant effects of pineapple vinegar in reversing of paracetamol-induced liver damage in mice. *Chin Med.* 2015; 10: 3.
- 7 Janda K et al. The Common Cichory (*Cichorium intybus* L.) as a Source of Extracts with Health-Promoting Properties—A Review. *Molecules* 2021, 26, 1814. <https://doi.org/10.3390/molecules26061814>
- 8 Qian-Qian Mao et al. Bioactive Compounds and Bioactivities of Ginger (*Zingiber officinale* Roscoe). *Foods* 2019, 8, 185; doi:10.3390/foods8060185.
- 9 Bodagh MN. Ginger in gastrointestinal disorders: A systematic review of clinical trials. *Food. Sci Nutr* 2019 Jan; 7(1): 96–108.