

# Parsley



## Applications

- Antioxidant Support
- Detoxification Support
- Immune System Support
- Blood Glucose Support
- Microbial Support
- Healthy Inflammatory Response Support
- Digestive Support

## Introduction

**NutraMedix Parsley** is a hydro-ethanol extract from **parsley stem and leaf** (*Petroselinum crispum*). Parsley is a biennial plant that is part of the Apiaceae family and is thought to have originated in the Mediterranean region.<sup>1</sup> Synonyms for *P. crispum* include *Petroselinum hortense*, *Petroselinum sativum*, *Petroselinum vulgare*, *Apium petroselinum*, *Apium crispum*, and *Carum petroselinum*.<sup>1</sup>

**Parsley** contains flavonoids and phenolic compounds, including apigenin, apiin, luteolin, chrysoeriol, quercetin, and isorhamnetin.<sup>2</sup> Parsley also contains the essential oils myristicin and apiol; the carotenoids beta-carotene, lutein, violaxanthin, and neoxanthin; and coumarins.<sup>2</sup>

**NutraMedix Parsley** is made at our U.S. manufacturing facility using a specialized proprietary extraction process that optimizes the constituents of the herbs in their original, unprocessed state to obtain broad-spectrum concentration. Because our extracts are made in our own facility, we control all aspects of quality, including stringent ID testing, microbial testing, and heavy-metal testing. NutraMedix rigorously follows current good manufacturing practices (cGMP), as do our suppliers.

## Antioxidant Support

**Parsley** (*P. crispum*) may support a healthy cellular antioxidant enzyme system.<sup>3</sup> It may

help with antioxidant support, as quantified by DPPH assay and chemoluminescence.<sup>4,5</sup> Antioxidant support has also been quantified by beta-carotene bleaching assay.<sup>6</sup> The antioxidant activity is attributed to the phenolic components apiol, myristicin, and apiin.<sup>6,7</sup> While apiol and myristicin have similar chemical structures, apiol demonstrates more than five-fold the free radical scavenging activity of myristicin, though myristicin is the more abundant constituent.<sup>6</sup> In a rat study, parsley helped maintain total antioxidant capacity and malondialdehyde levels already within the normal range.<sup>7</sup> In a randomized crossover trial with 14 healthy volunteers, seven women and seven men, parsley supported statistically significant changes in superoxide dismutase (SOD) and erythrocyte glutathione reductase.<sup>8</sup>

## Detox Support

**Parsley** (*P. crispum*) may contribute cleansing support and help ease Herxheimer-like reactions.<sup>9</sup> It may help support liver health through contributing antioxidant support and may help maintain nitrite oxide (NO) levels already within the normal range.<sup>7</sup> Parsley may help support urinary tract health through maintaining urinary pH already within the normal range.<sup>9,10</sup> It may also help support and maintain healthy elimination.<sup>11</sup>

## Immune Support

**Parsley** (*P. crispum*) may help with immune support.<sup>12</sup> Preclinical studies suggest that

parsley may help support and maintain homeostasis of both cellular and humoral arms of adaptive immunity.<sup>12</sup>

## Other Support

### Blood Glucose Support

Parsley (*P. crispum*) may help maintain blood glucose levels already within the normal range.<sup>13</sup> It may also help maintain glycation already within the normal range.<sup>14</sup> During fructose metabolism, parsley may help maintain levels of ketohexokinase-C already within the normal range.<sup>15</sup>

### Microbial Support

Parsley (*P. crispum*) may help with microbial support.<sup>16-18</sup> Microbial support has been determined by the agar well diffusion method.<sup>17,18</sup> While both cold water and hot water extracts may help with microbial support, the zone of inhibition for the tested skin organisms was greatest with the hot water extract of parsley.<sup>17</sup> In a seed extract of parsley, the zones of inhibition were comparable to the positive control.<sup>18</sup>

### Inflammatory Response Support

Parsley (*P. crispum*) may help with healthy inflammatory response support.<sup>19</sup> In a rat study, the ethanolic extract of parsley was shown to help with healthy hepatic inflammatory response support; this was partly attributed to antioxidant activity.<sup>20</sup>

## Digestive Support

Parsley (*P. crispum*) may help with digestive support.<sup>1</sup> It may help maintain healthy gastrointestinal mucosa and support normal stool consistency.<sup>21,11</sup>

## Safety & Cautions

Parsley (*P. crispum*) is generally recognized as safe (GRAS) in the U.S. and is usually well tolerated.<sup>22,1</sup> It is a source of salicylates.<sup>1</sup> Parsley may have estrogenic activity comparable to that found in the isoflavone glycosides of soybeans.<sup>23</sup> There have been cases of rare allergic reactions to parsley, including anaphylaxis.<sup>24,25</sup> Parsley may increase the risk of bleeding when taken with anticoagulant and antiplatelet medications.<sup>1</sup> It may have additive effects when taken with hypoglycemic and diuretic medications.<sup>1</sup> Theoretically, parsley may prolong the effects of pentobarbital when taken concurrently.<sup>1</sup> Theoretically, parsley may increase levels of medications that are CYP1A2 substrates.<sup>1</sup> Parsley is rich in vitamin K, and high doses may interfere with warfarin therapy.<sup>26</sup> Parsley is contraindicated in pregnancy, due to anti-fertility effects attributed to apiol.<sup>27</sup> It is also contraindicated in inflammatory kidney conditions.<sup>28</sup>

Safety is not documented in breastfeeding or pregnant women, or in children under age 3, due to insufficient safety research.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, or prevent any diseases.

## References

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**NutraMedix.** 

**SHAKE WELL BEFORE EACH USE:**

Put 10 drops in 4 oz (120mL) of water and wait one minute before drinking. May be taken several times per day, or for maximum support every 15 minutes, or as directed by your physician. Do not use if pregnant or nursing. Stop use if adverse reactions develop. Keep out of reach of children.

**†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**



**PARSLEY**  
**ANTIOXIDANT/DETOX  
SUPPORT †**

**Dietary Supplement**

**1 fl oz. (30mL)**

**Supplement Facts**

Serving Size 10 drops  
Servings Per Container 60

Amount Per Serving	
Parsley leaf and stem extract	0.5 mL*

\*Daily Value not established

**Other ingredients:** mineral water, ethanol (20-24%)

**NutraMedix.** 

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V324390

Lot #  
Exp.

**PROFESSIONAL USE ONLY**