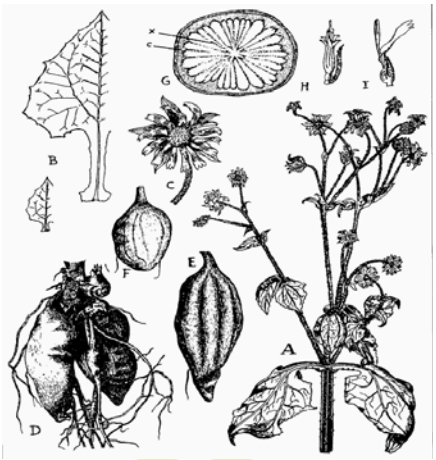
LABORATORIOS FITOFARMA



PRODUCT SHEET

Yacón (*Smallanthus sonchifolius)*

Family : Compositae = Asteraceae (Aster Family)

COMMON NAMES: "yacón", "leafcup", "yacon strawberry". **SPANISH**: ***Peru***, ***Bolivia, Argentina*** "yacón", "llacon", "llacjon", "llag'on"; ***Colombia*** "arboloco"; ***Colombia***, ***Venezuela*** "jíquima", "jiquimilla". **AYMARA**: ***Peru, Bolivia*** "aricoma". **French**: "poire de terre".

SYNONYMS:

- *Polymnia sonchifolia*
- *Polymnia edulis*

DESCRIPTION: **Habit**: perennial herb, 1.5 m to 2 m tall (although some individuals can reach up to 3 m). **Roots**: radical system densely branching, composed of a vast system of cylindrical roots (non-storage roots) and tuberous roots (storage roots) of adventitious nature; fully mature roots up to 30 cm long and 10 cm in diameter. **Stems** stout and angular. **Leaves**: opposite, dark green, large, variable in shape, and with 3 main veins. **Flowers**: somewhat scarce (a common feature among clonally propagated tuberous crops), arranged in terminal capitula (heads) that are born on 1 to 5 axes, each one with 3 capitula on densely pilose peduncles. Flower heads similar to common daisy, but smaller and yellow. **Fruit**: Achene, purple when immature and dark brown or black when mature.

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ORIGIN AND DISTRIBUTION: Yacón originated in the Andes. It grows in Colombia, Ecuador, Peru, Bolivia, and northwestern Argentina. Commonly found naturalized at moderate altitudes - around 2 000 m asl- in South America, especially in the *yunga* region, on the western face of the Andes, or in the cloud forest on the Eastern slopes of the Andean Mountain Range, from Venezuela to northwestern Argentina.

PARTS USED: Tuberous roots, above-ground stems, leaves, rhizomes.

PROPERTIES: Antidiabetic, antifungal, cancer-preventive factor, cholesterol reducer, dietetic sweetener, digestive, food for animals and humans, hypoglycemic, non-cariogenic (several of its sugars do not produce caries), pesticide, skin rejuvenating, soil protector, source of fructose and alcohol, triglyceride reducer, promotes assimilation of calcium, stimulates synthesis of B-complex vitamins, and against renal diseases.

PHYTOCHEMICALS: Inulin-type sugars (Oligofructans), fructose, alpha-glucose, beta-glucose, sucrose, inulin.

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