

ABSTRACT

Disclosed is a plant extraction method, comprising the following steps: 1) preparation of a crude plant extraction solution; 2) separation of the crude extraction solution through a cation resin and an optional anion resin to obtain a collection solution; 3) concentration of the collection solution obtained in step 2); 4) alcohol precipitation of the concentration solution obtained in step 3); and optionally, step 5) concentration and drying. The method can effectively reduce the content of heavy metals in an extract, and reduce the amount of ethanol used in extraction, thereby improving the product quality and lowering the production cost, and the efficiency and safety of industrial production are improved. The extract obtained by means of this method can be used to prepare drugs for lowering blood lipid, treating abnormal glucose tolerance, treating diseases related to abnormal blood glucose, or regulating intestinal flora, and can be processed into food products, health-care products or drinks.