Claims:

1. A comestible composition for ~~promoting healthcare of~~ reducing the risk of cardiovascular ~~system~~ disease of an individual comprises an extract ~~derives~~ derived from foliages of a plant of Arecaceae family using a ~~polar~~ two-step solvent extraction ~~solvent~~ where alcohol is used in the first extraction step and acetone is used in the second extraction step.

2. A comestible composition according to claim 1, wherein the extract is prepared in a concentrated form.

3. A comestible composition according to claims 1 and 2, wherein the plant of Arecaceae family is any one or combination of *Elaeis guineensis, Elaeis oleifera, Phoenix dactylifera* and *Cocos nucifera*.

4. A comestible composition according to ~~claims 1 and 2, wherein the polar extraction solvent is selected from the group consisting of water, alcohol, acetone, chloroform and any combination thereof.~~ claim 3 wherein the plant is *Elaeis guineensis*.

~~5. A method for preparing an herbal extract comprises the steps of:~~
~~(a) pre-treating foliages derive from plants of the Arecaceae family;~~
~~(b) extracting the pre-treated foliages by using a polar solvent;~~
~~(c) removing the pre-treated foliages from the used polar solvent; and~~
~~(d) concentrating the used polar solvent to acquire the herbal extract;~~
~~wherein the pre-treating step is any one or combination of cleaning the foliages, drying the foliages and pulverizing the foliages.~~

5. A comestible composition according to any or of claims 1 to 4, wherein the two step solvent extraction is done at pH of between 3 and 8.

~~6. A method according to claim 5, wherein the plant of Arecaceae family is selected from the group consisting of *Elaeis guineensis*, *Elaeis oleifera*, *Phoenix dactylifera* and *Cocos nucifera*.~~

6. The comestible composition according to any one of claims 1 to 5, wherein the two-step solvent extraction is done at a temperature of between 40ºC and 120ºC.

~~7. A method according to claim 5, wherein the polar solvent is any one or combination of water, alcohol, acetone and chloroform.~~

7. A method for preparing an herbal extract comprises the steps of:

(a) pre-treating foliages derive from plants of the Arecaceae family;

(b) extracting the pre-treated foliages by using a two step solvent extraction where alcohol is used in the first extraction step and acetone is used in the second extraction step.;

(c) removing the pre-treated foliages from the used alcohol and acetone; and

(d) concentrating and combining the used alcohol and acetone to acquire the herbal extract; wherein the pre-treating step is any one or combination of cleaning the foliages, drying the foliages and pulverizing the foliages.

~~8. A method according to claim 5, wherein ratio of the dried foliages to the polar extraction solvent is 1-3: 6-10 (w/v).~~

8. The method according to claim 7, wherein the plant of Arecaceae family is selected from the group consisting of Elaeis guineensis, Elaeis oleifera, Phoenix dactylifera and Cocos nucifera.

9. The method according to claim 8 wherein the plant is Elaeis guineensis

10. The method according to any one of claims 7 to 9, wherein ratio of the dried foliages to the alcohol is 1-3: 6-10 (w/v).

11. The method according to any one of claims 7 to 10 further comprising concentrating the extract.

12. The method according to any one of claims 7 to 11, wherein the two-step solvent extraction is done at a pH of between 3 and 8.

13. The method according to any one of claims 7 to 12 wherein the two-step solvent extraction is done at a temperature of between 40˚C and 120˚C.

14. A method of reducing risk of cardiovascular disease in an individual comprising, an extract derived from foliages of a plant of Aracaceae family using a two step solvent extraction where alcohol is used in the first exraction step and acetone is used in the second extraction step and administrating the extract to the individual orally.

15. The method according to claim 14 wherein the cardiovascular disease is hypercholesterolemia.

16. The method according to either claim 14 or 15 further comprising using an extract concentrate.

17. The method according to any one of claims 14 to 16, wherein the two-step solvent extraction is done at a pH of between 3 and 8.

18. The method according to any one of claims 14 to 17 wherein the two-step solvent extraction is done at a temperature of between 40˚C and 120˚C.