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(54) Title: FORMULATIONS CONTAINING *CYNARA SCOLYMUS* AND *PHASEOLUS VULGARIS* EXTRACTS WHICH ARE USEFUL IN THE TREATMENT OF OBESITY

(57) Abstract: The present invention relates to a Cynara scolymus extract with a high content of caffeoylquinic acids, and a composition containing said Cynara scolymus extract with a Phaseolus vulgaris extract. Said composition is useful in reducing obesity as it reduces cholesterol, triglycerides and blood glucose by sensitising the cells to insulin. This combination, when taken before meals, reduces the appetite, leading to a reduction in body weight. The extracts are preferably formulated in Oenothera biennis oil, fish oil, or oils rich in unsaturated ω-3 fatty acids.