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(71) Applicant (for all designated States except US): **UNIVERSITI PUTRA MALAYSIA** [MY/MY]; 43400 UPM Serdang, Selangor (MY).

(72) Inventors; and

(75) Inventors/Applicants (for US only): **SUHAILA, Mohamed** [MY/MY]; Faculty of Food Science and Technology, University Putra, 43400 UPM Serdang Selangor (MY). **JULIANA, Jafri** [MY/MY]; Faculty of Food Science and Technology, University Putra, 43400 UPM Serdang Selangor (MY). **NOORDIN, Mohamed**

Mustapha [MY/MY]; Faculty of Food Science and Technology, University Putra, 43400 UPM Serdang Selangor (MY). **INTAN, Natasya Ahmad** [MY/MY]; Faculty of Food Science and Technology, University Putra, 43400 UPM Serdang Selangor (MY). **MYRSYIDA, Abdul Razak** [MY/MY]; Faculty of Food Science and Technology, University Putra, 43400 UPM Serdang Selangor (MY).

(74) Agent: **LOK, Choon Hong**; Suite 6.03, 6th Floor, Wisma Mirama, Jalan Wisma Putra, 50460 Kuala Lumpur (MY).

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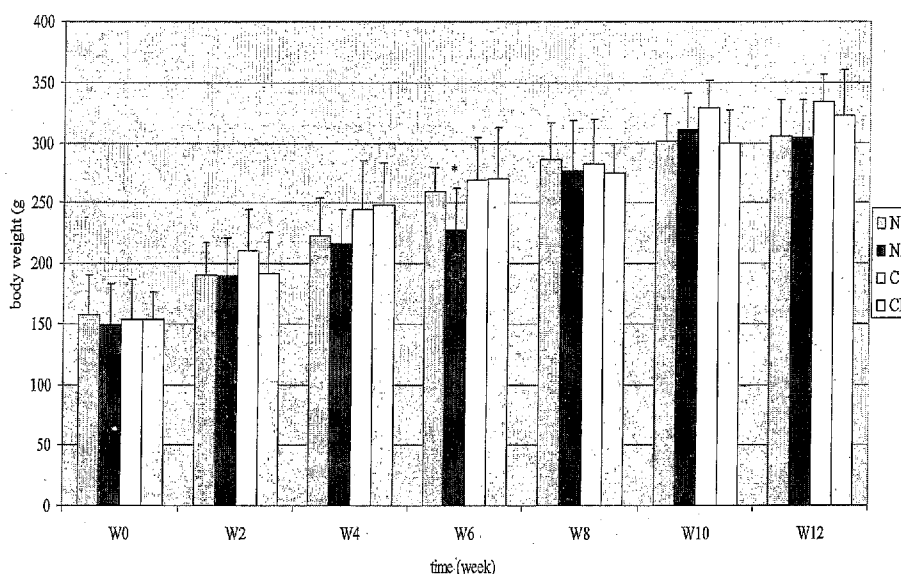
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(54) Title: EXTRACT FROM PALM LEAVES AND A METHOD FOR PRODUCING THE SAME

Figure 1

Body weight of Sprague Dawley rats in four different diet



*- $p < 0.05$ versus N control

(57) Abstract: A method for preparing an herbal extract comprises the steps of pre-treating foliages derive from a plant of Arecaceae family; extracting the pre-treated foliages by using a polar solvent; removing the pre-treated foliages from the used polar solvent; and concentrating the used polar solvent to acquire the herbal extract.

WO 2009/008697 A4



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AMENDED CLAIMS

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1. A comestible composition for promoting healthcare of cardiovascular system of an individual comprises an extract derived from foliages of a plant of Arecaceae family using a polar extraction solvent.
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.
8. 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.
9. A method according to claim 8, wherein the plant of Arecaceae family is selected from the group consisting of *Elaeis guineensis*, *Elaeis oleifera*, *Phoenix dactylifera* and *Cocos nucifera*.
10. A method according to claim 8, wherein the polar solvent is any one or combination of water, alcohol, acetone and chloroform.

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