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(57) Abstract :

The present invention relates to a method for extracting bioactive compounds from Amaranthus tricolor leaves and utilizing them for hepatoprotection. Fresh, pesticide-free leaves are dried, powdered, and extracted with ethanol to obtain a crude extract, which is concentrated and stored for use. The extract demonstrates hepatoprotective properties in a paracetamol-induced hepatotoxicity model in Wistar rats. The hepatoprotective activity is evaluated by administering the extract at doses ranging from 200 mg/kg to 400 mg/kg body weight and assessing serum biochemical markers such as SGOT, SGPT, alkaline phosphatase, total bilirubin, and total protein. The results show that the extract significantly reduces liver damage by normalizing these markers, highlighting its potential as a therapeutic agent for liver protection. The method provides a sustainable and effective approach for utilizing Amaranthus tricolor as a natural hepatoprotective remedy.

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