



Dandelion TINCTURE

SLOW DIGESTION

Digestive tonic

NPN 80019116

50 ml

Each ml contains

Dandelion	fresh root	<i>Taraxacum officinale</i>	1:2	490 mg	Organic
Alcohol, 28% to 35%, certified organic					

DOSAGE

INTERVENTION: 1.5 ml, 2 to 3 times per day, for maximum 7 days. Maximum dose: 4.5 ml per day.

TREATMENT: 1-1.5 ml, 1 to 2 times per day, for 4 to 6 weeks. Repeat as needed.

DIRECTIONS FOR USE

Dilute in a sip of water.

For long-term treatment, take 6 days out of 7.

MECHANISM OF ACTION

Dandelion root is used for its cholagogue, hepatic and depurative properties. It contains inulin, taraxacin (a bitter compound), minerals (potassium, iron, calcium, manganese), trace elements, sugars, resins and waxes. Acting mainly on the digestive and urinary tracts, it improves general health by affecting the blood, skin and joints. Its high potassium content balances its diuretic action. Dandelion works mainly on the underlying terrain, helping to eliminate toxins, uric acid and cholesterol. It reduces inflammation and deposits, helping joints regain their mobility. It also tones the pancreas, adrenal glands and liver, regulating blood sugar levels. It is not a direct hypoglycemic agent, but rather a tonic and regulator.

HELPFUL ASSOCIATIONS

LIVERTOP for digestive problems.

URINATEA for urinary tract infections. Drink 1 liter per day.

RED CLOVER and **BURDOCK** infusion during spring and fall cleanse. Drink 1 liter per day.

GINGER tincture for digestive problems accompanied by nausea. Take 15 drops, as needed.

ETHNOBOTANY

Digestive system: lack of appetite, anorexia, anemia, hypercholesterolemia, indigestion, heartburn, colic, flatulence, dyspepsia, pancreatic atony, constipation, sluggish, congested or bilious attack, nausea.

Lymphatic system: swollen lymph nodes, mononucleosis.

Urinary system: urinary tract stones, edema.

Osteoarticular system: rheumatic pain, inflammation, calcium deposits.

Tegumentary system: eczema, psoriasis, urticaria, dermatosis, acne.

Premenstrual syndrome: headaches, nausea, water retention.

HISTORY

Dandelion has an extensive history as a remedy for hepatobiliary problems in several pharmacopoeias around the world. Originally from Greece, dandelion very quickly became naturalized almost everywhere in the Northern Hemisphere. Its name, *Taraxacum*, is from the Greek *taraxos* (disorder) and *akos* (remedy). In the Middle Ages, it was called *Urinaria* because it was mainly used for its diuretic properties. Arabian herbalists revealed its digestive and hepatic properties in the 12th century. Native Americans made infusions and decoctions for kidney problems, dermatological problems, dyspepsia and as a depurative.

CONTRA-INDICATIONS

Consult a health care professional if symptoms persist or worsen, or if you have liver or gallbladder disease or an intestinal obstruction. Do not use if pregnant or breastfeeding.

INTERACTIONS

No known drug interaction.

REFERENCES

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

