



## Dandelion

Stock #250-4 (100 capsules)

The dandelion plant has been used in Chinese and European cultures for centuries for combating liver disease. Today, scientific studies have confirmed this common garden weed contains vitamins, minerals, protein, pectins and other catalytic substances which help the liver and gallbladder filter out toxins and purify the blood. Dandelion also stimulates the kidneys to eliminate toxins through the urine. Furthermore, dandelion contains enzyme-like compounds which assist cell metabolism and increase bile secretion in the liver. As a result, dandelion inhibits bile duct inflammation, cirrhosis, dyspepsia with constipation, gallstones, hepatitis and jaundice. Other research shows dandelion exhibits anti-inflammatory properties and restricts the development of an enlarged or swollen liver. In essence, all glands associated with digestive function respond quickly and effectively to dandelion.

Dandelion provides viscous fiber which absorbs toxins from the bowel, balances intestinal flora, lowers serum cholesterol, reduces bowel transit time, and soothes digestive tract tissues. Dandelion is also a source of bitter flavonoids which purify the blood, increase urine flow, relieve inflammation and muscle spasms, and provide a mild laxative action. The herb is especially beneficial for spleen ailments and for eliminating uric acid buildup. Dandelion has also been used to treat acne, age spots, eczema, frequent urination, gout, heartburn, psoriasis, rheumatism, urinary disorders, chronic joint complaints, including gout and osteoarthritis, and edema resulting from high blood pressure and heart weakness.

Experimental studies suggest dandelion may also aid breast tumors and help prevent breast cancer.

Dandelion provides numerous minerals, including calcium, iron, magnesium, phosphorus and zinc. Dandelion also supplies a generous amount of the electrolytes, sodium and potassium, which help stabilize the body's response to dandelion's diuretic effect. Due to its high mineral content, dandelion is very beneficial for anemia. Dandelion is also a rich source of vitamins, including A, B1, B2, B5 (pantothenic acid), B6, C, E, and P. Dandelion actually furnishes more beta-carotene (vitamin A) than carrots, according to the *Encyclopedia of Common Natural Ingredients Used in Food, Drugs and Cosmetics*. Furthermore, routine USDA analyses show dandelion contains more vitamin B, C and D than most other standard vegetables.