



Licorice & Dandelion Combination

Product Code: 950 (100)

Licorice & Dandelion Combination is designed to maintain a healthy digestive system. Contains Licorice root, and Dandelion which was used by many North American Indian tribes. Safflower and horseradish are added for their nutritional benefits. Licorice & Dandelion Combination contains natural sources of chromium, iron, magnesium, potassium, silicon and sodium.

Licorice (*Glycyrrhiza glabra*) root extracts are widely used for the treatment of gastric (stomach) ulcers. Licorice protects and heals the gastric mucosa and has been shown to significantly inhibit the bacteria that causes peptic ulcers (*Helicobacter pylori*) from attaching to stomach tissue. Licorice contains the primary active ingredient, glycyrrhizin, which exerts anti-inflammatory effects, promotes the healing of gastric ulcers, and protects against aspirin-induced damage to the gastric mucosa. Glycyrrhizin has also been shown to provide significant anti-diabetic effects in animal studies, including improving blood glucose levels and lowering serum insulin levels. Furthermore, licorice contains chromium, a trace mineral necessary for proper blood sugar control. Chromium regulates or potentiates the action of insulin, thereby aiding in the treatment of both diabetes and hypoglycemia.¹⁻⁹

Dandelion (*Taraxacum officinale*) root contains bitter constituents that aid digestion by stimulating the release of gastric and salivary juices and increasing bile secretion and bile flow from the gallbladder and liver. These bitter substances also provide a mild laxative effect. In addition, dandelion indirectly stimulates the pancreas to secrete lipases, which facilitate the assimilation of fat-soluble nutrients. Both animal and human studies show that dandelion improves bile duct inflammation, gallstones, hepatitis, jaundice and liver congestion. Dandelion may also help loss of appetite, constipation, dyspepsia (indigestion), gallbladder inflammation (cholecystitis), and sluggish liver function stemming from alcohol abuse or poor diet. Animal research has confirmed that dandelion root extract exerts a protective effect against alcohol-induced liver toxicity, and may prove beneficial in reducing risk factors for coronary artery disease and preventing atherosclerosis. Furthermore, preliminary evidence suggests that dandelion root may exert hypoglycemic (blood sugar-lowering) activity. Dandelion is not recommended for individuals with bile duct obstruction and should be used with caution by those with gallstones, gastritis or stomach ulcers. Dandelion may potentiate the effects of antidiabetic medications.^{2,3,4,25-31}

References:

- 1Wittschier, N., et. al. "Aqueous extracts and polysaccharides from liquorice roots (*Glycyrrhiza glabra* L.) inhibit adhesion of *Helicobacter pylori* to human gastric mucosa." *Journal of Ethnopharmacology*; 2009, 125(2):218-223.
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- 5"Glycyrrhiza glabra. Monograph." *Alternative Medicine Review*; 2005, 10(3):230-237.
- 6Duke PhD, J. *Dr. Duke's Phytochemical and Ethnobotanical Databases*. <<http://tinyurl.com/2egkh6f>>. Accessed January 2011.
- 7Pizzorno, J., Murray, M. *Textbook of Natural Medicine, 2nd Ed*. London: Churchill Livingstone, 1999.
- 8Anderson, R.A., et. al. "Effects of supplemental chromium on patients with symptoms of reactive hypoglycemia." *Metabolism*; 1987, 36(4):351-355.
- 9—. "Chromium, Glucose Intolerance and Diabetes." *Journal of the American College of Nutrition*; 1998, 17(6):548-555.