

DANDELION

Traditionally used in Herbal Medicine to help increase bile flow (cholagogue).

90 capsules 3 250 mg

VEGETARIAN

PESTICIDE FREE

GMO FREE

NPN 80000212

History²

Dandelion is believed to be originally from Western Europe, although today it is spread all over the globe in all latitudes with temperate climates. Over 1000 years before the common era, Arab doctors recognized the medicinal properties of dandelion for treating disorders of the liver, gall bladder, and for treating fever, anemia, and water retention.



MEDICINAL INGREDIENT

Dandelion (*Taraxacum officinale*) (root) 325 mg
(10:1, QBE 3 250 mg)

NON-MEDICINAL INGREDIENTS

Cellulose, magnesium stearate and hypromellose.

RECOMMENDED DOSE

Adult: 1 capsule 3 times daily with a glass of water.

WARNINGS

- Consult a health care provider if symptoms persist or worsen.
- Consult a health care provider prior to use if you are pregnant or breastfeeding.

CONTRAINDICATIONS

- Do not use if you have liver or gallbladder disorders, or bowel obstruction.
- Discontinue use if you develop symptoms of liver trouble.

TARAXACUM OFFICINALE

USDA Classification¹
 Kingdom : Plantae
 Division : Magnoliophyta
 Class : Magnoliopsida
 Order : Asterales
 Family : Asteraceae
 Genus : *Taraxacum* F.H. Wigg.
 Species : *Taraxacum officinale* F.H. Wigg.

Professionals

Dandelion contains numerous active compounds that account for its therapeutic effects, particularly an abundance of bitter active ingredients, terpenoids, flavonoids, and sterols (taraxin and taraxacerin). Other terpenes and sterols include beta-amyrin, taraxasterol, and taraxerol, as well as free sterols (sitosterin, stigmasterin, and phytosterin) whose structure is related to the structure of bile.³ It has been shown that taking *Taraxacum officinale* orally induces an increase in the secretion of bile.⁴ Dandelion is a medicinal herb that is considered very well tolerated and safe, with few secondary effects reported in the literature.

Taraxacum officinale is today included in many official pharmacopeias, such as those of India, Austria, Germany, and Great Britain. The German Commission E has recognized its use, particularly for improving biliary functions. ESCOP has approved the use of dandelion root for stimulating biliary and hepatic functions, and Health Canada has recognized its traditional usage as a cholagogue and choleric.



LEO DESILETS

Léo Désilets Master Herbalist is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

RÉFÉRENCES

¹ **Fiche *Taraxacum officinale* F.H. Wigg.** Available online at: <http://plants.usda.gov/core/profile?symbol=TAOF> (accessed on 10.02.2015)

² **Pissenlit.** *Passeport Santé.* Available online at: http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=pissenlit_ps (accessed on 11.02.2015)

³ **Cordatos E. *Taraxacum officinale*.** In: Murray M, Pizzorno J, eds. *A Textbook of Natural Medicine.* Seattle: Bastyr University Press. 1992.

⁴ **Vogel G. *Natural substances with effects on the liver.*** In: Wagner H, Wolff P, eds. *New Natural Products and Plant Drugs with Pharmacological, Biological or Therapeutic Activity.* Heidelberg: Springer-Verlag. 1977.

