



# DANDELION

Traditionally used in herbal medicine to help increase bile flow (cholagogue).

Product number . . . . . NPN 80000212  
Dosage form . . . . . Vegetable capsule  
Quantity . . . . . 90  
Recommended route of administration . . . . . Oral  
Dosage . . . . . Dandelion (extract ratio 10:1) (*Taraxacum officinale*) (root) 325 mg  
. . . . . quantity equivalent to 3 250 mg of dandelion

## History<sup>2</sup>

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.

## 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.<sup>3</sup> It has been shown that taking *Taraxacum officinale* orally induces an increase in the secretion of bile.<sup>4</sup> 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 choleretic.



## Therapeutic indications

- Traditionally used in herbal medicine to help increase bile flow (cholagogue).

## RECOMMENDED DOSAGE

1 capsule, 3 times per day, with a glass of water, providing a daily intake equivalent to 9.75 g of *Taraxacum officinale*.

## *Taraxacum officinale*

### USDA Classification<sup>1</sup>

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





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### Medicinal ingredient

Dandelion (extract ratio 10:1) (*Taraxacum officinale*) (root) 325 mg  
quantity equivalent to 3 250 mg of dandelion

### Non-Medicinal ingredients

Cellulose, magnesium stearate and hypromellose

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The Dandelion capsules from Léo Désilets Maître Herboriste contain 325.0 mg of a 10:1 extract of *Taraxacum officinale*, equivalent to 3250 mg. The recommended dosage of our product is 3 capsules per day, for a total daily dosage of 9750 mg of *Taraxacum officinale*.

### Precautions and warnings

- Consult a health care practitioner if symptoms persist or worsen.
- Consult a health care practitioner before using if you are pregnant or breastfeeding.

### Contraindications

- Do not use if you suffer from a disorder of the liver or gall-bladder, or if you have an intestinal obstruction.
- Discontinue use if symptoms of liver trouble arise.

### REFERENCES

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

<sup>2</sup> Pissenlit. Passeport Santé Available online at: [http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=pissenlit\\_ps](http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=pissenlit_ps) (accessed on 11.02.2015)

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

<sup>4</sup> 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.



**Léo Désilets**  
*Master herbalist*

**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**.

