

Dandelion Root

Botanical Name: *Taraxacum officinale*

Family: Asteraceae

Energetics: Cooling, slightly bitter

Taste: Bitter, earthy

Actions: Hepatic, diuretic, digestive tonic, anti-inflammatory

Overview

Dandelion Root is a classic bitter herb used to support liver and gallbladder function, digestion, and detoxification. It also has mild diuretic effects and is rich in vitamins and minerals.

Uses

Internal Uses

- Liver and gallbladder support
- Digestive tonic for bloating and sluggish digestion
- Mild diuretic
- Anti-inflammatory support

External Uses

- Poultices for skin inflammation
- Herbal baths for detoxifying and soothing skin

Medication Interactions

- May interact with diuretics or blood pressure medications
- Use caution with medications metabolized by the liver

Contraindications

- Allergy to Asteraceae family
- Gallbladder obstruction (consult practitioner)
- Pregnancy and breastfeeding: generally safe in food amounts

Caution & Safety

- Moderate doses internally
- Monitor for digestive upset in sensitive individuals
- Avoid if allergic to related plants

Herbal Pairings

Blends Well With

- Milk Thistle (liver support synergy)
- Burdock Root (detoxification and digestion)
- Ginger (digestive comfort)
- Peppermint (carminative support)

Avoid Combining With

- Other strong diuretics without supervision

Possible Side Effects

- Mild digestive upset
- Diuretic effect (frequent urination)
- Rare allergic reactions

Forms & Dosage

Tea / Decoction

- 1-2 tsp dried root per cup water
- Simmer 15-20 minutes
- 1-2 cups daily

Tincture (1:5)

- 2-4 mL, 1-2 times daily

Capsules / Powder

- 500-1,000 mg, 1-2 times daily



Dandelion Root is a gentle but effective bitter tonic for liver, gallbladder, and digestive support. Its nutrient-rich profile adds additional health benefits.

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