

# Dandelion Root

**Botanical Name:** *Taraxacum officinale*

**Family:** Asteraceae

**Energetics:** Cooling, slightly bitter

**Taste:** Bitter, earthy

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

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## 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.

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## 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
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## Medication Interactions

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

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

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

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

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

*For educational purposes only; not intended to diagnose, treat, or cure any condition.*

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