

# Dandelion

100 capsules, Single herb, Stock No. 250-4

**D**andelion is one of the first wild plants to grow in Spring as an invitation to cleanse the system of any waste material and toxins accumulated during the long Winter.

Native to Europe and naturalized in North America, dandelion grows everywhere on this continent as an indication that everyone needs it for its wealth of nutrients and benefits.

## *Did you know?*

Dandelion is so widely despised as a weed; it's sometimes difficult to see this plant for what it really is — a nutritious healing plant with a medicinal reputation dating back more than 1,000 years.

Ralph Waldo Emerson wrote, "What is a weed? A plant whose virtues have not yet been discovered." As far as dandelion is concerned, truer words were never penned, though its virtues have been well documented.

According to pharmacologist Daniel B. Mowrey, Ph.D., dandelion root heads the list of excellent foods for the liver and related organs and glands.

## *NSP Advantage*

100 capsules. Single Herb.

*Ingredients:* 460 mg of the finest dandelion (*Taraxacum officinale*) root, magnesium stearate, silicon dioxide.

Dandelion contains calcium, iron, manganese, phosphorus, potassium, protein, sodium, and vitamin A.

*Recommendation:* Take two capsules with a meal twice daily.

## Features & Benefits

- Recognized as a Traditional Herbal Medicine to cleanse the blood and liver by helping the liver and gallbladder filter out toxins.
- Dandelion root has been used traditionally to stimulate appetite and increase bile flow. It has also been used for abscesses, boils, anemia, and liver disorders such as jaundice, hepatitis and gall stones.
- Used traditionally to improve functioning of the kidneys, pancreas, spleen and stomach.
- Promotes better digestion.