

Dandelions are a Powerhouse of Nutrients!

(*Taraxacum officinale*)

Benefits:

Diuretic

Reduces fats and Cholesterol

Relieves internal gases

helps dissolve gall/kidney stones

Fights cancer and diabetes

Blood Cleanser

Weight reducer

Improves vision

Treats acne and other skin problems

Regulates bowel movement

Controls blood pressure

Controls anemia

Helps heal chronic hepatitis

Reduces liver swelling and Jaundice

removes moles/warts (Milky sap)

Regulates heart (Potassium combines with sodium)

Helps prevent liver cirrhosis

Nutrients:

Asparagine

Beta carotene

Biotin

Boron

Calcium

Copper

Fiber

Folate

inositol

Iron

Selenium

Magnesium

Manganese

Phosphorus

Potassium

Vitamin: A,C,D,E,K,P

Vitamin B1, B2, B5, B6, B12

Silicon

Zinc

