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

Information gathered by Elkhart County Parks