

Dandelion Plant Tincture

Taraxacum officinale



Refuge Remedies

Overview

Often considered a foundational herb in traditional wellness systems, dandelion supports the body's natural balance and elimination processes. Dandelion is a deeply nourishing plant that grows abundantly in fields and meadows and has been traditionally valued for its ability to support the body's natural detoxification and digestive processes. Unlike many herbs, the entire plant—root, leaf, and flower—offers beneficial properties, making it a well-rounded botanical for daily wellness and seasonal support.

Sourcing Note

This dandelion is thoughtfully sourced and prepared in small batches to preserve quality, potency, and freshness.

Key Natural Compounds & What They Do

Flavonoids & Phenolic Compounds — support antioxidant activity and help protect cells from oxidative stress.
Taraxasterol (triterpenes) — supports liver function and helps regulate inflammatory response.
Inulin (prebiotic fiber, especially in root) — supports gut health and beneficial bacteria.
Minerals (potassium, calcium, iron) — contribute to hydration balance and overall nourishment.

Why Someone Might Choose this Tincture

People often select dandelion for supportive wellness when experiencing:

- Sluggish digestion or occasional bloating
- General feelings of heaviness or toxin buildup
- Seasonal transitions (especially spring cleansing)
- Mild water retention or puffiness
- Desire for gentle, daily liver support

Suggested Use

Take 1 dropperful 1–3 times daily under tongue or in water, tea, or juice.

Short-term intensive use:

Up to 2 dropperfuls 2–3 times daily for brief periods if well tolerated.

Directions

Shake well. Hold under tongue 15–30 seconds before swallowing or dilute in beverage.

Sublingual Use: Tinctures are commonly taken under the tongue where small blood vessels allow for direct absorption. If the tincture feels too strong, mix with a few drops of water before placing under the tongue. You can add it to a cup of water, juice or tea, if needed.

Dandelion is best known for providing gradual, supportive benefits rather than immediate effects.

Ingredients

Dandelion root and aerial parts, alcohol, distilled water, vegetable glycerin

Disclaimer - This product is not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the FDA. Always DYOR (Do Your Own Research) & consult a qualified healthcare professional before using herbal products.

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