

DANDELION LEAF



Fresh Herb Traditionally Used for Cleansing & Herbal Wellness Support

Botanical Name: Taraxacum officinale
Common Names: Dandelion Leaf
Plant Family: Asteraceae

Dandelion leaf has been traditionally valued in herbal wellness practices for generations and is widely appreciated for its refreshing and cleansing qualities. Our dandelion leaf is carefully sourced for freshness, vibrant colour and quality.

TRADITIONALLY USED FOR

Dandelion leaf has traditionally been used to support:

- Herbal cleansing routines
- Digestive wellness
- General vitality and balance
- Seasonal wellness support
- Mineral-rich nourishment
- Herbal wellness preparations

WAYS TO USE

Herbal Tea
Traditionally steeped into refreshing herbal infusions.

Culinary Uses
Can be added to salads, soups and nourishing recipes.

Wellness Blends
Often included in cleansing and wellness formulas.

HERBAL PAIRINGS & SYNERGIES

For Cleansing & Wellness

Pairs beautifully with:

- Cleavers
- Nettle
- Burdock Root
- Peppermint

For Nourishment &

Vitality

Often blended with:

- Alfalfa
- Oatstraw
- Lemon Balm
- Ginger

Nutritional Highlights

Dandelion leaf naturally contains plant compounds traditionally valued in cleansing and nourishing herbal wellness practices.

Suggested Use

Enjoy in teas, wellness blends or culinary preparations as desired.

Storage

Store in a cool, dry place away from moisture and direct sunlight.

Precautions

Do not ingest. Avoid applying to broken skin. Consult your healthcare practitioner before use if pregnant, breastfeeding or managing a medical condition.

Disclaimer

These statements have not been evaluated by Health Canada. This product is not intended to diagnose, treat, cure or prevent any disease.

Taste	Energetics	Best Time to Use	Pairs Well With
Bitter, green, earthy	Cooling, drying	Daily or seasonal wellness	Cleavers, nettle, burdock root, peppermint

