

NutraBio Dandelion Root: Learn the Benefits of Dandelion Supplements

written by Mike Roberto | October 20, 2020



The first two products to be featured in the Wellness Line!

At the end of July, **NutraBio** launched its Wellness Line, a series of premium health supplements. Each supplement serves a specific purpose. For example, two of the flagship products in the line are **Immune** and **Lungs**.

- **Immune** is a comprehensive immune system support supplement that's formulated with high doses of key vitamins and minerals, along with EpiCor, n-acetyl-L-cysteine, ginger root extract, and grape seed extract.
- **Lungs** is a complete respiratory system support supplement that uses Immuno-LP20, quercetin, n-acetyl-L-cysteine, and a variety of botanicals.

Every product in the Wellness Line is made the "NutraBio way," meaning that each one has efficacious dosages of the highest-quality ingredients, fully disclosed formulas, and third-party test results viewable to the public. Furthermore, NutraBio doesn't use fillers or excipients, so you can rest assured that you're getting only premium active ingredients.

NutraBio Expands the Wellness Line with Dandelion Root

Ever since the Wellness Line was released, **Lungs** and **Immune** were the only two supplements a part of this new series. Over the past few months, NutraBio has been extremely busy with their limited edition holiday launches, including **Freedom Flavors** for Independence Day and **Pumpkin Pie Classic Whey** for Halloween. Now that promoting those products has slowed, NutraBio launched the third supplement in the Wellness Line, which is *Dandelion Root*!



NutraBio Dandelion Root is an herbal diuretic that's designed to support liver and kidney function. Unlike Immune and Lungs, Dandelion Root is a single ingredient supplement. So the only ingredient that you'll see on the label is high-quality dandelion root extract.

Although this product is very simple and straightforward, dandelion root has several benefits that many consumers are likely unaware of. Typically, dandelion root is used in multi-ingredient weight loss supplements to help get rid of excess water. However, it's rare to find the herb as a stand-alone product. Dandelion Root allows you to easily add an efficacious dose of the herb to your supplement stack.

Keep reading to find out more about Dandelion Root and sign up for NutraBio news and deal alerts below so you don't miss out on another product or flavor launch!

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NutraBio Dandelion Root Benefits

Supplement Facts		
Serving size: 3 capsules		
Servings per container: 40		
Amount Per Serving		%DV
Calories 5		
Total Carbohydrate	1 g	<1%
Dandelion Root Extract (<i>taraxacum officinale</i>) (water extracted)	1.5 g	*
* Percent Daily Values are based on a 2,000 calorie diet.		
Other Ingredients: vegetable capsule.		
No fillers or excipients, just pure dandelion root extract.		

Each bottle of NutraBio Dandelion Root comes with 120 capsules and each capsule contains 500 milligrams of water-extracted dandelion root, also known as *Taraxacum officinale*. For optimal results, NutraBio recommends taking three capsules (1.5 grams) per day with 8 to 12 ounces of water.

Here are the main benefits of NutraBio Dandelion Root:

- Natural diuretic
- Supports kidney and liver function
- Rich in antioxidants, which helps the body defend against free radicals
- Promotes a leaner, more vascular body composition
- May aid digestion

Dandelion Root Research

Dandelion root is a perennial weed that belongs to the Asteraceae family. It's often recognized by its bright yellow pedals found primarily in areas of Poland, Hungary, Romania, and Bulgaria.[1]



Dandelion root may help you obtain a lean and more vascular physique.

Traditionally, dandelion root was used as a medicinal herb throughout Asia, Europe, and America.[1] Due to the different bioactive constituents, they each contain, the dandelion can be divided into three components: flower, leaf and stem, and root.[1]

Here are some of the bioactive constituents of dandelion root and their properties:

- Caffeic acid – antioxidative and immuno-stimulatory
- Taraxasterol – antihyperglycemic and anti-inflammatory
- Ixerine – anti-inflammatory and antimicrobial
- Chicoric acid – anti-hyperglycemic and immunostimulatory (most abundant)
- Taraxinic acid – anti-inflammatory, antihyperglycemic, and antimicrobial
- Chlorogenic acids – strongest antioxidant and immunostimulatory[1,2]

Moreover, dandelion root contains vitamins, minerals, carbohydrates, carotenoids, fatty acids, pectin, and mucilage.[1] Nearly half of the common weed is made up of a complex carbohydrate called inulin, which has been shown to be beneficial for gastrointestinal disorders, obesity, cancer, and osteoporosis.[1]

• **Natural Diuretic**

Even though the dandelion root offers numerous health benefits, it's mainly

used as a natural diuretic by the sports nutrition industry. Diuretics are a group of compounds that help the body get rid of excess water, which can be beneficial before stepping on stage for a bodybuilding show or making weight for a competition.



Mark Glazier, CEO of NutraBio, has been doing everything he can to help get First Response into more front line workers' hands!

In a pilot study published in the *Journal of Alternative and Complementary Medicine*, researchers gave volunteers dandelion root extract to determine if it can increase urinary frequency and/or volume.[2]

The study authors found that within a five-hour period after supplementation, participants' experienced a significant increase in urinary frequency after one dose and another increase in excretion ratio after the second dose.[2] Interestingly enough, using dandelion as a natural diuretic dates back nearly 2,000 years in traditional Chinese and Ayurvedic medicine.[2]

Dandelion root extract is also one of the only natural diuretics that's rich in vitamins and minerals –especially potassium. So while shedding water weight, it can help users maintain an optimal electrolyte balance.[2]

- **Supports Kidney and Liver Function**

There's some evidence to suggest dandelion root can support kidney and liver function, however, experts would like to see more research before determining its effectiveness in these areas. In terms of kidney function, one preliminary study published in the journal *Renal Failure* reported that the extract promotes fluid excretion and may be beneficial for overall kidney health.[3]

In terms of liver function, a study published in the journal *Molecules* found that two polysaccharides present in dandelion root express hepatoprotective effects and may potentially protect the liver from acetaminophen-induced injury.[4] Furthermore, dandelion is abundant in antioxidants, which could help with liver detoxification, provide protection against oxidative stress, and reduce cellular damage.

Optimize Your Health and Wellness with NutraBio

NutraBio's Dandelion Root offers health benefits beyond simply dropping a few pounds of water weight. Not only can it help improve your physique, but due to several physiological effects, it may also help improve users' health and wellness, too.



The best just got better! NutraBio has switched their Vitamin B6 and B2 to more Bioavailable Forms!

It can be difficult to find a high-quality dandelion root extract, specifically one that's third-party tested and verified for potency, safety, purity, and efficacy. So if you're looking to purchase a trustworthy natural diuretic that might also improve your health, then we recommend trying NutraBio Dandelion Root.

NutraBio's line of health and wellness supplements continues to expand and they made some huge strides forward this year alone with the launch of Immune, Lungs, and Dandelion Root. Our other top health supplements from NutraBio include:

- MultiSport – a multivitamin formulated to maximize health and performance
- Extreme Joint Care – a comprehensive joint support supplement
- Omega-3 Fish Oil – a high-quality fish oil

NutraBio's goal is to give you all the tools you need to be successful, and they accomplish this by producing high-quality supplements without compromise.

Subscribe below for more NutraBio news, reviews, interviews, and deals from PricePLOW. If you want to pick up a bottle of Dandelion Root, use code **PricePLOW** to save some cash!

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