Dandelion

url: https://www.nccih.nih.gov/health/dandelion  
  
  
Dandelion  
Common Names: dandelion, lion s tooth, blowball  
  
Latin Names: Taraxacum officinale  
  
Background  
Dandelion is native to Europe but found throughout temperate regions in the Northern Hemisphere. The leaves, flowers, and root of the plant have traditionally been used in Mexican and other North American medicine.  
Today, dandelion is promoted as a tonic, as a diuretic, and for a variety of conditions, including infections and digestive symptoms. As a food, dandelion is used as a salad green and in soups, wine, and teas. The roasted root is used as a coffee substitute.  
How Much Do We Know?  
We know very little about dandelion s health effects. There s little scientific evidence on this herb.  
What Have We Learned?  
There s no compelling scientific evidence supporting the use of dandelion for any health condition.  
What Do We Know About Safety?  
The use of dandelion in the amounts commonly found in food is generally considered safe. Less is known about the safety of taking it in larger amounts. Some people are allergic to dandelion; allergic reactions may be more likely in people who are allergic to related plants such as ragweed, chrysanthemums, marigolds, and daisies.  
Little is known about whether it s safe to use dandelion in amounts greater than those in foods during pregnancy or while breastfeeding.  
Keep in Mind  
Take charge of your health talk with your health care providers about any complementary health approaches you use. Together, you can make shared, well-informed decisions.  
For More Information  
Using Dietary Supplements Wisely  
Know the Science: How Medications and Supplements Can Interact  
Know the Science: How To Make Sense of a Scientific Journal Article  
NCCIH Clearinghouse  
The NCCIH Clearinghouse provides information on NCCIH and complementary and integrative health approaches, including publications and searches of Federal databases of scientific and medical literature. The Clearinghouse does not provide medical advice, treatment recommendations, or referrals to practitioners.  
  
Toll-free in the U.S.: 1-888-644-6226  
  
Telecommunications relay service (TRS): 7-1-1  
  
Website: https://www.nccih.nih.gov  
  
Email: info@nccih.nih.gov(link sends email)  
  
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Website: https://pubmed.ncbi.nlm.nih.gov/  
  
Office of Dietary Supplements (ODS), National Institutes of Health (NIH)  
ODS seeks to strengthen knowledge and understanding of dietary supplements by evaluating scientific information, supporting research, sharing research results, and educating the public. Its resources include publications (such as Dietary Supplements: What You Need To Know) and fact sheets on a variety of specific supplement ingredients and products (such as vitamin D and multivitamin/mineral supplements).  
  
Website: https://ods.od.nih.gov  
  
Email: ods@nih.gov(link sends email)  
  
Key References  
Dandelion. Natural Medicines website. Accessed at naturalmedicines.therapeuticresearch.com on October 10, 2019. [Database subscription].  
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