

HERB	ACTIONS & USAGE	FORM & SUGGESTED DOSE	PRECAUTIONS
Herbal Bitter Extract	Bitter, cholagogue, choleric, mild laxative. Bitters stimulate the secretion of bile and digestive enzymes, promote digestive and liver function, and healthy gut flora. Best taken 15-20 minutes before a meal.	Look for herbal bitter extracts with herbs like gentian, yellow dock, dandelion root, burdock root, etc. and follow the recommendation on the bottle.	Pregnancy
Licorice Root <i>(Glycyrrhiza glabra)</i>	Soothing demulcent, anti-inflammatory, anti-viral and antibacterial. Soothes hot, irritated inflamed tissue in the gut. Promotes tissue health and repair and inhibits infection. Deglycyrrhizinated licorice (DGL) is a chewable form used for peptic and duodenal ulcers and GRED.	Tea – Simmered: 1 tsp/cup, up to 4 cups/day.  Liquid Extract: 20-60 drops, 1-4x/day.  DGL: 780 mg, 20 minutes before each meal.	High Blood Pressure  Heart Failure Kidney Disease
Marshmallow Root <i>(Althea officinalis)</i>	Soothing, cooling demulcent and anti-inflammatory that coats hot, inflamed, irritated tissue in the digestive, urinary and respiratory systems. Also soothing to dry, harsh coughs and sore throats.	Tea: 1 tbsp/cup, up to 4 cups/day.  Liquid Extract: 30-60 drops, 1-4x/day.  Powdered Root: Mix 1 tbsp in 8 oz. of water, up to 4x/day.	Best on an empty stomach. May delay absorption of other herbs or medications.