

**DGL (Deglycyrrhizinated Licorice)****760 mg, 100 chewable tablets**

Item Catalog Number: 00574

Sometimes called the great harmonizer, licorice root has a long history of use in Chinese medicine for a variety of conditions. For some people, the glycyrrhizin component of whole licorice can cause adverse reactions. However, a unique extract called deglycyrrhizinated licorice (DGL) is free of glycyrrhizin. DGL has had no significant reported adverse effects. It therefore avoids the adverse reactions of whole licorice, but retains its beneficial qualities. DGL has a unique ability to protect the digestive tract from corrosive stomach acids. Additionally, DGL increases the number of mucus-secreting cells in the stomach.<sup>131-136</sup> Licorice has also been shown to help regulate the growth of potentially harmful intestinal bacteria, such as *Helicobacter pylori*. These beneficial qualities make DGL a useful adjunct for overall support of the stomach and intestinal lining.

**References****Supplement Facts**

Serving Size 2 tablets

Servings Per Container 50

**Amount Per Serving**

Sodium	5 mg
Total carbohydrate	2 mg
Sugars	< 1 g
Deglycyrrhizinated licorice (DGL) ( <i>Glycyrrhiza glabra</i> root extract, 3:1)	760 mg
Glycine	100 mg

Other ingredients: fructose, mannitol, sorbitol, cellulose, stearic acid, magnesium stearate, silicon dioxide, natural anise flavor.

Contains no yeast, wheat, gluten, corn, soy, dairy products, artificial coloring, artificial flavoring, or preservatives.

**Dosage and Use**

- Chew two tablets 20 minutes before each meal, or as recommended by a healthcare practitioner.

**Warnings**

Any product containing licorice can potentially interact with anticoagulant and hormonal therapies.

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