

## DGL—Deglycyrrhizinated Licorice

### What is it?

DGL is Deglycyrrhizinated Licorice. Licorice (*Glycyrrhiza glabra*) is a soothing anti-inflammatory herb. The active part of the plant is the root and has a long history of medicinal use, especially in Asia. In DGL, glycyrrhizin has been removed as it can cause elevations in blood pressure. DGL is used for heartburn (acid reflux) and stomach inflammation. It relieves symptoms and repairs the lining of the digestive tract.

### How much should I take?

You should take one 400mg (10:1 extract) chewable tablet 20minutes prior to meals or before bedtime.

### Is it safe?

DGL is safe in the above doses. There are no significant side effects. Some people do not like the taste of licorice, so a flavored tablet (like the German Chocolate flavored tablets in our pharmacy) is generally preferable. Please consult your provider or the Pharmacist if you have further medical problems or concerns. We are dedicated to your health and wellbeing!