

EVERYTHING HERBAL
by Cheryl Jabz

Dandelion Health Benefits



Supports healthy digestion



Traditionally used to support liver health



Natural diuretic that may help reduce water retention



Rich in vitamins A, C, and K



Contains minerals like potassium, calcium, and iron



High in antioxidants that help fight oxidative stress



May help support healthy skin



Dandelion greens provide fiber for digestive health



IMPORTANT NOTE:

Avoid wild-harvesting dandelions from areas treated with pesticides or chemicals. People who are pregnant, taking medications, or managing health conditions should speak with a healthcare professional before using herbal remedies regularly.

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