

LICORICE 12% PE

Latin Name

Glycyrrhiza species

Common Names

Licorice

Origin

Italy, Spain, Iran, Russia, China, India

Description

Licorice has long been used for both culinary and medical purposes. Used for flavoring and sweetening candies and medical remedies, licorice also has potent effects of its own, particularly for ulcers and adrenal insufficiencies. Whole Licorice is used for cases of adrenal insufficiencies and inflammation. Another more widely used form is the deglycyrrhizinated version which is as effective as whole Licorice in its ulcer treating properties but without any hypertensive side effects.

Pharmacological Properties

Licorice contains the glycoside, glycyrrhizin which has a similar structure and activity as the adrenal steroids. Licorice has an anti-inflammatory activity similar to cortisone and has been found useful for arthritis and allergies. In addition licorice has been used for mild Addison's disease and other adrenal insufficiencies, such as hypoglycemia. Licorice also acts like the hormone ACTH, causing sodium retention, potassium depletion, and water retention. **Excess consumption of licorice can lead to the classic symptoms of hypertension, with edema, increased blood pressure, potassium loss, and muscular weakness.** Licorice is also highly effective in the treatment of gastrointestinal complaints, particularly peptic and gastric ulcers. The Deglycyrrhizinated form is most often used to avoid the hypertensive side effects of the glycyrrhetic acid in whole Licorice. Licorice and DGL have a mild laxative effect and can protect the intestinal lining by increasing the production of mucus, thus alleviating heartburn and ulcers. Licorice and DGL also have a demulcent action and have been used for coughs and other bronchial complaints. Recent research has also revealed anti-bacterial, anti-toxin, and estrogenic effects for licorice.

Active Substances

glycyrrhizin, glycyrrhetic acid, flavonoids, asparagine, iso-flavonoids, chalcones, Standard #5140- 2% Glycyrrhizin , #5170- 12% Glycyrrhizin, & #5175- 25%Glycyrrhizin

Contraindications / Toxicity

Glycyrrhetic acid increases blood sodium and decreases potassium levels by stimulating renal tubules to absorb excessive amounts of water. Edema and slight rises in venous and arterial blood pressure may result. Potassium supplementation (75-100 mg.) prevents this problem. Persons with high blood pressure should supplement licorice root with potassium. Use of DGL form avoids this hypertensive effect.

Suggested Use

600 mg/day DGL extract or 1, 000 mg of regular extract 1/2 hour before meals.

Synergistic Agents

Liver: milk thistle, dandelion, cascara, wild yam. **Stomach:** goldenseal, ginger, gentian

Part Of Plant Used

Roots

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References

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