



## ARROWROOT

**Botanical Name:** Maranta arundinacea

**Common Name:** Maranta, bermuda arrowroot

**Medicinal part:** Rootstock

**Description:** Arrowroot refers to the starch that has been harvested from the rhizomes (rootstock) of several tropical plants, traditionally Maranta arundinacea. Often used as a flour/thickener substitute in allergen-free recipes; Arrowroot can commonly be found in products such as child teething biscuits and even deodorant.



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