



BURDOCK ROOT

Botanical Name: Arctium lappa

Common Name: Benzoin resin, gum benjamin, styrax resin

Medicinal part: Root

Description: In Japan, burdock root is known as "Gobo" and is regularly enjoyed as a staple vegetable in their diet. It is affectionately referred to as the "poor-man's potatoes". In medieval Germany, the herb was thought to treat numerous health conditions including gastrointestinal complaints and joint/bone conditions.



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Golden Bough Botanicals Inc.

12 - 1585 Cliveden Avenue
Delta, BC V3M 6M1, Canada

Toll Free: 1-877-950.8700

www.goldenbough.ca