



DGL Licorice - (Glycyrrhiza glabra) root

Common Indications:

- Gastrointestinal conditions such as peptic ulcer and acid reflux.
- May help protect gastrointestinal lining.
- May decrease the growth and occurrence of H. pylori.

General Comments:

Licorice in a “de-glycyrrhizinated” (DGL) form should not be confused with standard licorice. The DGL form does not have the adrenal or cortisol stimulating impact and does not pose the same threat of blood pressure rise. It is the preferred form when gut protection is desired and mucous production is needed.

Benefits & Mechanism of Action:

The standard licorice that is sold as a supplement contains “glycyrrhizin” and discussed as a support of the adrenal function. Licorice in this form blocks the breakdown of cortisol (active) to cortisone, the inactive form. This form of licorice may elevate blood pressure or heart rate and lead to fluid retention.

When we process licorice to remove the glycyrrhizin, resulting in DGL licorice (deglycyrrhizinated licorice), we have a very different result. DGL licorice is very effective in gastrointestinal disorders such as gastric and duodenal ulceration or GERD. It stimulates repair of gut irritation by stimulating natural repair mechanisms and likely impacts BPC-157 production. Mucin secretion is enhanced and the number of mucin producing cells increases. Secondarily the flavonoid components of DGL licorice may inhibit the growth of Helibactor pylori providing better balance in the flora of the gut.

Dose: DGL Licorice, 400-800mg, 3 times a day chewed either 1 hour before or 2 hours after meals and at bedtime, of a standardized extract.

*Note: There are various products with different dosages and standardizations to choose from. When choosing a dietary supplement, select those from reputable manufacturers.

Standardization: DGL licorice products should contain no more than 2% glycyrrhizin.

Side Effects and Warnings:

- DGL licorice has been reported to be safe in recommended doses.
- Safety during pregnancy and breastfeeding has not been established.
- Licorice should not be used if there is an allergy to any component of this dietary supplement.
- Licorice that does not have the glycyrrhizin constituent removed may aggravate hypertension in sensitive individuals.
- There are no reported drug interactions when using DGL licorice.

References:

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