

QUICK REFERENCE SHEET

GENTIAN

Gentiana lutea



Part Utilized:
Root



PROPERTIES:

Alterative, Stimulant, Tonic, Diaphoretic,
Sudorific, Vulnerary, Circulatory, Convalescent,
Herbal bitter

SYSTEMS AFFECTED:

Circulatory, Digestive (liver, small intestine),
Endocrine/Glandular

POSSIBLE USES:

diabetes, jaundice, varicose veins, anemia, fever

INGREDIENT IN:

GI, VIB

GENERAL INFORMATION:

One constituent of Gentian is amarogentin, possibly the most bitter substance on the planet. Although present in very small quantities in Gentian, it is likely the constituent that is responsible for Gentian's ability to increase the production of saliva and gastric juices, which in turn improves the function of the digestive system overall. A keynote of this improved digestive health is improvement in the absorption of nutrients, particularly iron and vitamin B12. Gentian has a powerful effect on the gallbladder and liver, acting as a toner of these organs as well as a cleanser.