



Dandelion

Revised: February 15, 2021.

Drug Levels and Effects

Summary of Use during Lactation

Dandelion (*Taraxacum officinale*) herb contains vitamins, minerals, terpenoids, caffeic acid, and numerous other compounds. Dandelion root contains high concentrations of inulin. Dandelion is a purported galactagogue;[1] however, no scientifically valid clinical trials support this use. Galactogogues should never replace evaluation and counseling on modifiable factors that affect milk production.[2,3] Except for the vitamins and minerals, no data exist on the excretion of any of the pharmacologically active components of dandelion into breastmilk or on the safety and efficacy of dandelion in nursing mothers or infants. Dandelion is "generally recognized as safe" (GRAS) as a food by the U.S. Food and Drug Administration. It rarely can cause allergic reactions, diarrhea, and gastrointestinal upset. Use during lactation is unlikely to harm the breastfed infant.

Dietary supplements do not require extensive pre-marketing approval from the U.S. Food and Drug Administration. Manufacturers are responsible to ensure the safety, but do not need to *prove* the safety and effectiveness of dietary supplements before they are marketed. Dietary supplements may contain multiple ingredients, and differences are often found between labeled and actual ingredients or their amounts. A manufacturer may contract with an independent organization to verify the quality of a product or its ingredients, but that does *not* certify the safety or effectiveness of a product. Because of the above issues, clinical testing results on one product may not be applicable to other products. More detailed information [about dietary supplements](#) is available elsewhere on the LactMed Web site.

Drug Levels

Maternal Levels. Relevant published information was not found as of the revision date.

Infant Levels. Relevant published information was not found as of the revision date.

Effects in Breastfed Infants

Relevant published information was not found as of the revision date.

Disclaimer: Information presented in this database is not meant as a substitute for professional judgment. You should consult your healthcare provider for breastfeeding advice related to your particular situation. The U.S. government does not warrant or assume any liability or responsibility for the accuracy or completeness of the information on this Site.

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Effects on Lactation and Breastmilk

Relevant published information was not found as of the revision date.

References

1. Belew C. Herbs and the childbearing woman. Guidelines for midwives. *J Nurse Midwifery*. 1999;44:231–52. PubMed PMID: 10380443.
2. Brodribb W. ABM Clinical Protocol #9. Use of galactogogues in initiating or augmenting maternal milk production, second revision 2018. *Breastfeed Med*. 2018;13:307–14. PubMed PMID: 29902083.
3. Breastfeeding challenges: ACOG Committee Opinion, Number 820. *Obstet Gynecol*. 2021;137:e42–e53. PubMed PMID: 33481531.

Substance Identification

Substance Name

Dandelion

Scientific Name

Taraxacum officinale

Drug Class

Breast Feeding

Lactation

Complementary Therapies

Phytotherapy

Plants, Medicinal