

Code Number:	10213
INCI Nomenclature:	Glycyrrhiza Glabra (Licorice) Leaf Extract
INCI Status:	Approved
Suggested Use Levels:	0.1-2.0%
Suggested Applications:	Anti-Aging, Skin Pigmentation

European licorice or *Glycyrrhiza glabra* is a traditional medicinal plant that has been used for thousands of years. The English name licorice is derived from 'liquiritia', a corruption of its ancient name *Glycyrrhiza*, which now serves as the scientific name of the plant's genus whose name is derived from the Greek: 'glukos' meaning sweet and 'riza' meaning root. The Greek philosopher Theophrastus chronicled licorice root as having a sweet flavor, and noted it as useful for "asthma, dry cough and all diseases of the lungs". Though native to Sicily, cultivation of licorice spread throughout Europe and its popularity has endured the ages. In 1305, Edward the First of England placed a tax on licorice imports to finance the repair of the London Bridge¹. It has also been said that Napoleon Bonaparte was such a fan of licorice that he chewed enough of the root to turn his teeth black. Although the plant grows small blue flowers and green leaves, it is the brown root of the plant that is most commonly used. The roots are either sold dry, or processed into sticks that are approximately 1 inch in diameter and 6 or 7 inches long². They can be chewed to impart the sweet flavor. Licorice root itself has a very sweet, musty flavor, rather than the 'anise' flavor we have come to associate with licorice.

In Europe, it is found in dry, open habitats in the south and east and has been cultivated throughout the continent where it's now naturalized in all countries with the exception of Scandinavia. Licorice was always harvested from the wild until the first European plantings of the herb were established almost a thousand years ago. In Chinese medicine, licorice is one of the more widely used medicinal herbs. Licorice is used in many Chinese herbal preparations to enhance activity of other ingredients, reduce toxicity, as well as improve flavor. It is considered demulcent (soothing to irritated membranes), expectorant and stimulates mucous secretions of the trachea. Other well-documented activities include significant anti-inflammatory effects, anti-allergy activities and a protectant effect on the liver against toxic substances.



Licorice root bark typically contains glycyrrhizin which is a potassium or calcium salt of glycyrrhizinic acid. Glycyrrhizin (Glycyrrhizinic acid) is an extremely sweet glycoside that foams in water. It is said to be 50 to 200 times sweeter than sugar, hence the sweet taste associated with licorice root. Glycyrrhizinic acid is a glycoside of a pentacyclic triterpene carboxylic acid, and it functions as a whitener, which may gently lighten the skin. As a cosmeceutical, licorice also acts as an anti-inflammatory agent, which can help soothe irritated inflamed epithelium^{3,4}. Frequently added to cleansers, toners, clarifiers and serums, licorice extract is soluble in alcohol and it may be a useful active ingredient for alcohol-based systems.

ABS Licorice Extract Powder is a fine white powder with the natural and mild pleasing aroma of licorice. It may improve the appearance of irritated skin, which is often dry, red and inflamed. The soothing effects of **ABS Licorice Extract Powder** may alleviate the hyperpigmentation associated with epidermal inflammation. **ABS Licorice Extract Powder** may also be useful for creating a more even complexion when skin is blotchy and uneven by gently lightening the skin for a more even appearance.

References:

- 1) Foster, Steven. Licorice: *Glycyrrhiza glabra* ©2002.
- 2) Grieve, M. A Modern Herbal: Liquorice © 1995-2005
- 3) Katzer, Gernot. Licorice: *Glycyrrhiza glabra*. December 11, 2002.
- 4) Dr. Duke's Phytochemical and Ethnobotanical Database. [Online Database] 18 October 2005.

