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Asphodelus albus

[Synonyms : *Asphodelus delphinensis*, *Asphodelus macrocarpus*, *Asphodelus sphaerocarpus*, *Asphodelus subalpinus*]

WHITE ASPHODEL is a bulbous perennial. Native to southern Europe and the Mediterranean it has small yellowish-white flowers and leaves that turn yellow and crimson in Autumn.

It is also known as *Affodill* (Swedish), *Afodil* (Swedish), *Asfodel bílý* (Czech), *Asphodel*, *Asphodill* (German), *Daffodil*, *Rimmed lichen*, *Royal staff*, and *Weisser Affodill* (German).

Warning – it should not be taken internally if suffering from kidney disorders or gastritis. *Albus* means ‘white’ with reference to the flowers.

White asphodel is a commercial ingredient in cosmetic preparations, and offers a source of alcohol.