



Category 3
Single Herb
Tabs / Capsules



GOODFORYOU

GOOD FOR LIFE

GOLDENSEAL ROOT

(Natural Antibiotic)

50 Caps #104690

Description: Goldenseal is a very popular herb which acts as an antibiotic, cleanses the body, and has antiinflammatory and antibacterial properties. It is very effective as an immune booster and is traditionally known for treating upper respiratory tract infections that are of a catarrhal nature.

Contents / Ingredients

Goldenseal is an herb native to the eastern half of the North American continent. Its botanical name, hydrastis, is derived from the Greek “hydro” water and “aste” native, referring to its growing in moist places. **Goldenseal’s** vasoconstriction effect makes it helpful as a bitter tonic to tone mucous membranes, especially for **gastric disturbances**. It is also known to improve the appetite and assist digestion by stimulating the production of bile. It also promotes the functioning capacity of the colon, liver, pancreas,

Traditional Therapeutic Action

Supplement Facts

Serving Size 2 Capsules		Servings per Container 25
	Amount Per Serving	% Daily Value
Total Carbohydrate	<1 g	<1% (**)
Goldenseal Powder (Hydrastis canadensis) (root)	1.0 g (1,000 mg)	(*)
(*) Daily Value not established.		
(**) Percent Daily Values are based on a 2,000 calorie diet.		
Other ingredients: Stearic acid.		
Contains no salt, yeast, sugar, corn, wheat, gluten, soy, milk, or preservatives.		

spleen, lymphatic and respiratory systems. It has been found valuable in cases of **stomach ulcers** and, in general, gives aid to the nervous system, and increase the effectiveness of insulin.

Goldenseal is widely used to treat infections of all kinds and has an **antibiotic effect**. It has been shown to be **effective against staphylococcus aureus and E. Coli bacteria**. **Goldenseal** can prevent the growth of **bacteria, fungi and viruses**, both in test tubes and in clinical trials. Traditionally **Goldenseal** has been used for the treatment of inflamed mucous membranes, especially the upper respiratory tract, for eye irritation (conjunctivitis), cleanses mucous membranes, and counters infection. If used at the first sign of symptoms, it will stop a cold, flu, or sore throat from developing, and will help to strengthen the immune system.

Used with bicarbonate of soda, this herb is excellent as a mouth wash and for the relief of sores in the mouth and the gums. And if used on its own it is recommended for alleviating pyorrhea.

Goldenseal is one of the most rapidly effective of all herbal remedies and is recommended for the treatment of blisters of **herpes simplex**, especially in the genital area, as it seems to be able to heal damaged or infected tissues. It is good for inflammation, ulcers, and any infectious disease, as well as for disorders affecting the bladder, prostate, stomach, or vagina.

Alternating **Goldenseal** with **Echinacea** is tremendous for helping to boost the immune system before winter sets in.

SUGGESTED DOSAGE: Take as directed.

CAUTION: No reports of toxicity. Should not be used for extended periods, by individuals with hypoglycemia, or by women who are pregnant. Should be used under supervision by those with cardiovascular disease, or glaucoma.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.