

GOLDENSEAL

Goldenseal (*Hydrastis canadensis*) is a perennial herb native to the woodlands of North America, especially the eastern United States. It's known for its distinctive golden-yellow root and has a long history of use in traditional Native American medicine and later in other herbal practices.

Historically, Goldenseal was used by the indigenous peoples of North America for digestive issues, skin conditions, immune support, itchy or infected eyes, healthy mucosal linings, and improving respiratory conditions. It was also used as a general health tonic to promote well-being and vitality. It was believed to have tonic effects, helping to strengthen and invigorate the body.

The main active constituents of Goldenseal include berberine, hydrastine, and canadine. Berberine was recently credited for supporting healthy

blood sugar levels. However, it has many other researched benefits.

Goldenseal has been shown in scientific studies to:

- Support a healthy immune response
- Help maintain a healthy gut mucosal lining
- Support a healthy intestinal environment
- Support liver health and detoxification
- Promote healthy blood sugar levels
- Support a healthy cardiovascular system



SUPPLEMENT FACTS

Serving Size: 2.5mL
Servings Per Container: Approx. 71

	Amount Per Serving	% Daily Value
Calories	10	
Wild Crafted Goldenseal (<i>Hydrastis canadensis</i>) 1:3 Extract from .83 g Root	2.5mL	**

** Daily Value Not Established.

Other Ingredients: Pure Alcohol (65-75% by volume),
Purified Water

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.



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