



Goldenseal TINCTURE

ANTIVIRAL

Soothes mucus membranes of respiratory tract

NPN 80016968

50 ml

Each ml contains

Goldenseal	fresh root	<i>Hydrastis canadensis</i>	1:4	237 mg	Organic
Alcohol 52% to 57%, certified organic					

DOSAGE

INTERVENTION: 0,25 to 0,5 ml, 3 to 6 times a day, maximum 3 days.

TREATMENT: 1,5 ml, 2 to 3 times a day, maximum of 3 weeks.

DIRECTIONS FOR USE

Dilute tincture in a mouthful of water. Shake before using. External use: apply undiluted tincture on skin.

MODE OF ACTION

The main constituents of goldenseal are isoquinoline alkaloids (berberine, hydrastine, canadine), canadine, hydrastidine, isohydrastidine, berberastine, resins, chlorogenic acid, carbohydrates, fatty acids and volatile oils. Berberine is responsible for goldenseal's bitterness and its characteristic yellow colour as well as its remarkable antimicrobial action. In low doses, berberine is bacteriostatic; in large doses, it kills bacteria. Studies have also shown that goldenseal is efficient in treating antibiotic-resistant bacteria.

Goldenseal has a peculiar action. It promotes a healthy functioning of the mucus membranes. Berberine also interferes with the adherence of bacteria to the mucus membrane, having a direct effect on the multiplication of pathogens. Clinical studies have shown that a healthy stimulation of mucus membranes by goldenseal fights viral infections more efficiently than some pharmaceutical products. Other studies have clearly demonstrated goldenseal's antibacterial effect on many microorganisms, such as *Staphylococcus*, *Streptococcus*, *Pseudomonas* and certain strains of influenza. Goldenseal's anti-inflammatory, anti-catarrhal and expectorant properties relieve inflammation of the upper respiratory tract and makes it an excellent herb in the treatment of the ear-throat-nose infections.

Goldenseal has many effects on the digestive tract: it stimulates appetite, digestion and the secretion of bile. It treats certain types of infections of the digestive system. Its effect has been demonstrated on many strains of fungus and yeasts (*C. Albicans*, *A. flavus*, *A. fumigatus*), on certain parasites (*G. lamblia*, *T. vaginalis*, ameoba) and on *H. pylori* bacteria. Goldenseal has a specific affinity for mucus membranes, making it very useful for cases of inflammation and active ulcers of the lining of the digestive tract.

Since goldenseal is mainly eliminated by the kidneys, its constituents come in direct contact with the urinary tract, making it very efficient at fighting urinary tracts infections, thanks to its anti-inflammatory, astringent, antibacterial and antiseptic properties. To treat a bladder infection, it is preferable to dilute goldenseal tincture in a mouthful of water before taking it and to use it along with a decoction of marshmallow root to avoid aggravating the underlying irritation.

Berberine has beneficial effects on the cardiovascular system: as an inotrope, it increases the strength of the heart muscle, it is anti-

arrhythmic and a vasodilator. Also, goldenseal's canadine regulates cholesterol levels.

HELPFUL ASSOCIATIONS

COLD & FLU TEA infusion against infections.

SINUSTOP for sinusitis.

CALENDULA AND CHAMOMILE compresses for conjunctivitis, combined with **EYEBRIGHT** tincture used internally.

CALENDULA salve for herpes.

PURITEA capsules for infection, for cold-sores or genital herpes flare-ups.

ETHNOBOTANY

Respiratory system: bronchitis, flu, cold, sinusitis, sore throat.

Immune system: bacterial and viral infections, conjunctivitis.

Genitourinary system: urinary infection, bladder infection, vaginitis, prostate inflammation, sexually-transmitted disease.

Digestive system: gingivitis, inflammation and ulcer of mouth, stomach and intestine, diarrhoea caused by *E.coli*.

Ear-throat-nose: ear ache, inner-ear infection, tonsillitis, when taken orally.

External use: insect bite, cold sores and genital herpes, itching, eczema, mycosis, heals wounds, ringworm, cicatrization.

HISTORY

Goldenseal is found only in North America and there is a single known species of its genus. Even though it is called *canadensis*, it is more prevalent in the United States than in Canada. In Canada, it grows mostly in the Niagara valley and in the Okanagan valley. Goldenseal was widely used by First Nations who appreciated its medicinal virtues. The Cherokee used it as an antiseptic, a general tonic and to stimulate appetite. The Iroquois used it against whooping cough, pneumonia and digestive problems. American pioneers used it as an eye-bath and to treat sore throat and digestive troubles.

CONTRA-INDICATIONS

Do not use if you suffer from cardiovascular or kidney diseases when there is acute inflammation of the stomach. Never use during pregnancy. Do not use if breastfeeding.

INTERACTIONS

Do not use with prescription drugs (anticoagulants, antihypertensive medication, beta-blockers, digoxin, calcium channel inhibitors), sedatives (benzodiazepines) and natural health products with sedative effects, or alcoholic beverages.

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

