



Goldenseal GLYCERITE

RELIEVES INFECTION
Infection

NPN 80017645
30 ml

Each ml contains

Goldenseal	fresh root	<i>Hydrastis canadensis</i>	1:5	196 mg	Organic
Pure vegetable glycerin, certified organic					

DOSAGE

TODDLER UNDER 2 YEARS

Consult a health care practitioner.

CHILDREN 2-4 YEARS

INTERVENTION: 0.2 ml, 3 to 5 times per day, maximum of 3 days.

TREATMENT: 0.25 ml, 2 to 3 times per day.

CHILDREN 5-9 YEARS

INTERVENTION: 0.33 ml, 3 to 5 times per day, maximum of 3 days.

TREATMENT: 0.37 ml, 2 to 3 times per day.

ADOLESCENT 10-14 YEARS

INTERVENTION: 0.6 ml, 3 to 5 times per day, maximum of 3 days.

TREATMENT: 0.75 ml, 2 to 3 times per day.

DIRECTION FOR USE

Dilute in a mouthful of water. Take 15 to 30 minutes before meals. Do not use longer than 3 weeks.

MODE OF ACTION

Goldenseal is very efficient when the body has difficulty fighting an infection or when an infection is particularly virulent. It acts quickly and strongly. Goldenseal works specifically in two ways: it acts directly on pathogens as well as on tissues, making it very efficient to treat infections. Goldenseal root has a powerful antimicrobial effect on a variety of micro-organisms such as *staphylococcus*, *streptococcus*, *pseudomonas* and certain strains of influenza.

As well as being a tonic, goldenseal prevents the adhesion of pathogens to the mucus membranes. It also slows the reproduction and propagation of viruses and bacteria. Its astringent action helps restore the integrity and proper functioning of mucus membranes, more specifically that of the respiratory tract. This glycerite is especially effective to treat infections of the respiratory tract.

Goldenseal is also anti-inflammatory and anti-catarrhal. As it has an affinity for the respiratory system, it reduces inflammation and the secretion of excess mucus in the bronchi. It also relieves problems of the nose, the ears, the mouth and the throat.

In the digestive system, the antimicrobial components of goldenseal relieve acute and persistent diarrhea generally caused by infectious agents. Goldenseal also acts on certain yeasts (*C. Albicans*, *A. flavus*, *A. fumigatus*) and parasites (amoeba, protozoa).

The main constituents of goldenseal are isoquinoline alkaloids (berberine, hydrastine, canadine), canadine, hydrastidine, isohydrastidine, berberastine, resins, chlorogenic acid, carbohydrates, fatty acids and volatile oils.

HELPFUL ASSOCIATIONS

ECHINACEA PROPOLIS to treat infections.

PLANTAIN SYRUP for irritation and congestion of the bronchi.

SWEET MALLOW to soothe irritation and sore throat.

COLD & FLU TEA infusion to relieve symptoms of cold and flu.

SLIPPERY ELM infusion for diarrhea.

LULLABY glycerite to promote sleep during an infection.

ETHNOBOTANY

Immune and respiratory systems: cold, flu, bronchitis, sinusitis, sore throat, bacterial and viral infections.

Mouth, teeth and digestive system: inflammation of the mouth, mouth ulcer, gingivitis, strep throat, diarrhea caused by *E.coli*.

Ear, nose and throat: earache, tonsillitis, conjunctivitis, taken orally.

HISTORY

Goldenseal is found only in North America and there is only one species in its genus. Although it is called *canadensis*, goldenseal is much more widespread in the United States than in Canada. In Canada, it grows mostly in the Niagara Valley of Ontario and in the Okanagan Valley of BC. Goldenseal was commonly used by First Nations peoples 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 troubles. The American pioneers used goldenseal as an eye wash and to treat sore throats and digestive troubles.

CONTRA-INDICATIONS

Consult a healthcare practitioner if symptoms persist or worsen. Do not use when pregnant or breastfeeding.

INTERACTIONS

Do not take with prescription drugs, sedatives, NHPs with sedative effect, alcoholic beverages. Do not take if you suffer from hypertension or kidney disease.

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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 or GMOs.

