



Echinacea/Golden Seal Liquid

Stock #3180-1 (2 fl. oz.)

Echinacea/Golden Seal Liquid Herb is quite effective for strengthening the immune system, as both herbs are considered “natural antibiotics.” The liquid form is particularly beneficial for children and for the elderly, but may need to be mixed with juice to dilute the bitter taste.

Echinacea/Golden Seal Liquid Herb combines two species of echinacea (*Echinacea purpurea* and *Echinacea angustifolia*), thus providing a synergistic effect. Furthermore, only echinacea and golden seal roots are used as scientific studies show other parts of the plants have less immune-stimulating effects.

Echinacea is now considered one of the best-known and extremely safe immune strengtheners available. Echinacea has been shown to fight bronchitis, colds, flu, infection, strep throat, and other immune and respiratory problems. Taking echinacea at the first sign of cold or flu can arrest the problem and shorten the duration of symptoms. Echinacea is also a blood and lymph cleanser and has been shown to be quite effective against *Streptococcus*—a genus of bacteria which can cause gastrointestinal, respiratory and urinary tract infections, among others—as well as blood poisoning, chronic infections, fungal problems, gingivitis, inflammatory skin conditions, laryngitis, pyorrhea, sinusitis, swollen glands, tonsillitis, and postviral fatigue syndrome, also known as myalgic encephalomyelitis (ME). Echinacea is also being studied as a possible treatment for HIV and AIDS.

Studies show **golden seal** acts as an astringent, producing a vasoconstricting—tightening of the blood vessels—effect. Golden seal's astringent ability enables it to help tone mucus membranes, which in turn, aids stomach and intestinal disorders, prostate and vaginal complaints, and stops internal bleeding and prevents hemorrhaging. Golden seal acts as a mild decongestant and laxative, relieves excess mucus, and reduces fever and inflammation associated with glandular swelling and sinusitis. Golden seal also increases the secretion of digestive enzymes and fluids, especially bile, which helps regulate liver and spleen functions. Furthermore, berberine, an isoquinoline alkaloid found in golden seal, has been studied at length in both clinical and experimental environments for its antibacterial and amebicidal properties. Golden seal is high in vitamin C and trace minerals including cobalt, iron, magnesium, manganese, silicon and zinc. Golden seal also contains vitamins A, E, and the B-complex, as well as calcium and potassium.

Those with hypoglycemia should exercise caution as golden seal may lower blood sugar levels. Pregnant women should avoid using golden seal as it can act as a uterine stimulant.

A 5 ml serving provides 125mg of the echinacea root blend and 125mg of golden seal root, in a glycerin base. Echinacea/Golden Seal Liquid herb may be used by both adults and children.