



## Golden Seal

Stock #345-1 (50 capsules)  
Stock #340-7 (100 capsules)

Golden seal root has been used for centuries by Native Americans for a variety of problems, including healing cuts and wounds, improving appetite, relieving liver and stomach problems, repelling insects (mixed with bear grease), and treating “watery eyes” (probably allergies). Some reports indicate the Cherokees used golden seal to cure external cancers.

Studies show golden seal acts as an astringent, producing a vasoconstricting—tightening of the blood vessels—effect. This action is due to the presence of an isoquinoline alkaloid called hydrastine, which also stimulates the autonomic nervous system. Golden seal’s astringent ability enables it to help tone mucus membranes, which in turn, aids ear, eye, nose and throat problems, stomach and intestinal disorders, prostate and vaginal complaints, and stops internal bleeding and prevents hemorrhaging.

Golden seal helps tighten the tiny capillaries which can cause “red eyes” when the eyes are irritated, and is known to greatly soothe eye inflammation and treat eye infections, particularly catarrhal and follicular conjunctivitis. Golden seal acts as a mild decongestant, relieves excess mucus, and reduces fever and inflammation associated with glandular swelling and sinusitis. Golden seal relieves gingivitis and pyorrhea and, when combined with bicarbonate of soda, makes an excellent mouthwash for healing sores in the mouth and gums.

Golden seal increases the secretion of digestive enzymes and fluids, especially bile, which helps regulate liver and spleen functions. Golden seal also reduces inflammation and pain in mucosal tissues, and acts as a laxative. However, golden seal is not recommended for extended periods, because it can reduce the digestive system’s ability to absorb some nutrients, especially B vitamins. Golden seal is recommended for numerous gastrointestinal disorders, including colitis, enteritis, gastritis, hemorrhoids, hepatitis, intestinal infections, and peptic ulcers.

Some doctors recommend golden seal for treating ulcers in the uterus and vagina, as well as for gynecological problems such as dysmenorrhea, menorrhagia, pelvic inflammatory disease, postpartum hemorrhage and yeast infections. Another isoquinoline alkaloid in golden seal is canadine, which acts as a uterine stimulant.

Golden seal has been shown to help heal damaged tissues resulting from acne, eczema, rashes, smallpox, and other sores or wounds. Golden seal is often used to treat herpes outbreaks, especially in the genital area (herpes simplex virus II).

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. Berberine has been shown to have a vast array of antibiotic effects, including activity against bacteria, protozoa, and fungi, including *Candida albicans*. In fact, berberine’s antibiotic effect against some of these pathogens has been shown to be stronger than that of many commonly-used prescription antibiotics. Furthermore, berberine possesses the ability to prevent bacteria and yeast overgrowth, a common side effect of pharmaceutical antibiotics. Berberine is extremely effective against diarrhea which is often found in cases of chronic candidiasis. Clinical studies have documented positive results using berberine with amebiasis, cholera, giardiasis and other cases of acute gastrointestinal infection, including *E. coli*, *Klebsiella*, *Salmonella*, and *Shigella*. Berberine also exhibits a sedating action on the central nervous system.

Golden seal has been found to potentiate insulin and have a hypoglycemic effect which is beneficial for diabetics. Thus, herbalists do not commonly recommend golden seal to individuals with hypoglycemia.

Golden seal is believed to have a long-term effect (2 months) on intestinal flora. Individuals may wish to rotate golden seal with a “friendly” bacteria supplement such as *Lactobacillus acidophilus*.

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.

Women should avoid the use of berberine-containing plants during pregnancy, including barberry, golden seal, and Oregon grape. Individuals with hypoglycemia should avoid using golden seal as it lowers blood sugar levels.

Please note that due to excessive overharvesting, golden seal populations in the wild are now severely depleted, and thus, golden seal may become an endangered plant species. Other berberine-containing plants such as barberry and Oregon grape should be substituted whenever possible as these plants have much the same action upon the body

and can often be used interchangeably.