

Golden Seal 500mg

Mucous Membrane Support for Digestive and Respiratory Health*

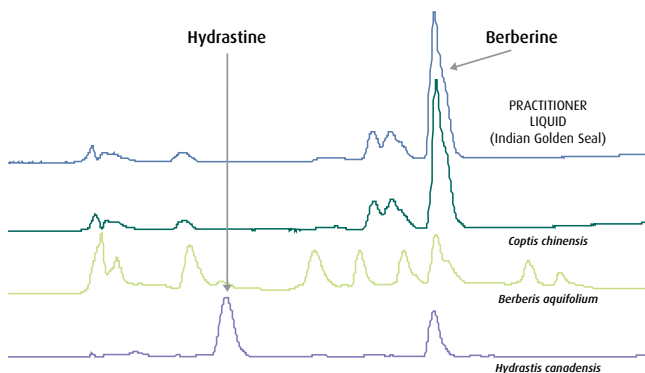
Golden Seal 500mg contains Golden Seal root and rhizome, traditionally used to:

- ✓ Help maintain **healthy mucous membranes**
- ✓ Relieve mild temporary **digestive discomfort**
- ✓ Support **healthy mucous membranes** in the **respiratory and gastrointestinal tracts**
- ✓ Work as a **tonic** to benefit the entire body
- ✓ Stimulate **digestion**
- ✓ Support **liver function***

MediHerb® Golden Seal 500mg tablets contain *Hydrastis canadensis*, a highly valued traditional herb. Golden Seal has been extensively studied and understood to contain two uniquely identifying isoquinoline alkaloids: berberine and hydrastine.¹ While there are several herbs that contain berberine, only Golden Seal contains hydrastine, to which its unique mucous membrane properties are understood to be attributed.¹ Due to its endangered status, Golden Seal is a high-cost raw material, and is vulnerable to substitution with other, low-cost herbs. Substituted herbs usually contain berberine, which provides the characteristic yellow color; however, they do not contain hydrastine, which is unique to Golden Seal.

MediHerb® uses high-pressure liquid chromatography (HPLC) to differentiate true Golden Seal from other berberine-containing herbs. MediHerb® tests each batch of Golden Seal raw material to ensure the correct species is used with the identification of hydrastine.

Figure 1: Golden Seal HPLC results



SUPPORTS HEALTHY RESPIRATORY & GIT MUCOUS MEMBRANES*

RELIEVES MILD TEMPORARY DIGESTIVE DISCOMFORT*

SUPPORTS LIVER FUNCTION*

M1310 40 Tablets

Suggested Use:

1 tablet 2 – 3 times daily, or as directed.

Supplement Facts

Serving size:	1 Tablet	
Servings per container:	40	
	Amount per Serving	%DV
Calcium	84 mg	6%
Golden Seal root and rhizome 1.8:1 extract from <i>Hydrastis canadensis</i> root and rhizome 500 mg	277 mg	†
† Daily Value (DV) not established.		

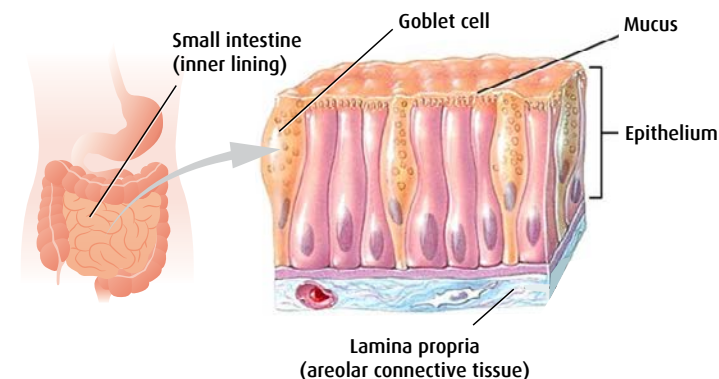
Other Ingredients: Dibasic calcium phosphate dihydrate, maltodextrin, microcrystalline cellulose, sodium starch glycolate, croscarmellose sodium, silicon dioxide, magnesium stearate and hypromellose.

Caution: Contraindicated in pregnancy, lactation and patients with high blood pressure.

Healthy Mucous Membranes – The First Line of Defense

Mucous membranes (MM) line body cavities that are directly exposed to the exterior environment including the entire digestive, respiratory and reproductive tracts, and much of the urinary tract. They consist of a layer of epithelium and an underlying layer of connective tissue united by protein complexes known as tight junctions (TJs).^{2,3} They form part of the innate immune system and represent the first line of defense (physical barrier) against the outside environment.

Figure 2: Mucous Membranes of the Digestive Tract.²



Mucous membranes also secrete mucous, which functions to trap particles in the respiratory and gastrointestinal tracts (GIT), and lubricate food as it moves through the GIT. When particles from the outside world get trapped in MMs, they can stimulate an immune response. This causes MMs to swell, resulting in secretion of excess mucous, and increases the permeability of TJs, allowing these particles to breach the body's defenses stimulating a greater immune response.²

Golden Seal - King of Mucous Membrane Tonics

Golden Seal is known by traditional herbalists as 'the king of mucous membrane tonics',⁴ and traditional clinicians in the late 19th-century were especially enthusiastic about Golden Seal. It was highly regarded as being advantageous to the mucous membranes, and was used to maintain and promote healthy mucus production.^{5,6} As a mucous membrane tonic, natural healthcare practitioners use Golden Seal to improve the tone, vigor and function of the mucous membranes.

References

- ¹ Bone K, Mills S. *Principles and practice of phytotherapy: Modern herbal medicine*. 2nd ed. China: Elsevier/Churchill Livingstone; 2013. p. 399.
- ² Tortora GJ, Derrickson B. *Principles of anatomy and physiology*. 13th ed. USA: John Wiley & Sons, Inc. 2012. p. 886 - 908.
- ³ Catalioto RM, Maggi CA, Giuliani S. Intestinal epithelial barrier dysfunction in disease and possible therapeutical interventions. *Curr Med Chem*. 2011;18(3):398-426.
- ⁴ Mills SY. *The Essential Book of Herbal Medicine*. Penguin Arkana (Penguin), London, 1991.
- ⁵ Cook WH. *The Physio-medical Dispensary*. First published 1869, reprinted Eclectic Medical Publications, Portland, 1985.
- ⁶ Felter HW. EMJ 1923, p 142, reprinted *The Eclectic Medical Journals*, Vol 1, No. 6. Eclectic Medical Publications, Oregon, December 1995/January 1996, pp 25-28.
- ⁷ *American Herbal Pharmacopoeia*. Goldenseal Root - Hydrastis canadensis: Standards of Analysis, Quality Control, and Therapeutics. American Herbal Pharmacopoeia, Santa Cruz, 2001.

How Golden Seal 500mg Supports Your Health:



Digestive System Support*

Golden Seal is traditionally used to support the health of the mucous membranes of the entire GIT, and to promote healthy digestion, digestive and liver functions. Traditionally, it has been used to provide a cleansing action for the gastrointestinal tract due to its supportive action on liver bile function.⁷ As such, Golden Seal is useful for the relief of mild digestive discomfort.*



Respiratory System Support*

Traditional use of Golden Seal supports the maintenance of the MMs of the respiratory system. It encourages healthy mucous secretions in the nasal passages⁵ and is considered valuable for the nose and throat. Golden Seal has been traditionally indicated for catarrhal states of the mucous membranes.*



Mucous Membrane Support*

Golden Seal has traditionally been used to soothe mildly irritated MMs and is known as the 'king of MMs,' a herb that supports the restoration of MMs.¹ This action is understood to be due to hydrastine, a constituent unique to Golden Seal.*

MediHerb Quality Choice

Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing ingredients to bottling to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.



Please consult the product packaging label for the most accurate product information.

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