



GOLDENSEAL (*hydrastis canadensis*)

Common Uses

Widely known as 'nature's antibiotic' Goldenseal is a priceless addition to your medicine cabinet. In the 19th century, Goldenseal was prized as a 'cure-all'. Goldenseal is a potent remedy for disorders affecting mucous membranes in the body, such as the eye, ear, nose, throat, stomach and vagina. A diluted infusion can be used to flush the eye as well as a mouthwash. Goldenseal can help reduce heavy menstrual bleeding and has often been used by herbologists and midwives to stop the bleeding that follows childbirth.

Precautions

Do not take during pregnancy or if you are breastfeeding. Do not take if you suffer from high blood pressure.

Dosages

TINCTURE: Take 20 drops 3 times per day

TEA: Steep one tea bag in 8oz. hot water for 10 minutes. Drink up to 2 cups per day

CAPSULES: Take one capsule 3 times daily

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

