



NATURE'S SUNSHINE

Golden Seal/Parthenium Extract

GOOD FOR

Immune System

Respiratory System

Lymphatic System

SIZE **2 fl oz**ITEM # **1781**SERVING **1 mL**SUPPLY **29 days**

DIRECTIONS FOR USE Adults: Take approximately 20-25 drops (1 mL) twice daily with water.

— How the Key Ingredients Work

Golden Seal/Parthenium Extract brings together two well-respected herbs — goldenseal and feverfew — each with a long history of traditional use and a growing body of modern research behind them. Together they support your body's natural defenses, help keep everyday discomfort in check, and promote a balanced, resilient system from the inside out.

Goldenseal (*Hydrastis canadensis*) — Root Extract —

Goldenseal is a native North American herb that has been treasured for centuries. Its root contains naturally occurring compounds — most notably berberine — that help the body maintain healthy balance. Herbalists have long turned to goldenseal as a go-to herb for supporting the body's inner environment and overall vitality.

Goldenseal — Healthy Blood Sugar Support —

Berberine, the key active compound in goldenseal, has been studied in multiple clinical trials and shown to help support healthy blood sugar levels, including fasting glucose and after-meal glucose readings. It's a meaningful reason why goldenseal has earned a place in wellness routines focused on metabolic balance.

Goldenseal — Blood Pressure & Cardiovascular Wellness

— Research, including references from the Merck Manual, indicates that berberine from goldenseal has been shown to support healthy blood pressure levels. This makes goldenseal a noteworthy herb for anyone looking to take a well-rounded, natural approach to heart and circulatory health as part of a healthy lifestyle.

Goldenseal — Yeast & Candida Balance —

Goldenseal's berberine content has been studied in laboratory research for its ability to help keep Candida yeast in check. Studies show it can interfere with yeast's ability to stick to surfaces and form protective biofilms, supporting a healthier internal microbial balance and a more comfortable digestive and immune environment.

Goldenseal — Candida Cleanse Support —

Beyond everyday yeast balance, goldenseal has a traditional role in cleansing protocols. Lab studies confirm berberine's antifungal action against *Candida albicans* and related species, and research even points to a synergistic effect when berberine is combined with other antifungal agents — making goldenseal a valued part of natural cleanse formulas.

Goldenseal — Immune & Digestive Tradition —

Goldenseal has a rich history of use among Native North American peoples and early herbalists for supporting the body's natural defenses and digestive comfort. Its bitter compounds are traditionally thought to help tone and support mucous membranes throughout the digestive tract, making it a classic herb for gut and immune wellness.

Goldenseal — Antifungal & Antimicrobial Botanical —

The berberine alkaloid in goldenseal has been the subject of peer-reviewed research confirming its ability to disrupt the membranes of unwanted microorganisms. This natural mechanism helps explain why goldenseal has been a staple in herbal medicine for generations and why it continues to be a popular choice in natural health formulas today.

(888) 510-7196 service@caringsunshine.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

BUY THIS QUICKLY
Scan to shop this product

