



NATURE'S SUNSHINE

Golden Seal

Non-GMO

GOOD FOR

Immune System

Respiratory System

Digestive System

SIZE **100 Capsules**

ITEM # **340**

SERVING **2**

SUPPLY **25 days**

DIRECTIONS FOR USE Take 2 capsules with a meal twice daily.

— How the Key Ingredients Work

Golden Seal brings together the time-honored power of one of North America's most respected wild herbs, goldenseal root, to help your body maintain healthy balance from the inside out. Rooted in generations of traditional use and backed by modern research, this formula works to support several key areas of everyday health in one simple supplement.

Goldenseal Root (*Hydrastis canadensis*) — Goldenseal is a native North American perennial herb with a long history of traditional use. Its root contains naturally occurring compounds that have been studied for their ability to support healthy balance in the body, making it one of the most recognized botanical herbs in natural wellness circles.

Berberine (from Goldenseal) — Berberine is the key active compound found naturally inside goldenseal root, and it's the reason this herb has attracted so much research attention. Studies suggest it may help support healthy blood sugar levels, healthy blood pressure already within normal range, and a balanced internal environment throughout the body.

Goldenseal & Blood Sugar Support — Research including randomized controlled trials has looked at how berberine from goldenseal may help the body maintain healthy blood sugar levels. Studies have examined its potential to support normal fasting glucose and healthy glucose response after meals, making it a popular choice for those focused on metabolic wellness.

Goldenseal & Healthy Blood Pressure — The Merck Manual notes that berberine, the primary compound in goldenseal, has been studied for its potential to support healthy blood pressure levels. Research has explored this benefit particularly in people working to maintain overall metabolic health, adding another dimension to goldenseal's broad wellness profile.

Goldenseal & Yeast Balance — Laboratory studies have shown that berberine from goldenseal demonstrates antifungal activity, particularly against *Candida* species. Researchers have found it may help disrupt the ability of yeast to adhere and form protective layers, suggesting goldenseal may play a supportive role in maintaining a healthy yeast balance in the body.

Goldenseal & Candida Cleanse Support — Goldenseal has long been used traditionally as part of cleansing and detox routines, and modern research supports this heritage. Berberine has been shown in laboratory settings to work against *Candida albicans* and related yeast species, including showing a synergistic effect when studied alongside conventional antifungal approaches.

Goldenseal & Digestive Wellness — Goldenseal root has a rich tradition of use for supporting digestive comfort and gut health. Herbalists have historically turned to this root to help soothe the digestive tract and encourage a balanced internal environment, and it remains a go-to botanical for those looking to support their digestive system naturally.

Goldenseal & Immune System Support — Goldenseal is widely regarded in traditional herbal practice as a supportive herb for the body's natural defenses. Its active compounds have been the subject of research exploring how they interact with the body's normal immune processes, making it a staple in many natural wellness and immune-support routines.

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