



Quality is our Passion  
Passion Flower (*Passiflora incarnata*)

## Golden Seal 500mg: Cultivated Quality

Golden Seal is a plant native to North America. The first written therapeutic reference to the use of the plant by Native Americans was by the medical botanist Benjamin Smith Barton in 1798.<sup>1</sup> Authentic Golden Seal (*Hydrastis canadensis*) root and rhizome contains the important constituents: hydrastine and berberine. (There are many herbs that contain berberine, but only *Hydrastis canadensis* contains hydrastine. Hydrastine and berberine are alkaloids.) Golden Seal has a bitter taste and is conveniently dispensed in tablet form.

### King of mucous membrane tonics

Natural clinicians in the late 19th-century United States were especially enthusiastic about Golden Seal. They regarded it as specifically advantageous to the mucous membranes: promoting health in the membranes and maintaining healthy mucus.<sup>2,3</sup> Golden Seal was referred to as ‘the king of tonics to the mucous membranes’.<sup>4</sup> As a mucous membrane tonic, natural clinicians use Golden Seal to improve the tone, vigor and function of the mucous membranes.

### Mucous membranes

Mucous membranes are located on the lining of body cavities (eg digestive tract, respiratory tract, reproductive tract). They are designed to protect delicate body tissues that have some exposure to the outside world. Here are some examples of what mucous membranes do:<sup>5</sup>

- Inside your nose is a series of structures called turbinates. When you breathe, the air is forced over the turbinates (the shape creates turbulence in the breathed air). Each turbinate is covered with a mucous membrane, which has two functions: (1) to trap dust and other particles, and (2) to warm and humidify the air. Because your mouth doesn't have this feature, breathing (dry) air though your mouth all night results in a sore throat in the morning.
- The mucous membranes in the small intestine pump out enzymes and mucus (thick secretion that acts as a lubricant and protectant for the intestinal wall).

## How Golden Seal 500mg Keeps You Healthy

### Supports health in the gastrointestinal tract

Golden Seal supports health in the stomach and intestines. In addition to supporting healthy gastrointestinal mucous membranes, Golden Seal promotes digestive enzyme function, healthy digestion and healthy bowel movements. Golden Seal has also been used traditionally to provide a cleansing action in the gastrointestinal tract.<sup>1,4</sup>

### Helps maintain healthy breathing passages to support free and clear breathing

By maintaining healthy mucous membranes, for example encouraging normal secretions in the nasal passages,<sup>3</sup> Golden Seal supports free and clear breathing.

### Supplement Facts

Serving size:	1 tablet	
Servings per container:	40	
Amount per Serving		%DV
Calories	2	
Calcium	40 mg	4%
Golden Seal root & rhizome 3:1 extract from <i>Hydrastis canadensis</i> root & rhizome 500 mg	166.7 mg	†

† Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, hypromellose, magnesium stearate, silica and sodium starch glycolate.

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

**Product No** M1310      **Content** 40 Tablets



Golden Seal 500mg M1310



**Professor Kerry Bone**  
MediHerb Co-Founder and  
Director of Research and Development

### A Phytotherapist's Passion

“Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature.”

## Why use herbal products from an environmentally-responsible manufacturer?

Herbal products are made from living plants. It is extremely important that as consumers and manufacturers we do all we can to ensure their sustainability. Many species are threatened by destruction of their habitat and by unsustainable harvesting. One such example of this is the wild crafting (collecting from the wild) of *Hydrastis canadensis* in the United States.

In June 1997, Golden Seal was included in the Convention of International Trade in Endangered Species (CITES). This means that the international trade in Golden Seal is regulated and monitored to help ensure the plant's survival.<sup>1</sup> However, CITES regulations do not monitor the trade of Golden Seal in the US, so it is vital that you ensure any Golden Seal product you choose is from a cultivated source. MediHerb has a strong policy on endangered and threatened medicinal plants, and only purchases cultivated sources of Golden Seal root and rhizome.

## Why use top quality herbal products from a reliable manufacturer?

Consumers need to be confident of the integrity of the herbal manufacturer to ensure that the product contains the stated amount of important constituents and that the authentic plant is used.

Back in 1912, many species other than the genuine *Hydrastis canadensis* were reportedly traded in the US as Golden Seal, including Barberry (*Berberis vulgaris*), Oregon Grape (*Mahonia aquifolium*, *M. nervosa*, *M. repens*) and Chinese and American Goldthread (*Coptis* spp.). Another common adulterant is the leaves and stems of Golden Seal itself.<sup>1</sup> Adulteration and/or poor quality continues still today due to its popularity, high market value and recent threatened status.

In 2007, analysis of six Golden Seal root products obtained in Tennessee found that only two of them had quantities of alkaloids (berberine and total alkaloids) in agreement with their labels. There was considerable variation among the products in terms of the alkaloids present and the quantity of alkaloids: only two products contained hydrastine. One product had an alkaloid pattern that strongly suggested the presence of at least one additional herb, not declared on the label.<sup>6</sup>

## What Makes Golden Seal 500mg Unique

### Golden Seal 500mg is unique in the professional herbal products industry because:

- Top quality cultivated plants only are used in the manufacture of this tablet
- MediHerb tests the quantity of hydrastine and berberine in Golden Seal raw materials
- MediHerb's testing also ensures the hydrastine and berberine are retained in the product throughout manufacture

## Unique Manufacture & Analytical Testing

### Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards
- Unique extraction method using cold percolation (protects the delicate plant constituents and ensuring a full range in the product)
- Control of all stages of the manufacturing process – from root to tablet to you

## References

- <sup>1</sup> American Herbal Pharmacopoeia. Goldenseal Root – *Hydrastis canadensis*: Standards of Analysis, Quality Control, and Therapeutics. American Herbal Pharmacopoeia, Santa Cruz, 2001.
- <sup>2</sup> Cook WH. *The Physio-medical Dispensatory*. First published 1869, reprinted Eclectic Medical Publications, Portland, 1985.
- <sup>3</sup> 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.
- <sup>4</sup> Mills SY. *The Essential Book of Herbal Medicine*. Penguin Arkana (Penguin), London, 1991.
- <sup>5</sup> Lazaroff M. *The Complete Idiot's Guide to Anatomy & Physiology*. Alpha, Indianapolis, 2004.
- <sup>6</sup> Van Berkel GJ, Tomkins BA, Kertesz V. *Anal Chem* 2007; **79**(7): 2778-2789



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



## Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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