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SUGGESTED USE
 SHAKE WELL BEFORE USING
 Take up to 40 drops in 2 oz. of water
 or juice, two to five times per day.
 Best taken between meals.

Caution: Seek expert medical advice before
 taking during pregnancy or nursing.
Keep Out of the Reach of Children
 Store away from heat & light

rhizome & rootlet
GOLDENSEAL
 RESPIRATORY SYSTEM



HERBAL SUPPLEMENT

1 fluid ounce (29.6 ml)

Goldenseal Liquid Extract

Ingredients: certified organic alcohol (57-63%), distilled water & Certified Organic Goldenseal extractives. **GLUTEN-FREE**

Dry herb / menstruum ratio: 1 : 5

We prepare our Goldenseal Extract from the rhizome & rootlets of *Hydrastis canadensis* plants which are **Certified Organically Grown**.

To assure optimal extraction of Goldenseal's bioactive compounds, the rhizome & rootlets are hand-dug in the autumn, are carefully cleaned & shade-dried, and are then thoroughly extracted.

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CERTIFIED ORGANIC BY ORGANIC CERTIFIERS