

Solgar's herbal products are minimally processed by a special low temperature drying method for maximum retention of the plant's naturally occurring nutrients and active constituents.

Solgar's Goldenseal Vegetable Capsules are free of sugar, salt, corn, yeast, wheat, soy and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY. For more information, call toll-free 1-877-SOLGAR 4

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GOLDENSEAL

(Hydrastis canadensis)



DIETARY SUPPLEMENT

50 VEGETABLE CAPSULES

SUITABLE FOR VEGETARIANS



Supplement Facts

Serving Size 1 Vegetable Capsule

Amount Per Serving	%DV
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Total Carbohydrate	<1 g	<1%*
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Iron †	0.4 mg	2%
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Raw Goldenseal 520 mg	**
Powder [root]	

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Other Natural Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate.

SUGGESTED USE: As a dietary sup-

plement for adults, take one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Keep out of reach of children.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

† Naturally occurring; therefore amount may vary.

Solgar's KOF-K certification #K-1250

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CAREFULLY MANUFACTURED BY:
SOLGAR VITAMIN AND HERB, LEONIA, N.J. 07605 U.S.A.

