



NATURE'S SUNSHINE

# Blessed Thistle

GOOD FOR

Female Reproductive System

Digestive System

Liver

SIZE **100 Capsules**

ITEM # **100**

SERVING **2**

SUPPLY **25 days**

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

## — How the Key Ingredients Work

Blessed Thistle has been treasured for centuries as a powerful bitter herb that wakes up your digestive system and helps your body feel its best. This time-honored botanical works by naturally encouraging your stomach and digestive organs to do their jobs more comfortably and efficiently.

**Blessed Thistle – Digestive Comfort** — Blessed Thistle is Commission E-approved for everyday digestive complaints. It helps ease the bloating, gas, cramping, and general indigestion that can make you feel sluggish after meals. By encouraging your stomach to produce the secretions it needs, it helps your body break down food more comfortably and smoothly.

**Blessed Thistle – Appetite Support** — Feeling like your appetite has gone missing? Blessed Thistle has a long, well-documented history as a bitter tonic that gently encourages a healthy appetite. Germany's Commission E has approved it for this very use. Its natural bitter compounds trigger a reflex that gets your saliva and stomach juices flowing before and during meals.

**Blessed Thistle – Bile Flow & Digestion** — One of the ways Blessed Thistle supports your digestive system is by encouraging healthy bile flow from the liver and gallbladder. Bile is your body's natural fat-digesting helper, and when it flows freely, you're better able to process the foods you eat and absorb the nutrients your body needs.

**Blessed Thistle – Antioxidant Defense** — Blessed Thistle contains a natural mix of flavonoids, plant polyphenols, and other beneficial compounds that have shown free-radical-scavenging activity in laboratory studies. These antioxidant properties suggest the herb may help support your body's everyday defenses against oxidative stress at the cellular level.

**Blessed Thistle – Traditional Abdominal Relief** — For generations, herbalists across Europe turned to Blessed Thistle when people complained of nonspecific stomach upset. Whether it was bloating after a heavy meal, uncomfortable gas, or general cramping, this herb was a go-to remedy — and its Commission E approval reflects just how well-established that traditional use really is.

**Blessed Thistle – Bitter Tonic Heritage** — As a classic bitter tonic herb, Blessed Thistle occupies an important place in European herbal tradition. Bitter herbs like this one have long been valued for their ability to stimulate the digestive system through natural reflex pathways, helping the body prepare for and process meals more effectively from start to finish.

**Blessed Thistle – Stomach Secretion Support** — The natural compounds in Blessed Thistle, particularly its key bitter constituent *cnicin*, help prompt the stomach to produce the gastric secretions needed for healthy digestion. When your stomach isn't producing enough of these secretions on its own, you may experience discomfort — and this herb helps nudge things in the right direction.

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