



NATURE'S SUNSHINE

LIV-J

GOOD FOR

Liver

Digestive System

Gallbladder

SIZE **100 Capsules**

ITEM # **1011**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules with a meal three times daily and before bedtime.

— How the Key Ingredients Work

LIV-J brings together seven time-honored botanicals — each chosen for the way it gently supports your body's everyday wellness. From helping your liver and circulation to keeping your defenses strong, this formula works as a team to help you feel your best.

Dandelion — Don't let the common weed fool you — dandelion is a powerhouse of natural goodness. The leaves and roots are packed with antioxidant-rich compounds that help protect your cells from everyday wear and tear, while also lending gentle support to healthy blood sugar levels and a balanced cholesterol profile. Traditionally treasured as a tonic herb, dandelion also brings a natural source of potassium to the table, which is great news for anyone looking to support healthy blood pressure the wholesome way.

Rose Hips — Harvested from the fruit of the wild rose, rose hips deliver one of nature's most impressive antioxidant punches — thanks in large part to their exceptionally high vitamin C content, along with a rich mix of carotenoids and flavonoids. Research shows that rose hip powder can support comfortable joints, and clinical studies point to a mild but meaningful benefit for healthy blood pressure too. Think of rose hips as your daily dose of floral resilience.

Barberry — Barberry is a bright-berried shrub with a long history in Persian, Ayurvedic, and European herbal traditions. Its key active compound, berberine, has been studied for its ability to support healthy blood pressure and help the body manage oxidative stress. Clinical research also suggests barberry may play a helpful role in supporting clear, healthy-looking skin — making it a true multi-tasker in this formula.

Fennel — Fennel has been a go-to digestive herb for centuries across European, Ayurvedic, and Chinese traditions — and modern research backs up why. Its natural essential oils help relax the digestive tract, easing bloating, cramping, and that uncomfortable full feeling after meals. Fennel also brings solid antioxidant activity to the blend, and preclinical studies suggest it may support healthy blood pressure through gentle, natural mechanisms.

Parsley — Parsley is far more than a garnish. This everyday herb is one of the richest plant sources of flavonoids and carotenoids, giving it impressive free-radical-fighting credentials. Research shows parsley supports healthy arteries by helping keep homocysteine levels in check and reducing oxidative stress on blood vessel walls. Animal and in vitro studies also point to its ability to support healthy blood pressure and normal platelet function — all from a plant you probably already know and love.

Beet — Beetroot earns its superfood reputation honestly. Rich in natural nitrates, beet helps the body produce nitric oxide — a compound that encourages blood vessels to relax and widen, supporting healthy circulation and arterial flexibility. Multiple clinical studies confirm that beetroot juice can meaningfully lower blood pressure. Beet also provides folate and iron to support healthy red blood cells, plus vibrant antioxidant pigments called betalains that help protect cells from oxidative stress.

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