



NATURE'S SUNSHINE

PLS II

GOOD FOR

Digestive System

Small Intestine

Colon (Large Intestine)

SIZE **100 Capsules**

ITEM # **1029**

SERVING **2**

SUPPLY **16 days**

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

— How the Key Ingredients Work

PLS II brings together four time-honored botanicals — each chosen for the way it soothes, protects, and nourishes the body from the inside out. Together they work to calm digestive discomfort, support a healthy gut environment, and help your body's natural defenses stay strong.

Slippery Elm Bark — Named for the silky, soothing texture of its inner bark, slippery elm has been trusted for generations to calm an irritated digestive tract. It coats and soothes the gut lining, helps ease bloating and abdominal discomfort, and its natural plant fibers act as a prebiotic — feeding friendly bacteria like Lactobacillus and Bifidobacterium so your gut community can thrive.

Slippery Elm Bark – Antioxidant Support — Beyond the gut, slippery elm bark is rich in polyphenols, tannins, and flavonoids — plant compounds that help the body neutralize harmful free radicals. Studies have confirmed measurable antioxidant and free-radical-scavenging activity in slippery elm extracts, giving your cells an extra layer of everyday protection.

Slippery Elm Bark – Comfort & Calm — Research in people with digestive sensitivity shows that slippery elm-containing formulas can meaningfully reduce abdominal pain and bloating. Its natural anti-inflammatory plant compounds also help support a calmer, less reactive gut environment, making it a cornerstone herb for anyone who wants steady, comfortable digestion day to day.

Marshmallow Root — Marshmallow root — whose very name in Greek means 'to heal' — has been used in herbal traditions for centuries to soothe irritated tissues. Germany's Commission E has recognized it for supporting the stomach lining, and studies show it helps protect the gastric mucosa, making it a gentle ally for anyone dealing with occasional stomach sensitivity or abdominal unease.

Marshmallow Root – Skin Wellness — Marshmallow root isn't just an internal herb. A clinical trial found that a marshmallow ointment improved skin comfort in children with sensitive, reactive skin, performing comparably to a standard topical treatment. Its naturally soothing compounds help calm redness and irritation, supporting healthy, comfortable skin from the outside in.

Marshmallow Root – Antioxidant & Inflammation Support — Lab studies show marshmallow root extracts are strong free-radical scavengers, helping to shield cells from oxidative stress. Research also found that its compounds can help quiet key inflammatory signals in immune cells — offering a calming influence that supports the body's ability to keep everyday inflammation in a healthy range.

Goldenseal — Goldenseal is a native North American herb long prized in traditional wellness practices. Its key active compound, berberine, has been studied extensively and shows a remarkable range of supportive effects — from helping maintain healthy blood sugar levels already in the normal range to supporting balanced blood pressure, making it one of the most researched botanicals in natural health.

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